



# Help Is Here!

Suicide Prevention | Mental and Behavioral Health Support

*A Resource Guide for Adams and Valley Counties*  
Fall 2024



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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 in McCall can help.

**Please contact us at [communityhealth@slhs.org](mailto:communityhealth@slhs.org) or 208-630-2431.**

*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](http://stlukesonline.org/gethelp).**

# A Message to Our Community



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.

This "Help Is Here!" resource guide is dedicated to Jordan Goodwin, his family and friends, and to all families in our communities who have lost loved ones to suicide.

**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

Born and raised in McCall, Jordie was an awesome young man and natural athlete in multiple sports throughout his 18 years in the community. He was a great friend to many and a very loved brother and son.

After Jordan's suicide on July 20, 2020, McCall embraced us, his family and friends, who were left behind. Jordan's shining star is deeply missed by many, while his legacy continues to touch lives every day since his death.

A generous memorial scholarship was created for qualifying graduating seniors at McCall-Donnelly High School, funded by so many people who loved Jordan. His family has also become advocates on several teen suicide prevention platforms in his honor.

It is with great hope that continued education, dialogue and training are happening around the challenges our teenagers face every day: heartbreak, break-ups, divorce, sexual orientation, bullying, peer pressures, social media and many more issues that affect mental health.

**May his life continue to be honored.**

***– Lynn Johnson,  
Jordan's mother***

# 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://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.

### Idaho Youth Ranch Hays House: Shelter for Youth

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

## 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://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://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.

# Mental Health Hotlines and Crisis Centers

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

## 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.

## National Maternal Mental Health Hotline

**Call or text: 1-833-852-6262**

**(1-833-TLC-MAMA)**

**Website: [mchb.hrsa.gov](https://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.

## Pathways Community Crisis Center of Southwest Idaho\*

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

**7192 Potomac Drive, Boise**

**Website: [pathwaysofidoaho.com/crisis-center](https://pathwaysofidoaho.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: [pathwaysofidoaho.com/crisis-center/pathways-youth-community-support-center-of-southwest-idaho](https://pathwaysofidoaho.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.

## Rape, Abuse & Incest National Network (RAINN)

**National Sexual Assault Hotline:**

**1-800-656-4673**

**Chat support: [hotline.rainn.org/online](https://hotline.rainn.org/online)**

**Website: [rainn.org](https://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.

*\*Pathways changed its name to Clarvida of Idaho on June 1, 2024. Learn more at [clarvida.com/idaho](https://clarvida.com/idaho).*



# Mental Health Hotlines and Crisis Centers

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

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

**1-800-662-4357**

**Website: [samhsa.gov/find-help](https://www.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](https://www.thetrevorproject.org/get-help)**

**Website: [thetrevorproject.org](https://www.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](https://www.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.



# 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](http://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.

## Western Idaho Youth Support Center (Crisis Center)

208-899-4727

204 10th Avenue S., Nampa

Website:

[westernidahoyouthsupportcenter.org](http://westernidahoyouthsupportcenter.org)

Provides a calm environment during crisis. Services for youth, ages 12 to 17, are 100% voluntary and free of charge. Walk-ins are welcome. No referral is needed. Youth can stabilize in the center for up to 23 hours and 59 minutes. Doors are open 24 hours a day, seven days a week.

## 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](http://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

### Catholic Charities of Idaho

208-345-6031

7201 W. Franklin Road, Boise

Website: [ccidaho.org/about-counseling](http://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.

### Central District Health

208-327-7400

707 N. Armstrong Place, Boise

Website: [cdh.idaho.gov](http://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, borderline personality disorder, PTSD/trauma and hoarding. Also provides couple and family therapy. Offers telehealth services.

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.

*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.*

# Treatment Services

## Idaho Youth Ranch Counseling and Therapy Services

**208-947-0863**

**7025 W. Emerald Street, Boise**

**Website: [youthranch.org](http://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: [magellanoftidaho.com](http://magellanoftidaho.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.

## Saint Alphonsus Behavioral Health

**208-302-0900**

**6348 W. Emerald Street, Boise**

**Website: [saintalphonsus.org](http://saintalphonsus.org)**

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.

## Terry Reilly Behavioral Health Services

**Appointments: 208-466-7869**

**Patient navigator: 208-318-1326**

**Website: [trhs.org](http://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.

## Youth Empowerment Services (YES)

**208-364-1910**

**Children's mental health offices:**

**1-833-644-8296**

**Website: [yes.idaho.gov](http://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.





# Treatment Services



## Local

### Adams County Health Clinic

208-253-4242

205 N. Berkley Street, Council

Website: [achcid.org](http://achcid.org)

Helping people with mental illnesses and/or substance use disorders. Provides effective treatments and services in our community, including individual counseling for adults, teenagers, and children age eight and up; family therapy for all ages; substance misuse counseling; mental health as well as emotional and personality disorder counseling; marriage and relationship counseling; parenting guidance; and stress/anxiety management support.

### Cascade Medical Clinic

208-382-4285

402 Lake Cascade Parkway, Cascade

Website: [cmchd.org](http://cmchd.org)

Provides diagnostic and treatment services that are goal oriented. Gives patients an opportunity to engage in therapy that is designed around individual strengths, needs and preferences. Embraces a comprehensive approach to mental health services, including psychiatric medication management by our physicians after mental health consultation.

# 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](http://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](http://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

208-630-2450  
301 Deinhard Lane, McCall  
Website: [stlukesonline.org](http://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 – Payette Lakes Family Medicine

208-634-2225  
211 Forest Street, McCall  
Website: [stlukesonline.org](http://stlukesonline.org)

Outpatient services for all ages. Offers preventative care as well as treatment for specific conditions or acute illnesses. The clinic can provide a wide scope of medical services, including integrated behavioral health and outpatient treatment for opiate addiction.



# Inpatient Services



## State

### Cottonwood Creek Behavioral Hospital

208-202-4732  
2131 Bonito Way, Meridian  
Website: [cottonwoodcreekboise.com](http://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](http://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](http://intermountainhospital.com)

Substance use disorder rehabilitation and mental health treatment center for adolescents and adults. Helps people struggling with addiction and mental illness.

### Saint Alphonsus Boise – Inpatient Behavioral Health

208-367-3189  
131 N. Allumbaugh Street  
Website: [saintalphonsus.org](http://saintalphonsus.org)

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

### 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  
Website: [stlukesonline.org](http://stlukesonline.org)

Psychiatric facility for adults. Treats serious mood, psychotic, personality, substance use and neuropsychiatric disorders.

# Addiction and Substance Use Disorder Services

## National/State

### Al-Anon/Alateen

**1-888-4AL-ANON (1-888-425-2666)**

**Website: [al-anon.org](http://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](http://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](http://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

**Treasure Valley Helpline: 208-391-3823**

**Website: [sirna.org](http://sirna.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](http://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

### The ROC (Recovery Oriented Community): Valley County's Recovery Community Center

**208-278-7977**

**200 E. Park Street, McCall**

**Website: [theroc.center](http://theroc.center)**

Offers individuals and families the opportunity to engage with other members from our recovery community while taking part in peer-led support groups as well as social activities and events. The ROC is a place where problems find solutions and strangers become friends.



# Domestic Violence Resources

## National/State

### National Domestic Violence Hotline

1-800-799-7233 or text START to 88788  
Website: [thehotline.org](http://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](http://hotline.rainn.org/online)  
Website: [rainn.org](http://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.

### 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  
**Offices: 208-343-3688**  
**720 W. Washington Street, Boise**  
Website: [wcaboise.org](http://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.

## Local

### Rise Up 2 Thrive (RU2T)

208-382-5310  
404 S. Main Street, Cascade  
Website: [riseup2thrive.org](http://riseup2thrive.org)

Provides essential services to people that have been affected by domestic violence, sexual assault and human trafficking. Services are available at no cost and include crisis intervention, counseling referrals, support/group classes, safety planning, case management, legal/court advocacy, forensic exams/hospital support, emergency shelter, child care, pet fostering and more.

### Rose Advocates

208-253-4949  
204 Council Avenue, Council  
Website: [roseadvocates.org](http://roseadvocates.org)

Provides aid to and support for women who have experienced domestic violence and/or sexual assault, including access to services, advocacy, counseling, emergency shelter, transportation for emergency services, protective order and other legal assistance, classes and support groups. Also provides education on parenting as well as on child abuse awareness and prevention.

# LGBTQIA+ Resources

## National/State

### The Community Center

208-336-3870

1088 N. Orchard Street, Boise

Website: [tccidaho.org](http://tccidaho.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.

### LGBT National Help Center

Hotline: 1-888-843-4564

Senior Hotline: 1-888-234-7243

Youth Talkline: 1-800-246-7743

Website: [lgbthotline.org](http://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).

### PFLAG

202-467-8180

Website: [pflag.org](http://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.

### Trans Lifeline

Lifeline: 1-877-565-8860

Website: [translifeline.org](http://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](http://thetrevorproject.org/get-help)

Website: [thetrevorproject.org](http://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

### McCall+ Pride

Email: [mccallpluspride.wcm@gmail.com](mailto:mccallpluspride.wcm@gmail.com)

Facebook: [McCall+ Pride](#)

Instagram: [mccallplus\\_pride](#)

Aims to create and foster a safe and supportive community for LGBTQIA+ youth, adults and families in Idaho's west-central mountain region.



# Other Support Services



## State

### Boise Vet Center

**208-342-3612**

**2424 Bank Drive, Suite 100, Boise**

**Website: [va.gov](http://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.

### Family Caregiver Navigator

**208-426-5899**

**Website: [caregivernavigator.org](http://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](http://findhelpidaho.org)

**Website: [findhelpidaho.org](http://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](http://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.

# Other Support Services

## Idaho Council on Developmental Disabilities

208-334-2178

Toll-free: 1-800-544-2433

700 W. State Street, Boise

Website: [icdd.idaho.gov](http://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.

## Idaho Division Veteran Services

208-780-1380

351 Collins Road, Boise

Website: [veterans.idaho.gov](http://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](http://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](http://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](http://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.





# Other Support Services

## Local

### The Anchor Youth Assessment Center

208-994-5537

106 E. Park Street, Suite 220, McCall

Email: [anchor@igniteidahofrc.org](mailto:anchor@igniteidahofrc.org)

Website: [igniteidahofrc.org/anchor](http://igniteidahofrc.org/anchor)

Provides a single point of contact and means of support for youth and families who are struggling. After referral, an in-depth screening and assessment are performed to identify areas of need and strengths. Information gathered helps create opportunities to strengthen families and support individuals by focusing on intervention and prevention efforts as well as connections with community resources. Provides ongoing support through case management. Anyone can make a referral to the center.

### Ignite Idaho Family Resource Center

208-994-5537

106 E. Park Street, Suite 227, McCall

Website: [igniteidahofrc.org](http://igniteidahofrc.org)

Provides a single point of contact for resources in the community, including direct patient care and wraparound services.

Services include resource referrals, counseling, in-home behavioral health, case management, respite, community-based rehabilitation services, medication management, grief support, youth support groups, veteran support, NICU and infant loss support, parenting classes, drop-in wellness child care, and an early-learning program.



# Education and Support



## State

### Central District and Southwest District Health

**Central District Health: 208-327-8592**

**Website: [cdh.idaho.gov](http://cdh.idaho.gov)**

**Southwest District Health: 208-455-5300**

**Website: [swdh.id.gov](http://swdh.id.gov)**

A wide variety of entities, including public health districts, offer additional information about available education and support trainings. Resources and trainings include QPR (Question, Persuade and Refer) Gatekeeper Trainings, Youth Mental Health First Aid, and more.

## Empower Idaho

**208-947-4288**

**1607 W. Jefferson Street, Boise**

**Website: [empoweridaho.org](http://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.

## National Alliance on Mental Illness (NAMI), Treasure Valley

**208-801-1609 (call or text)**

**Website: [namitreasurevalley.org](http://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.

# Education and Support

## 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.

## The Speedy Foundation

208-471-8904

800 W. Main Street, Suite 1460, Boise

Website: [thespeedyfoundation.org](http://thespeedyfoundation.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

### Communities for Youth

Website: [communitiesforyouth.org](http://communitiesforyouth.org)

Empowers Idaho communities by connecting parents, schools and kids. By helping communities recognize and address youth mental health, all can thrive. Through their "upstream prevention" approach, they work directly with young people to identify risks and protective factors in their lives with the goal to prevent crises before they arise.

## Ignite Idaho Family Resource Center

208-994-5537

106 E. Park Street, Suite 227, McCall

Website: [igniteidahofrc.org](http://igniteidahofrc.org)

Provides a single point of contact for resources in the community, including direct patient care and wraparound services. Services include resource referrals, counseling, in-home behavioral health, case management, respite, community-based rehabilitation services, medication management, grief support, youth support groups, veteran support, NICU and infant loss support, parenting classes, drop-in wellness child care, and an early-learning program.

## West Central Mountains Youth Advocacy Coalition (YAC)

208-830-0702

150 W. Roseberry Road, Suite 1B-1,

Donnelly

Website: [westcentralmountainyouth.org](http://westcentralmountainyouth.org)

Resource page:

[westcentralmountainyouth.org/resource-list](http://westcentralmountainyouth.org/resource-list)

Cultivates and strengthens supportive community partnerships that encourage and foster the physical and mental well-being of youth and families; works to prevent substance misuse.

# Acknowledgments



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**We are better together.**

