

BMCC Student Health & Wellness Resource Center*

Phone: 541-278-5965

hope@bluecc.edu



Area Resources: Pendleton

Mental Health Providers: Clinics & Therapists

Psychological Solutions: Pendleton: (541) 278-2222

- Terry Templeman, Ph.D
- Connie Umphred, Ph.D
- Sarah Hsu LCSW
- Natalie Kollross, Ph.D (Spanish speaking as well)

Psychological Solutions: Hermiston: (541) 289-7777

- Jennifer Cooper, Ph.D
- Heather Bacon, Ph.D
- Douglas Marlow Ph.D

Palisades Counseling Center: Hermiston (541) 567-9414

- Marie Peck, LCSW
- Michael Foss, LCSW

Lifeways: Hermiston: (541) 564-4473

Lifeways: Pendleton: (541) 276-6207

Good Samaritan Ministries: Pendleton: (541) 276-6671
Hermiston (541-564-1041)

Osoa Counseling: Pendleton, (541) 21504850

- Amy Ashton-Williams, LCSW, CADC II
- Heather Smidt, CSWA

TM Counseling: Pendleton, (541) 276-1022

- Tara Mahoney

Mind Matters: Pendleton, 278-0108

- Dr. David Conant-Norville

*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.

Individual: (Pendleton)

- Mary Johnson, Ph.D (541) 276-2471
- Robert Clark, LCSW (541) 276-4017
- Elisa Doeber-Irvine, Ph.D, (541) 379-9014
- Carolyn Garrett, M.A – LMFT (541) 215-2138
- Marigold (girls 11-18) (541)379-9014
- Gail Friedly (Mediation) (541)276-414

Pendleton Community Resources:

Alcohol, Drug & Anger Management	(541)278-6330
Umatilla County Addictions Program	(541)278-6300
WORKFORCE (Senior Community Service)	
Employment Program)	(541)276-1929
Early Intervention (IMESD)	(541)966-3133
	1(800)927-5847
Pioneer Relief Nursery	(541)215-1018
Domestic Violence Services	(541)276-3322
	1(800)833-1161
Consumer Credit Counseling	(541)276-3856
Hawthorne Head Start	(541)966-3354
Salvation Army	(541)276-3369
Temp. Assistance for Needy	
Families: TANF	(541)567-2213
Yellowhawk (CTUIR)	(541)278-7528
Pacific Power & Light	1(800)752-1139
We Care Clinic (Urgent Care)	(541)278-8183
St. Anthony's Out-Patient	(541)278-6610
St. Anthony's Hospital	(541-276-5121
Umatilla County Public Health	(541)278-5432
ACOA	(541)278-1194

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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