



Help Is Here!

Suicide Prevention | Mental and Behavioral Health Support

A Resource Guide for Twin Falls and Jerome Counties
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, the Center for Community Health can help.

Please contact us at CCH@fhsid.org or 208-650-7860.

This email and number are 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



St. Luke's recognizes great things can happen in our community when we work together, and it is with great enthusiasm we announce our collective commitment to our community's well-being through the Center for Community Health and this "Help Is Here!" guide.

St. Luke's—in partnership with Family Health Services, College of Southern Idaho, South Central Public Health District, Twin Falls School District, the City of Twin Falls, Twin Falls County and Strategic Financial Group—is dedicated to the establishment and support of the Center for Community Health (CCH). The primary goal of CCH is to help our community navigate critical resources, like the services outlined in this guide.

In fall 2024, CCH operations began in Twin Falls, providing a centralized resource hub as well as offering comprehensive referral and navigation services, such as local and regional medical, mental, social and educational resources, entirely without cost. It also embodies our community's dedication to equity and inclusivity, seeking to address health care gaps and provide care that is culturally appropriate to all members of our community. You can reach out to CCH at 208-650-7860 or CCH@fhsid.org.

Modeled after St. Luke's Center for Community Health in Wood River, the new CCH in Twin Falls will stand as a testament to the power of unity and collaboration to create positive change.

At their core, CCH and this guide are about supporting you—our community. It is about providing timely services, connecting individuals to preventive care and empowering individuals with health education. Every member of our community deserves to be healthy, secure and valued.

Know that in times of need, you are not alone. This guide and CCH stand ready to offer additional support and assistance, should you need it, ensuring that together we can help you navigate your challenges to health and well-being, so you can achieve your goals.

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

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

World Health Organization

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

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: lgblhotline.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

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

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

Mental Health Hotlines and Crisis Centers

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

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.

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.

Mental Health Hotlines and Crisis Centers

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

Local

Crisis Center of South-Central Idaho

1-866-737-1128, 208-772-7825 or 208-717-3167

570 Shoup Avenue W., Twin Falls

Website: crisisidaho.com

Support center for those experiencing mental health and/or substance use disorders 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 disorder support.

ProActive Youth and Family Support Center

24/7/365 Support: 208-969-9841

264 Main Avenue S., Twin Falls

Website: youthidaho.com

Support center to fulfill the need for youth-focused services for young people experiencing a mental health or substance use disorder crisis. Youth and their families can walk in any time.

Voices Against Violence

Domestic abuse hotline: 208-733-0100

302 2nd Avenue S., Twin Falls

115 W. 100th S., Rupert

Website: vavmv.org

Emergency shelter for women and children in Twin Falls, Minidoka and Cassia counties. Shelters, counsels and empowers survivors of domestic violence and sexual assault.



Treatment Services



State

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.

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

Crisis Center of South-Central Idaho

1-866-737-1128, 208-772-7825 or

208-717-3167

570 Shoup Avenue W., Twin Falls

Website: crisisidaho.com

Support center for those experiencing mental health and/or substance use disorders by providing immediate care in times of crisis.

Treatment Services

Basic medical screenings for safety and stability, mental health assessments, and immediate access to mental health and/or substance use disorder support.

Family Health Services

208-734-3312

Website: fhsid.org

Offers collaborative patient care. Staff includes behavioral health providers, family medicine and obstetrics physicians, nurse practitioners, physician assistants, pharmacists and dental providers. Multiple locations in the Magic Valley.

North Canyon Behavioral Health

208-934-4433

491 Heritage Drive, Jerome

Website: northcanyon.org

Provides virtual behavioral health appointments for anxiety disorders, attention deficit hyperactivity disorders, depression, mood disorders, obsessive-compulsive disorders, panic disorders, phobias and post-traumatic stress. Multiple locations in the Magic Valley.

ProActive Youth and Family Support Center

24/7/365 Support: 208-969-9841

264 Main Avenue S., Twin Falls

Website: youthidaho.com

Support center to fulfill the need for youth-focused services for young people experiencing a mental health or substance use disorder crisis. Youth and their families can walk in any time.

Treatment and Recovery Clinic (TARC)

208-736-5048

630 Addison Ave West, Twin Falls

Website: twinfallscounty.org/tarc

Provides intensive outpatient substance use disorder treatment as well as recovery support services, mental health services and life skills education to adolescents (ages 11 to 17), adults and families.

Wellness Tree Community Clinic

208-734-2610

173 Martin Street, Twin Falls

Website: wellnesstreeclinic.org

Provides free medical, dental, optical and mental health services to people without insurance or with gaps in their insurance coverage.

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: 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.

Local

St. Luke's Clinic – Behavioral Health Services

208-814-9100

815 N. College Road, Twin Falls

Website: stlukesonline.org

Care team includes psychiatrists and mental health therapists who are trained to provide compassionate psychiatric and behavioral health care services. Provides full spectrum of mental health treatment services to children, adolescents, adults and families with varying diagnoses.

St. Luke's Clinic – Jerome Family Medicine

208-814-9800

132 5th Avenue W., Suite 2, Jerome

Website: stlukesonline.org

Offers a wide range of family medicine services for people of all ages, including support for mental and behavioral health. Care team includes physicians, advance practice providers and social workers.

St. Luke's Clinic – Physician Center

208-814-9150

980 Burley Avenue, Buhl

Website: stlukesonline.org

Offers a wide range of family medicine services for people of all ages, including support for mental and behavioral health. Care team includes physicians, advance practice providers and social workers.

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.

Inpatient Services

State Hospital South

208-785-1200

700 E. Alice Street, Blackfoot

Website: healthandwelfare.idaho.gov

Psychiatric inpatient treatment and skilled nursing care for Idaho's adults and adolescents with the most serious and persistent mental illnesses. Treatment includes evaluation, medications, individual and group therapy, education, recreation and discharge counseling. Accredited by The Joint Commission and certified by the Center for Medicare and Medicaid Services.



Local

St. Luke's Canyon View Behavioral Health

208-814-7900 (use helpline after hours)

24-hour helpline: 1-800-657-8000

228 Shoup Avenue W., Twin Falls

Inpatient psychiatric facility for adults over 18. Accepts both medically and socially complicated patients to treat serious mood, psychotic, personality, substance and neuropsychiatric disorders.

The Walker Center

1-866-287-2534 | 1102 Eastland Drive N.,
Twin Falls

1-800-227-4190 | 605 11th Avenue E.,
Gooding

Website: thewalkercenter.org

Treatment approach blends the philosophy and principles embodied in 12-Step programs with evidence-based methods. Medically supported and clinically managed residential treatment for withdrawal management and detoxification for adults; individual counseling and outpatient treatment for adults and adolescents.

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:

Twin Falls: 208-733-8300

Jerome: 208-837-6048

Statewide: 208-344-6611

Statewide Spanish line: 208-703-2495

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

Magic Valley helpline: 208-329-6383

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.

Local

Crisis Center of South-Central Idaho

1-866-737-1128, 208-772-7825 or
208-717-3167

570 Shoup Avenue W., Twin Falls

Website: crisisidaho.com

Support center for those experiencing mental health and/or substance use disorders 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 disorder support.

Addiction and Substance Use Disorder Services

ProActive Youth and Family Support Center

24/7/365 Support: 208-969-9841
264 Main Avenue S., Twin Falls
Website: youthidaho.com

Support center to fulfill the need for youth-focused services for young people experiencing a mental health or substance use disorder crisis. Youth and their families can walk in any time.

Recovery in Motion

208-712-2173
560 Shoup Avenue W., Twin Falls

Provides free, peer-based recovery support services to individuals and families in our communities who live with substance use disorder and/or mental health challenges.

St. Luke's Canyon View Behavioral Health

208-814-7900 (use helpline after hours)
24-hour helpline: 1-800-657-8000
228 Shoup Avenue W., Twin Falls

Inpatient psychiatric facility for adults over 18. Accept both medically and socially complicated patients to treat serious mood, psychotic, personality, substance and neuropsychiatric disorders.

Treatment and Recovery Clinic (TARC)

208-736-5048
630 Addison Ave W., Twin Falls
Website: twinfallscounty.org/tarc

Provides intensive outpatient substance use disorder treatment as well as recovery support services, mental health services and life skills education to adolescents (ages 11 to 17), adults and families.

The Walker Center

1-866-287-2534 | 1102 Eastland Drive N.,
Twin Falls
1-800-227-4190 | 605 11th Avenue E.,
Gooding
Website: thewalkercenter.org

Treatment approach blends the philosophy and principles embodied in 12-Step programs with evidence-based methods. Medically supported and clinically managed residential treatment for withdrawal management and detoxification for adults; individual counseling and outpatient treatment for adults and adolescents.

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

Voices Against Violence

Domestic abuse hotline: 208-733-0100
302 2nd Avenue S., Twin Falls
115 W. 100th S., Rupert
Website: vavmv.org

Emergency shelter for women and children in Twin Falls, Minidoka and Cassia counties. Shelters, counsels and empowers survivors of domestic violence and sexual assault.



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.

Regional/Local

Southern Idaho Pride

Website: southernidahopride.org

Provides spaces for celebration, opportunities for education, and resources in partnership with community connections for the LGBTQIA+ communities.



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 Hailey and 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.

Local

College of Southern Idaho Office on Aging

208-736-2122

650 Addison Avenue W., Fourth Floor,
Twin Falls

Website: oaa.csi.edu

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

Fifth Judicial District CASA Program

208-735-1177

630 Addison Avenue W., Suite 208,
Twin Falls

Website: 5thcasaidaho.org

National organization of volunteers, appointed by judges, to speak for the safety and well-being of abused and neglected children.

The Safe House

208-735-8087

650 Addison Avenue W., Suite 200,
Twin Falls

Website: twinfallscounty.org/safe_house

State-licensed, local group home for at-risk youth ages 11 to 17 in crisis (abused, neglected, abandoned, runaway, homeless, substance misuse disorder and/or economically disadvantaged).

Other Support Services

Twin Falls County Veteran Services

208-734-9091

650 Addison Avenue W., Suite 1077,
Twin Falls

Website: twinfallscounty.org/veterans

Advocacy and assistance for veterans and their families in obtaining benefits and services earned while serving our country.

Many factors can affect mental health and well-being, including stress from financial hardship, food insecurity, homelessness, illness, injury, family and relationship issues, and unemployment. A number of programs and services are available in our community to address these and other issues.

Call the Center for Community Health at 208-650-7860 to learn more about the resources available in and around our community.

Twin Falls Optimist Youth House

208-404-3059

239 3rd Avenue N., Twin Falls

Website: optimistyouthhouse.com

Provides transitional housing for youth in the Twin Falls community who have aged out of the foster care system.



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.

Local

Because Kids Grieve

208-352-2994

Website: becausekidsgrieve.org

Support organization for children, teens and their families who are grieving the death of someone they love. There is no cost to the families for support.

Be Tree Foundation

Website: betreefoundation.org

Dedicated to raising awareness around mental health and providing communities with the mindfulness, movement and meaning necessary to build connection and save lives.

Center for Community Health

208-650-7860

301 Main Ave W., Twin Falls

Email: CCH@fhsid.org

Provides free, non-clinical navigation services, support, education and resources. Our goal is to promote healthy behaviors and address health disparities. Advocates to improve access to health care services

Education and Support

and addresses social determinants of health. All ages are welcome; no appointments necessary. Call or walk in Monday to Thursday, 8 a.m. to 5 p.m., and Friday, 8 a.m. to 4 p.m. (Mountain time zone).

Connect Hope Magic Valley

208-293-5417

Offers education and support trainings, including Question, Persuade, and Refer (QPR) training; gatekeeper training; and adult and youth mental health first aid.

Deseret Industries

208-734-9412

722 Cheney Drive, Twin Falls

Website: deseretindustries.org

Job training for those ages 16+. Safe and welcoming place for individuals with barriers to employment. Ready for Work program teaches individuals how to maintain employment. Provides access to a licensed professional counselor who can help individuals assess their needs, explore future options and plan how to obtain their goals.

Foundation for Lighting Up the Dark (FLUD)

Website: theflud.org

Provides financial assistance for mental health therapy. Applicants work with their FLUD-approved provider to obtain funding. Works to make mental health accessible by being the action after the awareness.

The Idaho Resilience Project (in partnership with Southern Idaho Youth Succeed)

Website: idahoresilienceproject.org

Provides Healthy Outcomes from Positive Experience (HOPE) approach to mitigate adverse childhood events in youth. Also supports community resilience-model workshops.

Jae Foundation

Website: jaefoundation.com

Raises awareness for mental health and suicide prevention; provides connection and healing to those who have lost loved ones.

Love Yourself

208-280-2096

Website: love-yourself.org

Provides access to crisis helplines, counseling referrals, support groups, and educational materials aimed at helping individuals cope with suicidal thoughts and mental health challenges.

Magic Valley Suicide Awareness & Prevention

208-539-1853

Website: preventsuicidemv.org

Partners with schools and community organizations to promote awareness and prevent suicide as well as to support those affected by it.

Education and Support

South Central Public Health District

208-737-5900 | 1020 Washington Street N., Twin Falls

208-324-8834 | 951 E. Avenue H, Jerome
Website: phd5.idaho.gov/mentalhealth

Offers education to community members and schools, provides QPR (Question, Persuade, Refer) training, coordinates local community events, brings speakers to the area, and raises awareness to end the stigma around suicide and mental disorders.

Twin Falls Youth Services Center

208-736-3947

650 Addison Avenue W., Suite 3100, Twin Falls

A free, voluntary, community-based referral program serving youth ages 6 to 18 who reside within Twin Falls County. The goals of the program are to partner with families to help at-risk youth stabilize as well as to keep families intact by linking them with the appropriate services or resources before situations escalate.

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.

We are better together.