

# Connecting to Care:

## WHAT NORTH STAR OFFERS:

North Star Services provides no-cost mental health services to students and families in Inyo County schools. Our team strives to empower clients to build skills and gain awareness to overcome the challenges in their lives. Our team offers school-based and community-based sessions including individual, group, family, parent-child, and teletherapy services. Typically we provide weekly sessions for 40-60min for 6-12wks. We have an office location for sessions in Bishop independent from school campus. Please contact our team with your questions and we look forward to supporting your student and family.

## CONNECTING WITH SERVICES:

Review the included provider list for detailed contact information. When speaking with a provider, check their availability to take on new clients and confirm the provider will accept your insurance. Ask to schedule a free consultation visit to assess fit. Inquire if they could put you on a waitlist. If you are uninsured, or mental health services are not covered by your plan, many providers are willing to negotiate reduced rates or refer you to another provider.

## WHAT THERAPY SUPPORTS

ANXIETY

SOCIAL  
SKILLS

TRAUMA

GRIEF

FAMILY CONFLICT

SELF-ESTEEM

DEPRESSION

LIFE TRANSITION

BODY IMAGE

ATTENTION

## TELEHEALTH SERVICES:

The North Star Team recommends reviewing your insurance coverage for mental health services. You can contact your insurance to request a list of in-network providers this may include in person and telehealth providers. Telehealth services have continued to expand rapidly. Telehealth providers often have availability and specialties to offer engagement faster than in-person providers. We encourage you to consider your options to support the well-being of your student, yourself, and family.

From North Star Services  
TO GET HELP ACCESSING CARE PLEASE CONTACT US:  
ADDRESS: 136 EDWARD ST, BISHOP CA, 93514  
EMAIL: NORTHSTAR@INYOOCOE.ORG  
PHONE: 760-873-4206

IF YOU OR  
SOMEONE YOU  
KNOW IS  
STRUGGLING  
WITH SUICIDE  
CALL  
**988**

## Local Resources:

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**Inyo County Resource List:** Team Inyo  
<https://www.teaminyo.com/printable-resource-list/>

**Inyo County Behavioral Health Intake Line (Medical Only):** 760.878.8529

**Toiyabe Indian Health Project:** Mental Health and Substance Use Services for Native and Non Native individuals.  
760-873-8464

**Rural Health Clinic:** 760-873-2849

**Alpine Center:** 760-873-4357  
<https://loosidapp.com/rehabs/outpatient/alpine-recovery-center-16467>

**Wild Iris:** BISHOP OFFICE 760-873-6601  
[www.wild-iris.org](http://www.wild-iris.org)

**H.E.A.R.T.S Connection, Family Empowerment Center - Special Ed, IEP & 504 Support and advocacy**  
<https://heartconnection.org/invo-mono>

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### Local Mental Health Providers:

[www.psychologytoday.com](http://www.psychologytoday.com)  
(explore local / telehealth providers )

Eastern Sierra Counseling 760-709-0262  
<https://www.easternsierracounseling.com/>

Bob Kittle: 760-872-9145  
Part-Time Private Practice  
Teens and Adults  
No Medi-Cal

Alex Ellis: 760.937.0711  
[www.alexellismft.com](http://www.alexellismft.com)  
Children, Teens, Adults, and Families  
Accepts Insurance

Helen French: (760) 582-6372 x104  
Children, Teen, Adults, and Families  
Accepts Insurance

Paul Elia: 760-920-5256 or email at  
[paulelia.cfb@gmail.com](mailto:paulelia.cfb@gmail.com)  
[www.pauleliacounseling.com](http://www.pauleliacounseling.com)

Keith Anderson: 760-873-6712

Destiny Conde: 760-492-7981  
Teens and Adults  
Accepts Insurance

Chrystina Pope: (760) 301-5399  
Teens, Adults, & Families

Leigh Shambo: (760) 258-5515  
[www.humanequinealliance.com](http://www.humanequinealliance.com)

Crystal West : 760-872-2418  
<https://crystalwestlmft.com/about>  
Accepts Insurance

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### **Online/Telehealth Mental Health Services:**

\*Contact your insurance or Primary Care Provider for in-network provider information and referral.

**Inyo County Behavioral Health Intake Line (Medical Only):** 760.878.8529

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### **Recommended Telehealth Mental Health Providers:**

#### **Corri Moss Hunter**

Telehealth Provider (has lived in Bishop and Inyo Co)

Accepts most insurances

760.428.8673

#### **Melody Zhang**

Melody@hellotherapy.org

Teen and young adults, Restoration Therapy

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### **Student Resources:**

Eastside Student Center

<https://www.eastsidestudentcenter.org/>

C5 Studios Community Arts Center

<https://www.c5studios.org/>

### **Emergency Resources:**

**If you or someone you know if experiencing a mental health crisis please utilize the following resources**

#### **Regional Support:**

**911** if you or your student has a medical emergency or

Inyo County Crisis Line at  
**1-800-841-5011**

Northern Inyo Healthcare District:  
**(760) 873-5811**

Ridgecrest Crisis Stabilization Unit:  
**(760) 463-2880**

National Crisis Hotline:  
**988 Crisis Line**

24/7 California Youth Crisis Line:  
**1(800) 843-5200**

The Trevor Project 24/7 Counseling:  
**1(866) 488-7386**

National Suicide Prevention Lifeline:  
**1(800) 273-8255**