

**Behavioral Health Services available in Covid-19**

*These are challenging times for everyone.*

*Here are some local resources available via telecommunications for extra support:*

<b>ORGANIZATION</b>	<b>SERVICES DURING COVID19</b>
Skyline Medical Clinic	Kristoffer Lindstrom, LCSW Virtual appointments available for established patients. Brittney Wangelin, Behavioral Health Specialist Care coordination available for patients in need of available resources. Call: <b>509-637-2810</b>
Comprehensive Health Care (Medicaid)	Phone or video telehealth for patients. Call for intake appointment <b>509-493-3400</b> and intake packet. M-F ( <i>may be offering evening availability</i> ) <b>24/7 CRISIS: 833-407-9286</b>
NorthShore Medical Group	All payors (Medicare, Medicaid, and private insurance). Currently taking new patients. Evening appointments available. Phone or video appointments. Call <b>509-493-2133</b> to schedule.
Klickitat Valley Health (KVH) Family Medicine (Behavioral Health)	KVH provides outpatient-counseling services to patients who have a primary care provider (PCP) at our Family Medicine Clinic. Contact your KVH PCP or call 509-773-4017 to ask about KVH counseling services.
One Community Health (Hood River & The Dalles)	<b>FREE</b> phone or video telehealth for patients. Addressing stress, health behaviors, mental health, and substance abuse. New patients can establish care after counseling. Call or text “ <b>#talk2020</b> ” to schedule at <b>541-386-6380</b> M-F 8-5:30
The Next Door	<b>FREE</b> Mental Health <b>crisis line: 541-308-7110</b> M-F 9-5, available until June 1. Zoom & Teams video available.
Private Therapists in The Gorge	Website: <a href="http://therapyinthegorge.com">therapyinthegorge.com</a> Search by location and insurance. OR Ask for a list of therapists who are currently accepting new clients, and are offering telehealth services.

Tele-Psychiatry	In this time we encourage you to utilize your primary care physician for medication management.
Mt Adams Zen Buddhist Temple	Kozen Thay- available for support via telehealth.
Qi Gong Classes via Zoom	Donation basis-Tuesdays 5:30 pm Friday 10 am <a href="https://www.meetup.com/Blossoming-Lotus-Qi-Gong/">https://www.meetup.com/Blossoming-Lotus-Qi-Gong/</a>
List of Local Churches	See attached Church Directory

### Resources for Self-Help

ORGANIZATIONS	SERVICES DURING COVID19
<a href="#">Suicide Prevention Resource Center</a> (SPRC)	Selection of web pages and information sheets on mental health and coping with the effects of COVID-19
Mental Health First Aid Blog	<a href="#">How to Help Someone with Anxiety or Depression During COVID-19</a>
<a href="#">Shine</a>	<a href="#">Care for your coronavirus anxiety</a>
The Centers for Disease Control and Prevention (CDC)	Offers <a href="#">guidance to support mental health and well-being</a> through the stress and anxiety caused by the COVID-19 outbreak.
Anxiety Canada	<a href="https://www.anxietycanada.com/covid-19/">https://www.anxietycanada.com/covid-19/</a>

# Church Directory

**"Cast the first stone"**



**Bethel United Church of Christ**  
Inclusive  
Welcoming  
Peace & Justice

480 E. Jewett Blvd., White Salmon  
**(509) 493-1747**  
Rev. Laura Robinson  
Worship & Sunday School  
10 a.m.  
Taize, 2nd Wed., 7 p.m.  
[www.bethelwhitesalmon.org](http://www.bethelwhitesalmon.org)

**THE CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS**

Visitors Welcome  
Sunday Services 10 a.m.  
Youth Activities, Weds. 7 p.m.  
1041 W Jewett Blvd, WS  
493-1919  
[www.4normon.org](http://www.4normon.org)

**ST. MARK'S EPISCOPAL CHURCH**  
400 11th St. Hood River  
(541) 386-2077  
Service Times:  
8 & 10 a.m.  
Rev. Kelly Mahon



**Welcome to WHITE SALMON UNITED METHODIST CHURCH**  
"Open Hearts, Open Minds, Open Doors"

341 N. Main Ave. 493-1308  
Pastor Kendra Behn-Smith  
Adult Sunday Morning Live begins 9 a.m.  
Worship 10:30 a.m.  
Children's Sunday School Child-care Provided



**FIRST BAPTIST CHURCH**  
Corner Cherry & Stauben  
Bingen

Pastor Patrick Tapia  
509-493-2424  
Prayer Service, Wednesday, 6 p.m.  
Sunday School...9:45 a.m.  
Morning Worship...11:00  
Evening Worship...6 p.m.

**Mt. Adams Baptist Church**  
Come as you are!  
Sunday Worship: 11:45  
Sunday School for all ages 9:30  
2166 Hwy 141, Trout Lake  
(509) 395-3029  
[mountadamsbaptistchurch.com](http://mountadamsbaptistchurch.com)




**Baha'i Faith**  
Building Spiritual Community  
Come Join Us!  
call 1-800-228-6483  
on See Us on  
[meetup.com](http://meetup.com) and [Facebook](http://facebook.com)  
[www.bahai.org](http://www.bahai.org)

**IMMANUEL LUTHERAN CHURCH**  
306 9th St., Hood River  
541-385-3046  
Adult Bible Class, 8:45 a.m.  
Worship Service, 10 a.m.  
Men's Bible Study/Sabbath Men, 8:30 a.m.  
Ladies Bible Study Tues. 9:30 a.m.  
Pastor Jeff Mueller  
[Immanuel@embapmail.com](mailto:Immanuel@embapmail.com)

**HOUSE OF GRACE**  
114 W. Jefferson  
Bingen  
Sunday Service  
10 a.m.

"Come experience the presence of God"  
**509-493-1145**



**Grace Baptist Church**  
Bringing Grace to the George  
Worship Service  
9 a.m.  
Sunday School 10:45 a.m.  
EFYC Youth 4:30-6:30 p.m.  
Pastor Mark Hoelmer  
1280 W. Jewett, White Salmon  
509-493-2597

Please visit our website for events and further information  
[gracebaptists@grace-ws.org](mailto:gracebaptists@grace-ws.org)



**St. Joseph Catholic Church**  
240 NW Washington  
White Salmon  
Masses:  
• Saturday - 5 p.m. (English)  
• Saturday - 7 p.m. (Spanish)  
• Sunday - 9 a.m. (English)  
• Sunday - 11 a.m. (Spanish)  
Father Salomon Covarrubias  
**493-2828**

To list your church in the directory, call **509-493-2112**

**Unitarian Universalist**  
Room for Different Beliefs, Yours  
10 a.m. Sunday Service  
and Children's Program  
Rev. Judy Zimmerman  
4282 Barnett Drive, Hood River  
(509) 493-2412  
[www.muuuf.org](http://www.muuuf.org)  
We Are A Welcoming Congregation



**OUR SAVIOR LUTHERAN CHURCH**  
Bingen WA.  
Sunday Worship...8:00 a.m.  
Bible Study...Sun., 8 a.m.

**493-2499**  
White Salmon Pinacrest  
Nazarene Church  
10 a.m. Sunday Worship Service  
• Children's Service  
6 p.m. Saturday Night  
• Spanish Worship Service  
255 Blinn Village Dr., White Salmon  
360-567-5454  
Come join us for the Story

**Mt. Adams Zen Buddhist Temple**  
Meditation, M-F,  
6:30 a.m. & 6:30 p.m.  
Saturday, 9 a.m.  
46 Stoller Rd., Trout Lake  
**509-395-2030**  
[www.mtadamszen.org](http://www.mtadamszen.org)  
May all be well and happy,  
may all know love and peace

**HUSUM COMMUNITY CHURCH OF GOD**  
Sundays  
Sunday School...9:30 a.m.  
Worship...10:45 a.m.



**Several Weekly Bible Studies**  
Call for information and locations  
Church - 493-2724  
Pastor Tom Culp

**Lyle Celebration Center**  
715 Washington St., Lyle  
**509-365-3971**  
Pastor Les Haarstad  
Sunday School - 9:30 a.m.  
Worship Service - 10:30 a.m.  
Youth & Small Groups - 6 p.m.  
Wednesday - 6:30 p.m.  
Bible Study  
Children's Ministries (K-5)

**SEVENTH-DAY ADVENTIST CHURCH**  
Tahomah St., White Salmon  
Sabbath School 9:30 a.m. (Saturday)  
Worship Service 11:00 a.m.  
Community Service Center open to needy on Tuesdays, 9:30 - 12:30  
Pastor Ron Hart  
(541) 815-4882