



Help Is Here!

Suicide Prevention | Mental and Behavioral Health Support

A Resource Guide for Elmore County
Fall 2024



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If you or someone you know is experiencing a mental health crisis, call or text 988 for 24/7 free and confidential crisis support. You do not have to be suicidal to call.

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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, Idaho parent of son lost to suicide

For More Information

This guide provides information about resources that support mental health in our community. There might be organizations that are not included and resources that change after this publication. If you can’t find what you need or would like help navigating the resources available in our area, St. Luke’s Community Health and Engagement can help.

Please contact us at communityhealth@slhs.org.

This email is not for emergency purposes. In an emergency, please call 988 or 911.

Access this booklet online at stlukesonline.org/gethelp.

A Message to Our Community

In 2017, Mountain Home High School students experienced the loss of a classmate to suicide. With faculty and community support, students developed projects to raise awareness about mental health and to help the community heal.

The 2019 MHHS Health Occupations Students of America (HOSA), a school club, chose to leave a legacy that would impact the community beyond graduation through their Buddy Bench project. The goal was to install yellow Buddy Benches that provided “safe zones” for those feeling alone or needing someone with whom they could talk.

Students Cole Lancaster and Emma Binion oversaw the Buddy Bench project, with support from the community.

“Growing up in a rural town there is a huge stigma regarding mental health needs,” said Cole. “It is often not understood that mental health is a work in progress.”

The students’ mental health awareness goals are ongoing and have inspired annual projects. During the 2023-2024 school year, HOSA member Ava Johnson established the #YouAreMore campaign after seeing her sister’s challenges following a knee injury. Ava recognized the need to raise awareness



MHHS students who participated in the #YouAreMore campaign.

around students’ mental health struggles. The result was the creation of #YouAreMore murals, and the campaign has expanded to mentor younger students.

“It’s important to have a club that serves as a safe space where students can get involved and help their own mental health and others, too,” said Ava.

Karen Brescia, HOSA advisor, sees the difference Mountain Home HOSA student-led projects make.

“The work started with the Buddy Benches [and other community projects] has made a big difference in our school culture,” said Karen. “We have suicide awareness and prevention at the forefront of teaching—and have hopefully broken the stigma.”

The murals and Buddy Benches can be found around town, on many school grounds and at parks. These visual reminders of the students’ work, past and present, serve as a testament to our community’s strength and compassion.

In our community, there is HOPE and there is HELP. This guide can be a good place to start.



Buddy Benches around Mountain Home let people know they’re not alone.

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.

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 can 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 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 or with anyone ...

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

If you or someone you know is experiencing a mental health crisis, call or text 988 for 24/7 free and confidential crisis support. You do not have to be suicidal to call.

Possible Indications and Symptoms of Mental Illness

- Feelings of depression or sadness that are disproportionate to circumstances in duration, intensity or expression.
- Withdrawal from or loss of interest in friends/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.

Help Prevent Suicide

People often exhibit warning signs in the way they talk and act or through their moods before attempting suicide. It is important to know common warning signs and risk factors, so you can look out for them.

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

- 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.



When you are with someone who seems 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 988.

Taking Care of Your Mental Health



Mental health includes emotional, psychological and social well-being. More than the absence of a mental illness, mental health is essential to your overall health and quality of life. Self-care can help maintain mental health as well as help support treatment and recovery. Activities that encourage you to live well can also help you manage stress, lower risk of illness and increase energy. Even small, daily acts of self-care can have a big impact.

Self-Care Tips

- **Get regular exercise.** Just 30 minutes of walking every day can boost your mood and improve your health. Small amounts add up, so don't be discouraged if you can't do 30 minutes at once.
- **Eat healthy, regular meals and stay hydrated.** A balanced diet and plenty of water can improve your energy and focus. Monitor how caffeine and alcohol affect your mood and well-being; for some, decreasing caffeine and alcohol consumption can be helpful.
- **Make sleep a priority.** Stick to a schedule, and make sure you're getting enough sleep. Blue light from devices and screens can make it harder to fall asleep, so reduce blue light exposure before bedtime.
- **Try a relaxing activity.** Explore wellness programs or apps that include meditation, muscle relaxation or breathing exercises. Schedule regular time for these and other enjoyable, healthy activities—like listening to music, reading, being in nature and engaging in low-stress hobbies.
- **Set goals and priorities.** Decide what must get done now and what can wait. Learn to say “no” to tasks when you need a break. Appreciate what you accomplish.
- **Practice gratitude.** Remind yourself daily of things you are grateful for. Be specific. Write them down or replay them in your mind.
- **Focus on positivity.** Identify and challenge your negative and unhelpful thoughts.
- **Stay connected.** Reach out to friends and family members who can provide emotional support and practical help.

Self-care looks different for everyone, so find what you need and enjoy. It might take trial and error to discover what works best for you.

Mental Health Hotlines and Crisis Centers

Hotlines are available 24/7. Exceptions noted with hours in Mountain time zone.



National/State

988 Idaho Crisis & Suicide Hotline

Call or text 9-8-8 or chat [988lifeline.org](https://www.988lifeline.org)

Offers free access to trained crisis counselors who can help people experiencing mental health related distress. Equivalent to 911 for behavioral health crises.

LGBT National Help Center

Hotline: 1-888-843-4564

Senior Hotline: 1-888-234-7243

Youth Talkline: 1-800-246-7743

Website: [lgbthotline.org](https://www.lgbthotline.org)

Serving the lesbian, gay, bisexual, transgender, queer and questioning (LGBTQ+) communities by providing free and confidential peer support and local resources. Helpline hours are Monday-Friday, 2-10 p.m., and Saturday, 10 a.m.-3 p.m.

National Alliance on Mental Illness (NAMI) Helpline

NAMI Information Helpline:

**1-800-950-6264, Monday-Friday,
8 a.m.-8 p.m.**

Website: [nami.org/help](https://www.nami.org/help)

Offers help with mental health questions and concerns, suggests resources, and provides support and encouragement. Support is also available via text by texting the word "helpline" to 62640. Youth and young adult helpline now available. Text "friend" to 62640.

National Domestic Violence Hotline

1-800-799-7233 or text START to 88788

Website: [thehotline.org](https://www.thehotline.org)

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

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Mental Health Hotlines and Crisis Centers

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National Maternal Mental Health Hotline

Call or text: 1-833-852-6262
(1-833-TLC-MAMA)
Website: mchb.hrsa.gov

Provides free, confidential support as well as resources and referrals to pregnant/postpartum parents facing mental health challenges as well as to their loved ones.

Rape, Abuse & Incest National Network (RAINN)

National Sexual Assault Hotline:
1-800-656-4673
Chat support: hotline.rainn.org/online
Website: rainn.org

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

Substance Abuse and Mental Health Services Administration (SAMHSA) National Helpline

1-800-662-4357
Website: samhsa.gov/find-help

SAMHSA's National Helpline, also known as the Treatment Referral Routing Service, is a confidential and free information service for individuals and family members facing mental health issues and/or substance use disorders. This service provides referrals to local treatment facilities, support groups and community-based organizations.

The Trevor Project

Trevor Lifeline: 1-866-488-7386
Trevor Text: Text START to 678-678
Trevor chat: thetrevorproject.org/get-help
Website: thetrevorproject.org

Trained counselors provide support 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 chat. Services are confidential.

Veterans Crisis Line

Dial 988, press 1
Text 838255
Online chat at: veteranscrisisline.net

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

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

World Health Organization

Mental Health Hotlines and Crisis Centers

Hotlines are available 24/7. Exceptions noted with hours in Mountain time zone.

Local

Elmore County Domestic Violence Council

Domestic abuse crisis hotline:
208-587-3300
Website: ecdvc.org

A crisis intervention and referral phone line for those facing domestic violence. During a crisis, the hotline can offer the resources needed to safely leave. Operators can help people find an emergency shelter, if needed, and get there safely. Also offers sexual assault crisis response advocacy dedicated to providing services, including emergency shelter, crisis intervention, support services and prevention as well as information, referral and education.

Idaho Youth Ranch Hays House: Shelter for Youth

208-322-2308
7221 Poplar Street, Boise
Website: youthranch.org/hayshouseboise

Shelter to support teens, day or night. Provides a nurturing environment for youth who have run away, are homeless, and/or are victims of abuse, neglect or trauma. Offers care in a short-term residential/shelter environment to guide youth toward a hopeful future. Also offers drop-in services for young people in need of a hot shower, a warm meal or a safe place to stay for a few hours.

Pathways Community Crisis Center of Southwest Idaho*

1-833-527-4747 or 208-489-8311
7192 Potomac Drive, Boise
Website: pathwaysofidaaho.com/crisis-center

The center helps adults 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 or gender.

Pathways Youth Community Support Center of Southwest Idaho*

1-833-527-4747
9196 W. Emerald Street, Suite 100, Boise
Website: pathwaysofidaaho.com/crisis-center/pathways-youth-community-support-center-of-southwest-idaho

Serves youth ages 12 to 17 experiencing a behavioral health crisis regardless of race, gender, sexual orientation or socioeconomic status. Provides a safe and nonjudgmental environment, connection to community resources and referrals for ongoing care at no cost.

*Pathways changed its name to Clarvida of Idaho on June 1, 2024. Learn more at clarvida.com/idaho.

Mental Health Hotlines and Crisis Centers

Hotlines are available 24/7. Exceptions noted with hours in Mountain time zone.

Western Idaho Community Crisis Center

208-402-1044

524 Cleveland Blvd., Suite 160, Caldwell

Website: widccc.org

Support center for adults experiencing mental health and/or substance use problems by providing immediate care in times of crisis. Provides care in the center for up to 23 hours and 59 minutes. 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. Doors are open 24 hours a day, seven days a week. Free of charge for all.

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

Website: wcaboise.org

Trained client advocates answer confidential hotlines. Interpreters available for many languages. 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 disorder and/or mental health disorder). Therapy services offered to shelter residents and members of the community. Support groups also available.



Treatment Services



State

Central District Health

208-327-7400

707 N. Armstrong Place, Boise

Website: cdh.idaho.gov

Licensed clinical social worker serves adults and adolescents, 12 years old and up, for a variety of behavioral and mental health issues, including but not limited to anxiety, depression, adjustment disorder, bipolar disorder, borderline personality disorder, PTSD/ trauma and hoarding. Also provides couple and family therapy. Offers telehealth services.

Idaho Youth Ranch Counseling and Therapy Services

208-947-0863

7025 W. Emerald Street, Boise

Website: youthranch.org

Offers youth (ages 9 to 24) and family therapy, equine therapy, and TeleMental Health therapy for youth and families located anywhere within the state of Idaho.

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.

Treatment Services

Magellan Healthcare

Member services line: 1-855-202-0973

Crisis line: 988

Website: magellanofidaho.com

Magellan manages inpatient and outpatient behavioral health services—including mental health, substance use disorder, and youth services—for the Divisions of Behavioral Health and Medicaid, along with the provider network for the Department of Juvenile Corrections. Magellan also oversees behavioral health services for Idahoans who have Medicaid, other types of insurance or do not have insurance.

Youth Empowerment Services (YES)

208-364-1910

Children's mental health offices:

1-833-644-8296

Website: yes.idaho.gov

Mental health system of care that helps children and youth under the age of 18 who have serious emotional disturbance (SED). This 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 to include parents as experts and respected equals in SED treatment plans.

Local

Catholic Charities of Idaho

208-345-6031

7201 W. Franklin Road, Boise

Website: ccidaho.org/about-counseling

Counseling available for adults and children in a variety of forms: individual, family, couple and group sessions. Counseling services are provided in person at the Boise office, and e-counseling services (online counseling) are available to anyone in the state of Idaho. Operates on a sliding fee scale for those experiencing financial distress.

Community Partnerships of Idaho (Rise)

Adult and child services: 208-587-7626

Behavioral health: 208-329-8135

1993 E. 8th N., Mountain Home

Website: riseservicesincid.org/behavioral-health

Working for individuals with disabilities in partnership with their families, neighborhoods and communities to promote independence and community participation. Mental health/community support program for children, adolescents and adults.

Treatment Services

Desert Sage Health Centers

208-587-3988

Clinics in Mountain Home, Grandview and Glenns Ferry

Website: desertsagehealthcenters.org/services

Behavioral health specialists assist patients with symptoms of depression, anxiety and other issues that can interfere with quality of life. Also assists patients with referrals to community resources, mental health and psychiatric services, and drug and alcohol treatment. Offers telehealth services.

Easter Seals Goodwill

208-580-5431

1140 American Legion Blvd.,
Mountain Home

Website: esgw.org/behavioral-health

Drug and alcohol treatment (intensive outpatient or outpatient), mental health counseling, life skills classes and psycho-educational groups.

Mountain Home Air Force Base Family Advocacy

208-828-7520

90 Hope Drive, Mountain Home AFB

Website: mountainhome.tricare.mil/Health-Services/Primary-Care/Family-Advocacy

Prevention and assessment of family violence; treatment for those affected.

Mountain Home Air Force Base Mental Health Clinic

208-828-7580

90 Hope Drive, Building 6000,
Mountain Home AFB

Website: mountainhome.tricare.mil/Health-Services/Mental-Behavioral-Health

Mental health services for active-duty members. Alcohol and drug abuse prevention and treatment.

Terry Reilly Behavioral Health Services

Appointments: 208-466-7869

Patient navigator: 208-318-1326

Website: trhs.org

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 might qualify for discounts, based on patient's ability to pay.

Veterans Administration Clinic

208-580-2001

815 N. 6th E. Street, Mountain Home

Website: va.gov/boise-health-care/locations/mountain-home-va-clinic

Outpatient clinic offers primary care to help veterans stay healthy and well throughout life.

Treatment: 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.

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

208-381-5970
1075 E. Park Blvd., Boise
9850 W. St. Luke's Drive, Suite 270,
Nampa
Website: stlukesonline.org

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.

St. Luke's Clinic – Behavioral Health

208-381-6005 | 403 S. 11th Street,
Suite 210, Boise
208-505-2222 | 9850 W. St. Luke's Drive,
Suite 320, Nampa
Website: stlukesonline.org

Full spectrum of mental health treatment services for children, adolescents, adults and families. Services include but are not limited to individual counseling, group therapy, neuropsychological testing, medication management and addiction treatment.

St. Luke's Clinic – Psychiatric Wellness

208-706-6375
703 S. Americana Blvd., Suite 150,
Boise
Website: stlukesonline.org

Offers full spectrum of mental health treatment services for children, adolescents, adults and families. Services include but are not limited to individual counseling, group therapy, neuropsychological testing, medication management and addiction treatment.

St. Luke's Clinic – Trinity Mountain Medical

208-587-9703
465 McKenna Drive, Mountain Home
Website: stlukesonline.org

Behavioral and mental health services for patients of all ages. Must be an established patient of this clinic to access these services.

Inpatient Services



State

Cottonwood Creek Behavioral Hospital

208-202-4732

2131 Bonito Way, Meridian

Website: cottonwoodcreekboise.com

Inpatient and outpatient customized treatments for adolescents (as young as 12 years old) and adults. Licensed, acute-care behavioral hospital. Accepts all major insurances. Requires referral for inpatient services.

Idaho Youth Ranch Residential Center for Healing and Resilience

208-996-2826

Website: youthranch.org/rchr

Residential care for youth ages 11 to 17. The residential treatment program includes thorough assessment, diagnosis, and stabilization of behavioral and mental health conditions. Provides comprehensive care to help our young patients overcome their challenges and thrive. We assist youth in reaching a level of mental health where residential care is no longer necessary.

Intermountain Hospital

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

303 N. Allumbaugh Street, Boise

Website: intermountainhospital.com

Inpatient substance use disorder rehabilitation and mental health treatment center for adolescents and adults. Provides help to those who are struggling with drug dependency, addiction and mental illness.

Saint Alphonsus Boise – Inpatient Behavioral Health

208-367-3189

131 N. Allumbaugh Street

Website: saintalphonsus.org

Provides inpatient treatment for both adults and youth, including crisis stabilization, intensive observation, and treatment.

Addiction and Substance Use Disorder Services

National/State

Al-Anon/Alateen

208-344-1661

Website: al-anon.org

Al-Anon and Alateen are mutual support programs for people whose lives have been affected by someone else's drinking. Alateen is specifically for teenagers to meet other teenagers with similar situations.

Alcoholics Anonymous (AA)

24-hour Help Line and for meeting times and venues:

Statewide: 208-344-6611

Statewide Spanish line: 208-703-2495

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.

Magellan Healthcare

Member services line: 1-855-202-0973

Crisis line: 988

Website: magellanofidaho.com

Magellan manages inpatient and outpatient behavioral health services—including mental health, substance use disorder and youth services—for the Divisions of Behavioral Health and Medicaid, along with the provider network for the Department of Juvenile Corrections. Magellan also oversees behavioral health services for Idahoans who have Medicaid, other types of insurance and those who do not have insurance.

Narcotics Anonymous

Helpline: 208-391-3823

Website: na.org

Offers resources for recovery from effects of addiction through a 12-step program and group meetings as well as an ongoing support network for addicts who wish to pursue and maintain a drug-free lifestyle. Membership is free.

Substance Abuse and Mental Health Services Administration (SAMHSA) National Helpline

1-800-662-4357

Website: samhsa.gov/find-help

SAMHSA's National Helpline, also known as the Treatment Referral Routing Service, is a confidential and free information service for individuals and family members facing mental and/or substance use disorders. This service provides referrals to local treatment facilities, support groups and community-based organizations.



Domestic Violence Resources

National/State

National Domestic Violence Hotline

1-800-799-7233 or text START to 88788
Website: thehotline.org

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

Rape, Abuse & Incest National Network (RAINN)

National Sexual Assault Hotline:
1-800-656-4673
Chat support: hotline.rainn.org/online
Website: rainn.org

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

Local

Ada County Victim Services Center

208-577-4400
417 S. 6th Street, Boise
Website: adacounty.id.gov/victimservices

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.

Elmore County Domestic Violence Council

Domestic abuse crisis hotline:
208-587-3300
Website: ecdvc.org

A crisis intervention and referral phone line for those facing domestic violence. During a crisis, the hotline can offer the resources needed to safely leave. Operators can help people find an emergency shelter, if needed, and get there safely. Also offers sexual assault crisis response advocacy dedicated to providing services, including emergency shelter, crisis intervention, support services and prevention as well as information, referral and education.

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Domestic Abuse Crisis Hotline:
208-343-7025
TDD/TTY (for the hearing impaired):
1-800-377-3529
Offices: 208-343-3688
720 W. Washington Street, Boise
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 disorder and/or mental health disorder). Therapy services offered to shelter residents and community members. Support groups also available.

LGBTQIA+ Resources

National/State

LGBT National Help Center

Hotline: 1-888-843-4564

Senior Hotline: 1-888-234-7243

Youth Talkline: 1-800-246-7743

Website: lgbthotline.org

Serving the lesbian, gay, bisexual, transgender, queer and questioning (LGBTQ+) communities by providing free and confidential peer support and local resources. Helpline hours are Monday-Friday, 2-10 p.m., and Saturday, 10 a.m.-3 p.m. (Mountain time zone).

Trans Lifeline

Lifeline: 1-877-565-8860

Website: translifeline.org

Trans Lifeline is run by and for trans people. Trans Lifeline is a grassroots hotline and microgrants 501(c)(3) nonprofit organization offering direct emotional and financial support to trans people in crisis—for the trans community, by the trans community.

The Trevor Project

Trevor Lifeline: 1-866-488-7386

Trevor Text: Text START to 678-678

Trevor chat:

thetrevorproject.org/get-help

Website: thetrevorproject.org

Trained counselors provide support 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 chat. Services are confidential.

Local

The Community Center

208-336-3870

1088 N. Orchard Street, Boise

Website: tccidahohome.org

Center devoted to LGBTQ+ communities and the allied population. Seeks to provide resources and unite the LGBTQ+ communities through education and developmental programs. Provides a safe space and a welcoming location for group meets and social activities for youth groups, LGBTQ+ support groups, and women's and transgender groups.



Other Support Services



State

Family Caregiver Navigator

208-426-5899

Website: caregivernavigator.org

Provides support to caregivers by identifying the stress factors that impact quality of life. Offers solutions so caregivers can continue to support a person in need.

findhelpidaho.org

Website: findhelpidaho.org

Provides a zip code search tool to connect people to a wide variety of local support services, including financial assistance, food pantries, medical care, and other free or reduced-cost help. Site available in a variety of languages.

Idaho Care Line 2-1-1

Care line: 2-1-1

Website: healthandwelfare.idaho.gov/services-programs/211

Dial 2-1-1 to access information about Idaho Health and Welfare programs as well as local or regional social services and resources, including child protection services, WIC (the federal supplemental nutrition program for women, infants and children), family support, Medicaid, food stamps and cash assistance.

Idaho Council on Developmental Disabilities

208-334-2178

Toll-free: 1-800-544-2433

700 W. State Street, Boise

Website: icdd.idaho.gov

The Council advocates with and on behalf of Idahoans with developmental disabilities by listening to their concerns and working to help them improve their lives. Builds service systems and natural supports that enable them to enjoy lives of independence, responsibility, meaning and contribution.

Other Support Services

Idaho Division Veteran Services

208-780-1380

351 Collins Road, Boise

Website: veterans.idaho.gov

Advocacy and assistance for veterans and their families in obtaining benefits and services (including for mental and behavioral health) earned while serving our country.

Idaho Youth Suicide Prevention Program

208-947-5155

8050 W. Rifleman Street, Suite 100,
Boise

Website: sde.idaho.gov/student-engagement/iyspp

Provides free case-management services to youth and young adults through age 24 who have attempted suicide or have received treatment for serious thoughts of suicide.



Lee Pesky Learning Center

208-333-0008

3324 Elder Street, Boise (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.

Southwest Idaho Area Agency on Aging

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

1505 S. Eagle Road, Suite 120, Meridian

Website: a3ssa.com

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

Local

Boise Vet Center

208-342-3612

2424 Bank Drive, Suite 100, Boise

Website: va.gov

Community-based organization that provides counseling services to combat veterans and active-duty war veterans who have served in any hostile area. Also provides support services to veterans for sexual trauma. Any family member with a loved one who died while on active duty, regardless of region where served, can reach out and request bereavement counseling.

Other Support Services

El-Ada Community Action Partnership

208-587-8407

2420 American Legion Blvd., #2,
Mountain Home

Website: eladacap.org/programs

Works to reduce poverty, revitalize low-income communities, and empower families and individuals to become self-sufficient. Programs include a food pantry, utility assistance, harm reduction, veteran services and home-weatherization assistance.

Family Advocates: Family Strengthening Education Program

208-345-3344

Mountain Home's First Congregational
Church of Christ

515 E. 15th N. Street, Mountain Home

Website: familyadvocates.org/programs

Works to strengthen families and keep kids safe by empowering people to protect and enrich the lives of youth. Partners with hundreds of volunteers and many businesses to make sure Idaho families have the resources they need to build a better community.



Glenns Ferry Senior Citizen Center

208-366-2051

492 E. Cleveland Avenue, Glenns Ferry

Website: glennsferryidaho.org/local/three-island-senior-center

Three Island Senior Center promotes the health and well-being of older adults, regardless of income, by providing and advocating for nutrition and social services. Three Island Senior Center is also a provider site for the Idaho Food Bank. Offers rides to center; call to arrange.

Mountain Home Senior Citizen Center

208-587-4562

1000 N. 3rd E. Street, Mountain Home

Website:
mountainhomeseniorcenter.org

Provides Mountain Home seniors and the entire community opportunities to engage in recreational, social, educational, civic, governmental, cultural, service and health-related activities in a welcoming and comfortable facility. Provides Meals on Wheels program and congregate meals at the center.

Education and Support



State

Empower Idaho

208-947-4288

1607 W. Jefferson Street, Boise

Website: empoweridaho.org

Coordinates educational activities (online and in person) as well as advocates on behalf of adults with behavioral health conditions and their families to improve the behavioral health delivery system in Idaho. Among other resources and support, the organization creates awareness campaigns, advocates, provides information on mental health parity and rights, and engages in community partnership building.

The Speedy Foundation

208-471-8904

800 W. Main Street, Suite 1460, Boise

Website: thespeedyfoundation.org

Email: info@speedyfoundation.org

Works to prevent suicide, support mental health education and promote conversations to end stigma. Provides free online and on-demand training, free resources for download or in print, community conversations, and opportunities for connection and collaboration.

Education and Support

Local

Central District Health

208-327-8592

520 E. 8th Street N., Mountain Home

Website: cdh.idaho.gov/health/prevention-programs/suicide-prevention

Offers education and support trainings, including QPR (Question, Persuade, and Refer), Gatekeeper Trainings, Youth Mental Health First Aid, and more. Please visit the training tab under the suicide prevention page for more information.

National Alliance on Mental Illness (NAMI), Treasure Valley

208-801-1609 (call or text)

Website: namitreasurevalley.org

Free education, support, advocacy and empowerment for people with mental illnesses and their families. Provides equal access to medical, social, economic, legal, judicial and spiritual resources.

AREA SCHOOL DISTRICTS AND COLLEGES

If you are a student or parent of a student who needs mental health resources, we encourage you to reach out to your school's counseling department, an administrator or a teacher for guidance. Many primary, secondary, and postsecondary schools offer support for students and their families.

Acknowledgments



The St. Luke’s Community Health and Engagement team developed this guide as part of our effort to improve the health of people in our regions. Mental well-being is crucial to the overall health of our communities. We hope this guide connects you to resources that are beneficial. St. Luke’s is grateful to the listed organizations for their commitment to providing critical care and resources to our community members.

Special thanks to Cole Lancaster, Karen Brescia and Ava Johnson for sharing their stories of the mental health awareness efforts in Mountain Home and their school-based activities.

We are better together.



A mural created as part of Mountain Home High School students’ Buddy Bench project. Read more about this on page 3.