



Help Is Here!

A Resource Guide for the Treasure Valley

**Suicide Prevention
Emotional and Mental Health Support**



MÉXICO
CONSULADO EN BOISE

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"Mental illness, in all its many forms, is still just an illness, not a cause for shame. There are treatments...and there is hope." Steve Gannon

Let's Talk About It.

If you would like assistance navigating through resources, St. Luke's Community Health department can help. Please call 208-381-4518.

Access this booklet online at stlukesonline.org/help.

A Message to Our Community

Mental illness can be acute or chronic, long or short term, and can vary in cause, symptoms and intensity. A person's decision to seek help for any mental health issue should be encouraged and supported. Like many illnesses, **prevention and early intervention** can reduce the impact of mental health conditions. However, symptoms of mental illness can often be painful and bewildering. Tragically, about 46% of people who die by suicide had a known mental health condition. **But there is hope.** And there is help. This guide can be a good place to start. Many resources are available in and around our community.

Source: NAMI.org

“One in five Americans suffer from a diagnosable mental disorder during any given year.”

World Health Organization



Help is Here! is dedicated to three-time Olympian, native Boisean and silver medalist Jeret “Speedy” Peterson. Growing up, he skied

at Bogus Basin and, as a young athlete, earned the nickname “Speedy” after the cartoon character Speed Racer because of his big helmet, checkered jacket and flair for cutting the line. He succeeded at the highest level in aerial skiing, winning the silver medal at the Vancouver Olympic Games in 2010. Speedy captured the hearts of fans worldwide with his trademark quintuple twisting triple flip, “The Hurricane.” Beyond



his athletic achievements, he looked out for others and cared deeply for his family and friends. He was a loving and outgoing young man. Unfortunately, Jeret had significant adverse childhood experiences. He battled depression and substance abuse. Tragically, he died by suicide in July 2011 at the age of 29.

Ten years ago, in the spirit of Jeret's own passion for giving to others, **The Speedy Foundation** was established by his family and friends. The Foundation focuses on increasing mental health literacy and reducing stigma through advocacy, conversations and education.

Learn more at thespeedyfoundation.org.

PLEASE NOTE: This booklet provides information about the many resources that address or treat mental health in our community. However, there may be organizations that are not included and/or resources that change after this publication. If you cannot find what you need, **St. Luke's Connect** can help. Call us at 208-706-5850.

“Stigma and shame are the main reasons people do not seek treatment for mental illness.”

Centers for Disease Control and Prevention (CDC)

Mental Illness Facts

Mental illnesses are medical conditions that disrupt a person's thinking, feeling, mood, ability to relate to others and daily functioning. Just as diabetes, asthma and epilepsy are medical conditions that can often be managed with proper care, mental illnesses are medical conditions that can be treated and managed. **The good news about mental illness is that recovery is possible.**

Serious mental illnesses include major depression, schizophrenia, bipolar disorder, obsessive compulsive disorder (OCD), panic disorder, post-traumatic stress, eating disorders and borderline personality disorder. Mental health can also be affected by situations and occurrences that cause a disruption in one's ability to think, feel or function in daily life. This disruption may be temporary or long term, mild or serious.

Mental illness can affect people of any age, race, religion or income level. It is not

the result of personal weakness, lack of character or poor upbringing.

Mental illness is also treatable. Most people diagnosed with serious mental illnesses can experience relief from their symptoms by actively participating in an individual treatment plan. If you have, or think you might have, a mental health concern, talking about it might be the first step in healing. If someone you know has, or you think they might have, a mental health concern, talking with them about it might help them get the care they need.

If you think something might be wrong—with you, with a friend, with a classmate, with a coworker, with anyone...

Ask. Talk. Listen. Find out about services and resources. Get Help. Do whatever it takes. You might be saving a life.

"121 million people worldwide suffer from depression."

World Health Organization

Risk Factors and Warning Signs

Indications and symptoms of mental illness may include

- Feelings of depression or sadness that are disproportionate to circumstances in duration, intensity or expression
- Withdrawal or loss of interest in friends and family or activities
- Strong feelings of anger or rage
- Abuse of alcohol or drugs
- Feelings of being trapped, like there is no way out
- Exhibiting changes in personality
- Exhibiting actions that are reckless or impulsive
- Changes in sleeping patterns
- Declining performance at work or school
- Feelings of excessive guilt or shame
- Feelings of extreme highs or lows
- Excessive fears, worries, anxiety, panic or hopelessness

A mental health crisis is considered an emergency. Please call 911 if you or someone else is in crisis.

Help Prevent Suicide

URGENT WARNING SIGNS:

- Threatening to or talking about wanting to die and/or hurt or kill self or others.
- Looking for ways to kill self by seeking out firearms, pills or other means.
- Talking about feeling hopeless or having no reason to live.
- Talking or writing about, or having an inordinate interest in, the subject of death, dying or suicide.
- Talking about feeling trapped or in unbearable pain.
- Talking about being a burden to others.

KEY RISK FACTORS INCLUDE

- Prior suicide attempts
- Major depression
- Substance use disorders
- Other mental health or emotional problems
- Chronic pain
- Post-traumatic stress
- Traumatic brain injury
- Recent loss or event leading to shame, despair or humiliation.

Firearm access is a significant risk factor.

There is an increased risk of suicide or suicide attempts for those who live in homes where firearms and ammunition are present.

Keep firearms locked up, inaccessible, unloaded and separate from ammunition.

Communities play an important role in helping those who show warning signs.



“Eight out of 10 people considering suicide give some sign of their intentions.”

Mental Health America

Mental Health in Children



Mental health struggles can best be prevented and treated if they're detected early. Mental health problems can start developing early in childhood due to trauma, abuse and/or other events known as Adverse Childhood Experiences (ACEs). ACEs are potentially traumatic events that occur during a person's early life, which can include violence, abuse and growing up in a family with mental health or substance abuse problems.

Toxic stress from ACEs can change brain development and affect how the body

Want to learn more about preventing Adverse Childhood Experiences?

View the Idaho Public Television Documentary on ACEs at: idahoptv.org/shows/specials/resilientidaho

Visit the Centers for Disease Control and Prevention (CDC) website at: cdc.gov/violenceprevention/aces

"Preventing ACEs could reduce the number of adults with depression by as much as 44%."

Centers for Disease Control and Prevention (CDC)

responds to stress. ACEs are linked to chronic health problems, mental illness and substance misuse in adulthood. Nevertheless, ACEs can be prevented.

Potentially, preventing the occurrence of ACEs can help children and adults thrive, resulting in:

- Lower risk of depression, asthma, cancer and diabetes in adulthood
- Reduction of risky behaviors like smoking and heavy drinking
- Improved education and employment potential

It's important to stop ACEs from being passed from one generation to the next.

Source: cdc.gov/violenceprevention/aces

Mental Health 24-Hour Hotlines (All times in Mountain Standard Time)

Idaho Department of Health and Welfare

Regional Crisis Hotlines

Region 3 (Adams, Canyon, Gem, Owyhee, Payette, Washington counties):

208-459-0092

Region 4 (Ada, Boise, Elmore, Valley counties): **208-334-0808**

Call any time, 24 hours a day, 7 days a week. Crisis Hotlines have empathetic listeners and can provide referrals to educational programs. Anonymous and confidential.

Idaho Suicide Prevention Hotline

208-398-4357 (HELP)

Call 24 hours a day, 7 days a week (24/7). Text support is available Monday through Friday, 3 p.m. to midnight.

National Suicide Prevention Lifeline

1-800-273- 8255 (TALK)

Your call will be routed to a member of the Suicide Prevention Lifeline network based on your area code. Suicide Prevention Lifeline is free, confidential and always available: help a loved one, a friend or yourself. It also connects callers to regional community crisis centers and resources.

National Alliance on Mental Illness Crisis Text Line

Text NAMI to 741741

Connect with trained counselors to receive free, 24/7 crisis support via text message.

NAMI Information Helpline: **1-800-950-6264**, Monday through Friday, 8 a.m.-4 p.m.

Optum Idaho Member Crisis Line

1-855-202-0973

Optum Substance Use Helpline:

1-855-780-5955

Both resources are available 24/7, including holidays, to provide support for Medicaid recipients.

National Domestic Violence Hotline

1-800-799-7233 or text LOVEIS to 22522

Trained expert advocates are available 24/7 to provide confidential support to anyone experiencing domestic violence or seeking resources and information.

RAINN (Rape, Abuse & Incest National Network)

National Sexual Assault Hotline:

1-800-656-4673

Chat support is available 24/7 at:

hotline.rainn.org/online

Connect with a trained staff member from a sexual assault service provider in your area that offers access to a range of free services. Confidential help, regardless of immigration status.

Women's and Children's Alliance

Rape Crisis Hotline: **208-345-7273**

Domestic Abuse Crisis Hotline:

208-343-7025

TDD/TTY (for the hearing impaired):

1-800-377-3529

Trained client advocates answer 24-hour confidential hotlines. Interpreters available for most languages.

If you or someone you know needs emergency mental health services, please call 911.

Mental Health 24-Hour Hotlines (All times in Mountain Standard Time)

LGBT National Help Center

LGBT National Hotline: **1-888-843-4564**

LGBT National Senior Hotline:

1-888-234-7243

Serving the lesbian, gay, bisexual, transgender, queer and questioning community by providing free and confidential peer support and local resources. Helpline hours are Monday through Friday 2-10 p.m. and Saturday 10 a.m.-2 p.m. Find out more at: glbthotline.org

The Trevor Project

Trevor Lifeline: **1-866-488-7386**

Trevor Text: **Text START to 678-678**

Trevor Chat: thetrevorproject.org

Trained counselors provide support 24/7 and a judgment-free space to talk for lesbian, gay, bisexual, transgender, queer and questioning (LGBTQ) young people under 25. If you're thinking about suicide or need immediate support, please call the lifeline or use the Trevor chat. Services are confidential.

Pathways Community Crisis Center of Southwest Idaho

1-833-527-4747 or 208-489-8311

7192 Potomac Drive, Boise, Idaho, 83704

Website: pcccsi.com

The center helps people navigate mental health crises as well as drug or alcohol problems. Trained staff, including nurses, licensed counselors, case managers and peer support specialists, are available. The center offers free services for everyone, regardless of place of residence, race, gender or immigration status.

Western Idaho Community Crisis Center

208-402-1044

524 Cleveland Blvd., Suite 160, Caldwell, Idaho, 83605

Website: widccc.org

Support center for those experiencing mental health and/or substance use problems by providing immediate care in times of crisis. Basic medical screenings for safety and stability, mental health assessments, and immediate access to mental health and/or substance use support. Peer support specialists and recovery coaches available. Assistance and advocacy for recovery. Free of charge for all.

Veterans Crisis Line

1-800-278-8255, press 1

Text 838255

Online chat at:

veteranscrisisline.net/get-help

Free support that is confidential for all veterans, service members, national guard/reserve and their family members and friends. Caring and qualified responders are ready to assist you, many of whom are veterans themselves.

If you or someone you know needs emergency mental health services, please call 911.

Education and Support

When you are with people who seem distressed, sad, depressed, or emotionally or mentally not well:

- Ask them if they're okay.
- Ask them if they need help.
- Help them find the help they need.
- Don't be afraid to call 911.

National Alliance on Mental Illness (NAMI), Treasure Valley

208 801-1609 (call or text)

P.O. Box 9492, Boise, Idaho, 83707

Website: namitreasurevalley.org

Free education, support, advocacy and empowerment for the mentally ill and their families. Provides equal access to medical, social, economic, legal, judicial and spiritual resources.

The Speedy Foundation

Suicide Prevention and Mental Health Advocacy

P.O. Box 5866, Boise, Idaho, 83705

Email: info@speedyfoundation.org

Website: thespeedyfoundation.org

Education, advocacy and training for suicide prevention. Provides education and information on how to help people who are thinking about suicide, persuade them to seek help and refer them to the appropriate resources. Also provides tools for navigating a conversation with someone in crisis. Free educational opportunities online.

Treatment

Idaho Department of Health and Welfare Behavioral Health

Adult: **208-736-2177**

Children: **208-732-1630**

Substance Use Services (contact provider BPA Health): **1-800-922-3406**

Website: healthandwelfare.idaho.gov

The State of Idaho provides community-based mental health services throughout the state. Services are available for adults, children and families who need mental health treatment. People won't be denied services based on inability to pay. Discounted sliding fee schedule available based on family size and income.



Treatment

Youth Empowerment Services (YES)

208-334-6997

Website:

youthempowermentservices.idaho.gov

Mental health system of care that helps children and youth under the age of 18 who have Serious Emotional Disturbance (SED). SED includes mental, behavioral and/or emotional issues that limit an individual's ability to participate in family, school or community activities. Services are family-centered in order to include parents as experts and respected equals in treatment plans.

Central District and Southwest District Health

208-327-7400

Website: **cdhd.idaho.gov**

Individualized in-home mental health services for pregnant women, infants and children through age five to help guide healthy relationships, emotions and behaviors. Qualifying households include those with a history of neglect or abuse; a parent or household member with mental health issues or substance abuse problems; low-birth weight infant or teen pregnancy in the household; or life events that have impacted children (divorce, violence, trauma). Serves Medicaid recipients, but also non-Medicaid individuals and households.

Catholic Charities of Idaho

208-345-6031

7255 Franklin Road, Boise, Idaho, 83709

Website: **ccidaho.org/counseling**

Counseling available for adults and children in a variety of forms: individual, family, couple and group sessions. Two bilingual, certified and licensed counselors are also available for e-counseling, regardless of place of residence. People of all races, faiths, ages—regardless of immigration status—are eligible for services. Operates on a sliding fee for those experiencing financial distress.

Terry Reilly Behavioral Health Services

208-344-3512

Website: **trhs.org/services**

Multiple clinics in Boise, Caldwell, Middleton, Nampa, Marsing, Homedale and Melba. Offers individual, couple, family, adolescent and support-group therapy sessions as well as case management to foster strong, healthy individuals and families. Accepts Medicaid and Medicare. Mental health services may qualify for discounts, based on patient's ability to pay. More than 40% of staff are bilingual; translation services also available. *Requires a referral from your doctor.*

Family Medicine Health Centers

Boise area clinics: **208-514-2500**

Nampa area clinics: **208-954-8687**

Multiple clinics in Boise, Meridian, Kuna and Nampa. Offers individual, family and couples therapy as well as behavioral services for children. Sliding fee discount program to eligible persons based on the patient's ability to pay. *Must be an established patient to be referred to behavioral health services.*

St. Luke's Clinics

Many St. Luke's physicians are trained to treat patients with mental health issues. Ask your primary care physician for help or for a referral. Visit stlukesonline.org for more information and provider links.

Information and Referrals for Mental Health Needs

Staff can help connect individuals to health care professionals, including psychiatrists, physicians, licensed counselors, social service agencies, emergency services and other resources. Mental health services include:

- Psychiatric and mental health counseling referrals
- Substance abuse counseling and resource referrals
- Community resources
- Financial support
- Health education talks, fitness and yoga programs, and events and screenings aimed at promoting general health and well-being
- Prescription medication and other urgent needs

St. Luke's Clinic – Psychiatric Wellness

208-706-6375

703 S. Americana Blvd., Suite 150, Boise, Idaho, 83702

St. Luke's Clinic – Behavioral Health

208-505-2222

9850 W. St. Luke's Drive, Suite 320, Nampa, Idaho, 83686

Psychiatric and behavioral health care services for adolescents and adults. Discount fees offered for qualifying patients. The Boise clinic can schedule appointments for both sites.

St. Luke's Children's Center for Neurobehavioral Medicine in Boise and Nampa

208-381-5970

1075 E. Park Blvd. (south entrance), Boise, Idaho 83712

9850 W. St. Luke's Drive (north entrance), Suite 270, Nampa, Idaho, 83687

Outpatient services for treatment of behavioral and mental health issues in children and adolescents. The clinical team provides compassionate and understanding care to optimize wellness and functioning of a child. Personal, family, emotional, psychiatric, behavioral and addiction-related problems are addressed through individual, family and group counseling. Spanish speaking clinician available.

Private Therapy and Counseling

For referrals and information regarding qualified mental health care professionals including psychiatrists, psychologists, licensed professional counselors, social workers and therapists contact **St. Luke's Connect at 208-706-5850**.

Many employers offer Employee Assistance Programs (EAPs) to help employees access counseling and other support services. Ask your human resource department about the services available to you and your family.

Health care practitioners, NAMI, hospice, schools, churches, employers and social service organizations can also provide referrals. Many providers have sliding scale fees or can connect you to financial assistance programs.

Inpatient Services

Saint Alphonsus Mental Health Services

208-302-0900

Website: saintalphonsus.org

Inpatient and outpatient services for children, adolescents and adults. Comprehensive evaluation and treatment of most emotional and interpersonal problems. Individual and group therapy as well as professional care from integrated team including psychiatry, clinical social work and nursing.

Intermountain Hospital

1-800-321-5984 or 208-377-8400

303 N. Allumbaugh Street, Boise, Idaho, 83704

Website: intermountainhospital.com

Inpatient substance abuse rehabilitation and mental health treatment center for adolescents and adults. Provides help to those who have struggled with drug dependency, addiction and mental illness.

Cottonwood Creek Behavioral Hospital

Mental Health and Substance Abuse Hospital

208-996-8449

2131 Bonito Way, Meridian, Idaho, 83642

Inpatient (for select addictions) and outpatient customized treatments for adolescents and adults struggling with mental health and substance abuse. Licensed, acute-care behavioral hospital. Only accepts insured and Medicaid patients. Requires referral.

Support Services

Addiction and Substance Abuse Resources

Alcoholics Anonymous (AA)

24-hour Help Line and for meeting times and venues: **208-344-6611**

Spanish answering service: **208-703-1574**

Website: aa.org

A fellowship of people who share their experiences, strength and hope with each other so they may solve their common problems and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking. There are no dues or fees.

Please see page 11 and above for resources that provide this service in addition to other mental health services:

St. Luke's Clinic – Psychiatric Wellness in Boise

St. Luke's Clinic – Behavioral Health in Nampa

St. Luke's Children's Center for Neurobehavioral Medicine in Boise and Nampa

Saint Alphonsus Mental Health Services
Intermountain Hospital

Cottonwood Creek Behavioral Hospital,
Mental Health and Substance Abuse
Hospital

Pathways Community Crisis Center

Western Idaho Crisis Center

Support Services

Domestic Violence Resources

Faces of Hope Victim Center

208-577-4400

417 S. 6th Street, Boise, Idaho, 83702

Website: facesofhopevictimcenter.org

Offers support services to people affected by interpersonal violence including sexual abuse and domestic violence. All services are free. The center can also help with protection orders, safety planning, forensic exams, follow-up medical care and crisis counseling.

Women's and Children's Alliance

208-343-7025

720 W. Washington Street, Boise, Idaho
83702

Website: wcaboise.org

Therapy services for adult and child survivors of emotional and physical abuse, rape and sexual assault; support for survivors with co-occurring disorders (substance use and/or mental health disorders). Therapy services offered to shelter residents and members of the community. Support groups also available, currently being held virtually.

LGBTQ+ Resources

The Trevor Project

Lifeline: **1-866-488-7386**

Support Center: Crisis intervention and suicide prevention services for lesbian, gay, bisexual, transgender, queer and questioning (LGBTQ+) young people under 25. The support center is a place where LGBTQ+

youth and their allies can find answers to frequently asked questions as well as explore resources related to sexual orientation, gender identity and more. Free educational training for educators, counselors and youth group leaders. Find out more at: thetrevorproject.org

The Community Center

208-336-3870

1088 N. Orchard Street, Boise, Idaho,
83706

Website: tccidaho.org

Center devoted to lesbian, gay, bisexual, transgender (LGBT) and allied population. Seeks to provide resources and unite the LGBT community through education and developmental programs. Provides a safe space and a welcoming location for group meets and social activities for youth groups, LGBT support groups, and women's and transgender groups.

PFLAG: Parents, Friends, Families of Lesbians and Gays

208-863-5831

Website: pflag.org

Network of over 400 local chapters that provide support services, in-person, online or by telephone. Offers information and resources as well as peer-to-peer confidential dialogue in which participants can share concerns and ask questions in a supportive environment.

LGBT National Help Center: Please see page 8.

Support Services

Area School Districts

Provide trained mental health professionals to support student academic, social and emotional success. Their goal is to minimize or alleviate barriers that interfere with a student's education by providing a multitude of direct and indirect services to all students, families and school personnel.

Boise School District

208-854-4165

Access the Boise Schools Self-Rescue Manual in English and Spanish at: selfrescuemanual.com

West Ada School District

208-350-5043 or 208-855-4500

Nampa School District

Contact individual school counselor.
Access directory at: nsd131.org

Caldwell School District

Contact individual school counselor. Call **208-455-3300** for information.

Kuna School District

Contact coordinator of district social work services at **208-861-4400**.

School Resources Available

Whether your child attends public or private school, or is attending college, you can find out what mental health services are available to students by contacting the school's main office.

Other Support Services

Idaho Division Veteran Services

208-780-1380

351 Collins Road, Boise, Idaho, 83702
Advocacy and assistance for veterans and their families in obtaining benefits and services earned while serving our country.

Boise Vet Center

208-342-3612

2424 Bank Drive, Suite 100, Boise, Idaho, 83705

Website: va.gov

Provides combat veterans with counseling services.

St. Luke's Home Health and Hospice

208-381-2721, press 3

3330 E. Louise Drive, Suite 400, Meridian, Idaho, 83646

Medicaid-certified program for anyone in the later stages of a terminal illness who would like comfort and symptom control. Twenty-four hour caregivers available. Services covered by Medicare, Medicaid and most health insurance companies. Assistance available for those without health insurance coverage to find other options.

Idaho Home Health and Hospice

208-887-6633

3356 E. Goldstone Way, Suite 3360, Meridian, Idaho, 83642

End-of-life hospice covered by Medicaid, Medicare and most private insurance companies. Other services include support for caregivers and family members of those with terminal diagnoses.

Support Services

Idaho 2-1-1 Care Line

Dial 2-1-1 to access information about Idaho Health and Welfare programs and for information about local or regional social services and resources, including child protection services, WIC, family support, Medicaid, food stamps and cash assistance.

Idaho Commission on Aging

208-736-2122 or 1-800-574-8656

Helping older adults and people with disabilities remain independent, avoid institutionalization, and stay in their own homes and communities of choice.

Southwest Idaho Area Agency on Aging

208-898-7060 or 1-844-850-2883

1505 S. Eagle Road, Suite 120,
Meridian, Idaho, 83642

Website: aging.idaho.gov

Serves Idaho seniors, people with disabilities and their caregivers by safeguarding their rights, fostering self-sufficiency, providing counseling and advocating on their behalf.

“More than one in four adults living with serious mental health problems also has a substance use problem. Substance use problems occur more frequently with certain mental health problems including depression, anxiety disorders, schizophrenia, and personality disorders.”

U.S. Department of Health and Human Services

“We recognize that people affected by mental illness face additional challenges dealing with COVID-19. Now, more than ever, it’s important to remember that there is no health without mental health. During these difficult times, we encourage you to take care of yourselves and check in on loved ones. You are not alone, and we will get through this together.”

Daniel H. Gillison Jr., CEO of NAMI

Family Caregiver Navigator

208-426-5899

Website: caregovernavigator.org

Provides support to caregivers by identifying the stress factors that impact quality of life; provides solutions so that caregivers can continue to be a support system for a person in need.

Lee Pesky Learning Center

208-333-0008

3324 Elder Street, Boise, Idaho, 83705
(satellite offices also located in Caldwell)

Website: lplearningcenter.org

Programs and services that help students, families and schools understand the unique needs of students with learning challenges. Integrated counseling services are provided by mental health professionals to help students improve their ability to cope with the impact of learning differently, including social challenges.

COVID-19 Mental Health Resources



Without a doubt, COVID-19 has impacted daily life significantly, including work, financial stability, education and relationships, which can cause stress as well as create emotional and mental health distress. It's important to seek out help if you find you're struggling because of the pandemic.

National Alliance on Mental Illness (NAMI): COVID-19 Information and Resources

NAMI has created an information and resource guide to provide support during the COVID-19 pandemic. It includes education on how to manage anxiety, access medications during quarantine and cope with loss due to COVID-19. It also provides a list of resources for those experiencing financial or food insecurity. Access the guide in English and Spanish at: nami.org/Support-Education

Idaho Department of Health and Welfare COVID-19 Help Lines

COVID Help Now Line: call or text
986-867-1073

Toll free: **866-947-5186**

Website: ioem.idaho.gov

Emotional support to help reduce levels of stress caused by the pandemic. Trained staff members provide support during an immediate crisis, connect callers with community resources and help identify coping strategies. Language assistance and interpreter services provided. Spanish-speaking staff also available.

Coronavirus Counseling Assistance Line for Front-Line Workers

1-866-536-0239

Website: coronavirus.idaho.gov

Toll-free hotline provides 24/7 access to counselors. Also provides screening and benefit navigation of mental health services through current insurance plan. For those without mental health benefits or health insurance, five free sessions conducted by licensed professional counselors are available. Sessions offered via telehealth for individuals, couples or families. Referral services also provided.

Complementary Support Services

Search the internet, look in local phone books or ask a social service agency, your employer, your physician or someone else you know to find out where you might find additional support for your health and well-being or for someone you care about.

- Acupuncture
- Arts
- Chronic Disease Management
- Education
- Employment
- Exercise
- Faith
- Financial Assistance
- Fitness
- Hobbies
- Massage
- Meditation
- Mindfulness
- Music
- Nutrition
- Recreation
- Support Groups
- Volunteerism
- Yoga



Mental health and well-being can be affected by many things, including stress from financial hardship, food insecurity, homelessness, illness, injury, family and relationship issues, and unemployment. Many programs and services are available in our community to address these and other issues. Call St. Luke's Community Health at 208-381-4518 to find out more about the resources available in and around our community.

Quick Guide to Services

24-Hour Hotlines

Emergency Services: 9-1-1

Idaho Suicide Prevention Hotline

1-800-273-8225

Call or text: 208-398-4357

*Idaho Department of Health and Welfare
Crisis Hotlines*

Region 3: 208-459-0092

Region 4: 208-334-0808

COVID Help Line, call or text:

1-989-867-1073

COVID counseling assistance for front-line workers: 1-866-536-0239

*National Alliance on Mental Illness
(NAMI)*

Crisis Textline: **Text NAMI to 741-741**

Crisis Helpline: 1-800-950-6264

Optum Idaho

Crisis Line: 1-855-202-0973

Veterans Crisis Line

Text: 838255

Call: 1-800-278-8255, press 1

Addiction/Substance Abuse Resources

*Alcoholics Anonymous Boise/Treasure
Valley*

208-344-6611

Spanish: 208-986-9909

Idaho Care Line

2-1-1

*Idaho Department of Health and Welfare
Behavioral Health Substance Use
Services*

1-800-922-3406

Idaho Division Veteran Services

208-577-2310

Intermountain Hospital

1-800-321-5984

Optum Idaho Substance Use Helpline

1-855-780-5955

*Pathways Community Crisis Center of
Southwest Idaho*

1-833-527-4747 or 208-489-8311

Western Idaho Community Crisis Center

208-402-1044

Disability Services

Disability Rights Idaho

1-800-632-5125

Idaho Department of Health and Welfare

Children: 1-208-334-6500 or

1-877-333-9681

Aid to the aged, blind or disabled:

1-877-456-1233

Lee Pesky Learning Center

208-333-0008

Domestic Violence Resources

*Child Abuse – Department of Health and
Welfare*

1-855-552-5437

Faces of Hope Victim Center

208-577-4400

National Domestic Violence Hotline

1-800-799-7233

*RAINN (Rape, Abuse, and Incest National
Network)*

National Sexual Assault Hotline:

1-800-656-4673

Women's and Children's Alliance

Domestic Abuse Crisis Hotline:

208-343-7025

Rape Crisis Hotline: 208-345-7273

TDD/TTY: 1-800-377-3529

Emergency Financial Assistance

Ada County Indigent Services

208-287-7960

El-Ada Community Action Partnership

208-345-2820

Idaho Department of Health and Welfare

1-877-456-1233

Quick Guide to Services

LGBTQ+ Resources

The Community Center
208-336-3870

LGBT National Hotline
1-888-843-4564

LGBT National Senior Hotline
1-888-234-7243

*PFLAG: Parents, Friends, Families of
Lesbians and Gays*
208-863-5831

The Trevor Lifeline
1-866-488-7386

Mental Health Services

Boise Vet Center
208-342-3612

Catholic Charities of Idaho
208-345-6031

Central and Southwest District Health
Infant and Early Childhood Mental Health
Services: 208-327-7400

Family Health Centers
Boise: 208-514-2500
Nampa: 208-954-8687

*Idaho Department of Health and Welfare
Behavioral Health*
Adult: 208-736-2177
Children: 208-732-1630

Idaho Division Veteran Services
208-577-2310

*National Alliance on Mental Illness
(NAMI)*
208-309-1987

Saint Alphonsus Mental Health Services
208-302-0900

*St. Luke's Children's Center for
Neurobehavioral Medicine*
Boise and Nampa: 208-381-5970

St. Luke's Psychiatric Wellness in Boise
208-706-6375

*St. Luke's Clinic Behavioral Health in
Nampa*
208-505-2222

Terry Reilly Health Services
208-344-3512

Youth Empowerment Services (YES)
1-833-644-8296

Mental Health And Addiction In-Patient Facilities

Cottonwood Hospital
208-996-8449

Intermountain Hospital
1-800-321-5984

Saint Alphonsus Behavioral Health
208-302-0900

Senior Services And Other Support Services

Family Caregiver Navigator
208-426-5899

Idaho Commission on Aging
208-736-2122 or 1-800-574-8656

Idaho Division Veteran Services
208-577-2310

Idaho Home Health and Hospice
208-887-6633

Southwest Idaho Area Agency on Aging
208-898-7060 or 1-844-850-2883

*St. Luke's Home Care and Hospice
Services*
208-381-2721, press 3

Veteran Services

Boise Vet Center
208-342-3612

Idaho Division Veteran Services
208-577-2310

Acknowledgements

The St. Luke's Community Health department and the Consulate of Mexico believe that investments in the treatment of mental health issues are crucial to the health of our community.

Generous contributions from La Comisión de Salud Fronteriza México-Estados Unidos have helped fund the publication of this Help is Here! resource guide. We are also grateful to the Consulate of Mexico in Boise for their support for this project.

We would also like to thank The Speedy Foundation for their help and support of this booklet.

To access this booklet online, please visit: [**stlukesonline.org/help**](https://stlukesonline.org/help)

To learn more about the Health Window Program or the Mexican Consulate, please visit: [**stlukesonline.org/en-espanol**](https://stlukesonline.org/en-espanol)

