How do I schedule an appointment?
Call our office: Monday - Friday (8:00am-5:00pm)
(509) 865-5121 x7636

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

Shix nam pinanaknuwita
(Take good care of yourself)
NAKTKWINSHA
(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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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.
Mish nam wa?
Mish nam misha?
How are you?
What are you doing?

We wanted to send a little note to tell you that we’re thinking about you.
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
kw'alaamash k'inwa
(It's nice to meet you)