



BEHAVIORAL HEALTH

We strive to offer both individual and group behavioral health services that are rooted in culture for the Nisqually community; ranging from substance use disorder, mental health, problem gambling, grief, domestic violence, medication assisted treatment and more. Everyone's journey is different, and we are here to support you through yours.

Services

- Substance use disorder counseling
- Mental health counseling
- Medication assisted treatment
- Gambling counseling
- Peer support
- Domestic violence counseling
- Group and community support
- Community outreach
- Community prevention

Contact

Please call us at (360) 413-2727 or visit our office for an appointment.

External behavioral health and crisis support services:

If at any time you feel depressed or anxious to the extent that you feel unable to resist suicidal, violent or destructive impulses, please call:

- Thurston County Crisis Services, 24 Hours a day at: (360) 754 1338 –OR– 911
- Call or text 988 or chat online at www.988lifeline.org, choose option 4 to be connected to Native and Strong Lifeline.
- Reach out for support. You don't have to go through hard things alone. Text NATIVE or INDIGENOUS to 741741 to reach a Crisis Counselor.