

BMCC Student Health & Wellness Resource Center

Phone: 541-278-5965

hope@bluecc.edu



Area Resources: Milton-Freewater

Mental Health Therapists, Counselors or Clinics:

| | |
|------------------------------|----------------|
| Inner Health Us | (704)702-0226 |
| Lifeways | (866) 343-4473 |
| Heart Full and Mind | (541) 861-3139 |
| Adventist Community Services | (541) 938-9188 |
| Natasha Rustad | (541) 214-2738 |
| Sonia Rae | (509)740-3149 |
| Kim Funderburk | (509)284-4231 |
| Debra Patton Rood | (509)228-7224 |
| Arnold Barrett | (509)525-1210 |
| Cynthia Wallace | (509)200-7290 |
| Gary Meister | (509)529-7730 |
| Kyle Aronson | (509) 529-7730 |
| Kyle Ward | (509)529-7730 |
| Beth Toon | (509)522-2405 |
| Cynthia Wrinkle | (509)525-7486 |
| Christopher Shepley | (509)522-0274 |

*The **Student Health & Wellness Resource Center** is located in the Garrett Lee Smith Memorial Library on the Pendleton BMCC campus. The Center exists to provide hope and encouragement to students who may feel overwhelmed by life circumstances. We provide short-term counseling, Disabilities Services, educational workshops, life coaching, and suicide awareness and intervention training.

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Emergency Services:

| | |
|-----------------------------|----------------|
| Bread Basket | (509)529-4030 |
| Domestic Violence | (541)938-8266 |
| Adventist Church (clothing) | (509)386-4838 |
| Car Seat Program | (541)938-5595 |
| Athena Food Bank | (541)566-3422 |
| Pacific Power & Light: | 1(800)752-1139 |

Hotlines:

| | |
|------------------------------|------------------|
| AIDS Hotline | 1 (800) 777-2437 |
| Alcohol Abuse & Addiction | 1 (800) 274-2042 |
| Narcotics Anonymous | 1 (800) 890-0796 |
| National Child Abuse Hotline | 1 (800) 422-4453 |
| Parents without Partners | 1 (800) 637-7974 |
| Suicide Prevention Hotline | 1 (800) 784-8433 |
| Tobacco Quit Line | 1 (877) 270-STOP |

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