



Contact Us:

How do I schedule an appointment?

Call our office : Monday - Friday (8:00am-5:00pm)
(509) 865-5121 x7636



Schedule:

Schedule

Schedule an intake appointment. Select a date/time that works best for you.



Intake:

Our intake specialists are currently taking both in-person (by appointment only) and telehealth. Telehealth means the intake specialist will call you at your scheduled date/time over the phone.

Who can receive services?

If you qualify for health benefits from Indian Health Services (IHS) you can receive services.

**YAKAMA NATION BEHAVIORAL
HEALTH SERVICES**

P.O. Box 151

Toppenish, WA. 98948



**Reach Out & Stay Connected: Suicide
Prevention & Crisis Resources**

National Suicide Prevention Lifeline:

1-800-273-8255

Crisis Text Line:

Text "HOME" 741741

The Trevor Project:

LGBTQ+ Youth Suicide Hotline:

1-866-488-7386)

National Domestic Violence Hotline:

1-800-799-7233

If you or someone you care about is at
imminent risk of harm to themselves or the
people around them, please contact 911.





**SHIX NAM
PINANAKNUWITA**

(Take good care of yourself)

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SELF-CARE IDEAS

- Take a walk
- Dance/Sing
- Go to sweat
- Take a nap
- Call a relative/friend
- Craft (bead, weave, paint)
- Take deep breaths



Repeat after me:




I forgive myself.
I am at peace with my past.
I am proud of who I am becoming.
I am beautiful inside and out.
I am doing the best I can.
I am learning to love myself more
every day.
I am a constant work in progress.

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*We wanted to send a little
note to tell you that we're
thinking about you. *






REMINDER:

TALKING WITH A THERAPIST CAN HELP YOU
DEAL WITH THOUGHTS, BEHAVIORS,
STRESSES, PAST EXPERIENCES, AND YOUR
OVERALL WELLNESS.

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thinking about you. 



Shix nam pinanaknuwita
(Take good care of yourself)

»»» **NAKTKWNINSHA** «««
(TAKE CARE OF YOURSELF)

*Reach Out & Stay Connected.
Suicide Prevention & Crisis Resources*

National Suicide Prevention Lifeline:

1-800-273-8255

Crisis Text Line:

Text "HOME" 741741

Teen Link Help Line:

1-866- 833-6546)

The Trevor Project: LGBTQ+ Youth

Suicide Hotline:

1-866-488-7386)

National Alliance on Mental Health -

NAMI Helpline:

1-800-950-6264

National Teen Dating Abuse Helpline:

1-866-331-9474

National Domestic Violence Hotline:

1-800-799-7233

Washington Recovery Help Line:

1-866-789-1511

Comprehensive Healthcare's Crisis

Triage Center - Yakima County:

(509) 453-2900

Comprehensive Healthcare Crisis

Team - Yakima County

(509) 575-4200

Yakima County Crisis Line:

1-888-544-9986

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the people around them, please contact
911.*

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You Are Worthy

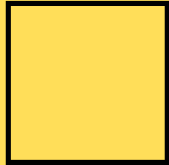
You are worthy of acceptance. You are worthy of respect. You are worthy of peace. You are worthy of compassion. You are worthy of forgiveness. You are worthy of healing.




A black-outlined smartphone is centered against a solid yellow background. The screen is white and displays a blue speech bubble in the upper left quadrant. The speech bubble has a tail pointing downwards and to the left. Inside the bubble, two lines of white text are visible.

Mish nam wa?
Mish nam misha?

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How are you?
What are you doing?

We wanted to send a little
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thinking about you. 



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HEALTH SERVICES**

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Toppenish, WA. 98948



Need to change your appointment time?

Have a question?

Contact us:

Program Days/Hours:

Monday - Friday

8:00am - 5:00pm.

Main Office:

511 South Elm Street, Toppenish, WA.

Phone: (509) 865-5121 x7636



The background of the entire image is a teal color, overlaid with a repeating pattern of stylized flowers and leaves. Each flower is composed of concentric, overlapping loops of small, multi-colored beads. The colors used for the beads include bright yellow, vibrant red, light blue, and white. The leaves are made of smaller green beads, some with a darker green outline. The overall effect is a dense, colorful, and textured floral design.

kw'alaamash k'inwa

(It's nice to meet you)