

Counseling and Support Resources

Big Bend Community College [Counseling](#) (509) 793-2035

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*If you are concerned about a student, you can share your concern by completing a Care Team [Report It](#) Form.

Community State and National Resources

24 Hour Crisis Line

Grant Integrated Services
(509) 765-1717 or 1(800) 852-2923

[Adams County Integrated Health Care Services](#)

(509) 488-5611 (Othello) or (509) 659-4357 (Ritzville, Lind, Washtucna)

[Grant Integrated Services](#)

(509) 765-9239

[National Suicide Prevention Lifeline](#)

1.800.273.8255 (English)
1.888.628.9454 (Español)
711 then 1.800.273-8255 (TTY)

Crisis Text Line: Text HOME to 741741

[New Hope Domestic Violence and Sexual Assault Services](#)

(509) 764-8402
24-hour Victim Access Hotline
1-888-560-6027

[Substance Abuse and Mental Health Services Administration](#)

(SAMHSA) National Helpline:
1-800-662-4357 (TTY 1-800-487-4889)

[Veterans Crisis Line](#)

1-800-273-8255 and Press 1 or Text 838255

[Forefront Suicide Prevention](#)

[Centers for Disease Control and Prevention](#) (Manage Anxiety & Stress)