

Here at New Directions Northwest, Inc. we are adapting our way of doing business to best meet the on-going mental health and addictions needs of our community.

Same day Urgent/Walk-in or telehealth services will now be offered at our Total Health Office, at 3975 Midway Drive, in Baker City.

**Office Hours are:
Monday through Friday: 9am to 4pm**

Telehealth services are also available so that you can access help right from the convenience of your home!

- **To learn more about how to access telehealth services, visit our website at: <https://newdirectionsnw.org/access-services-through-tele-health/>**
- **To setup an appointment or to talk with someone about our services, call us at: 541 524-9070.**

We do ask that anyone that may have symptoms of coughing or fever or have been exposed to the COVID-19 virus to please access our services through telehealth.

We also continue to offer Crisis Services to anyone who is experiencing feelings that lead to a danger to self or others. Please reach out, 24 hours 7 days per week, by calling 541-519-7126.

And remember, You Matter!