



Help Is Here!

Suicide Prevention | Mental and Behavioral Health Support

A Resource Guide for the Greater Treasure Valley
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



One of the many things that makes the greater Treasure Valley a great place to live is our community's commitment to helping one another. St. Luke's recognizes that amazing things can happen when we work together.

One of our most impactful partnerships that serves the greater Treasure Valley is with the Western Idaho Community Health Collaborative. WICHHC is aligning health care, social services, and public health to work together and invest in communities toward a common goal of improving health outcomes and saving costs.

In 2023, WICHHC published our state's first ever collaborative community health needs assessment, identifying the top health priorities in our region:

- Safe and affordable housing; homelessness.
- Behavioral health, including mental health/well-being and substance misuse.
- Access to affordable health care, including oral and vision health.

Over the next three years, WICHHC partners are building and providing resources and services to meet these needs. This guide is

one example of a resource addressing these identified needs in our community.

St. Luke's created the "Help Is Here!" resource guide to inform communities about mental illness; to help create a culture that addresses the need for care and understanding when someone faces mental health challenges; and to work as a community to connect individuals and families to the resources and support available.

We have incredible mental well-being initiatives in our community that welcome your involvement. You can find groups to engage with, like Communities for Youth on page 19 of this guide. In fact, getting involved in community activities and volunteering can help improve mental health!

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: 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

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.

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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.

Local

Advocates Against Family Violence

Hotline: 208-459-4779
Crisis Text Line: 208-614-7671
208-459-6330 | Shelter: 208-459-6279
Website: aafvhope.org

Connects people to resources for domestic abuse and sexual assault. Offers non-judgmental court advocacy, outreach for teens and adults, and counseling for survivors. Provides both emergency and affordable housing, including Hope's Door shelter.

Mental Health Hotlines and Crisis Centers

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

Idaho Youth Ranch Hays House: Shelter for Youth

208-322-2308

7221 Poplar Street, Boise

Website: youthranch.org/hayhouseboise

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/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.

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.

**Pathways is transitioning its name to Clarvida as of June 1, 2024.*

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.

Mental Health Hotlines and Crisis Centers

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

Western Idaho Youth Support Center (Crisis Center)

208-899-4727

204 10th Avenue S., Nampa

Website:

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: wcaiboise.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.

Youth Resource & Opportunity Collaborative (YouthROC), Region 3

Website: youthrocidaho.org

Provides basic needs, such as addressing food scarcity, and support during other serious life issues, like a mental health crisis, risk to physical safety, or trauma. For youth ages 10 to 17, free of cost.



Treatment Services



State

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.

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.

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Treatment Services

Local

Care House Partnerships Counseling

208-274-3152

1524 6th Street S., Nampa

Website: carehp.org

Free clinic providing medical, counseling and dental services for those who do not have health insurance and live at or below 250% of the federal poverty guideline.

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.

Central District Health

208-327-7400

707 N. Armstrong Place, Boise

Website: cdh.idaho.gov

Licensed clinical social worker serves adolescents and adults, 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.

Full Circle Health

Ada County clinics: 208-514-2500

Canyon County clinics: 208-954-8687

Website: fullcircleidaho.org/patients/behavioral-health

Offers individual, family and couple therapy as well as behavioral services for children. Sliding fee discount program for eligible persons based on the patient's ability to pay. Must be an established patient to be referred to behavioral health services.

Grace Center Idaho Nonprofit Mental Health Services

208-495-3000

1003 12th Avenue S., Nampa

Website: gracecenter.com

Licensed professionals experienced in helping clients with a wide range of mental health concerns, including anxiety, depression, trauma, grief and relationship issues. Grace Center uses faith-based practices and personalized treatment plans to provide their clients with the best possible care.

Idaho Health Neighborhood Center

208-606-0396

824 S. Diamond Street, Nampa

Website: healthneighborhoodcenter.org/behavioral-health

Integrated behavioral health consultants offer brief, focused consultations and treatment for anyone experiencing mental and/or behavioral stressors. They can also provide co-management of medical conditions. Consultations can be done in person or virtually.

Treatment 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.

Saint Alphonsus Behavioral Health

208-302-0900

6348 W. Emerald Street, Boise

Website: 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

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.

University Medical Clinic at Northwest Nazarene University

208-467-8428

823 E. Amity Avenue, Nampa

Website: universitymedclinic.com

Offers mental health services and medication management in addition to primary care.

Valley Family Health Care

208-365-1065 | 207 E. 12th Street,
Emmett

208-278-3335 | 300 N. Plymouth Avenue,
New Plymouth

208-642-9376 | 1441 N.E. 10th Avenue,
Payette

Community Outreach Center (Oregon):
541-889-6119 | 7 S.W. 3rd Street, Ontario

Website: vfhc.org

Offers health and behavior services, counseling services and medication management. Staff provides free consultations to help find the right fit for patients. Services are available in person or through telehealth; same-day services often available.

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 – Eastern Oregon Medical Associates

541-523-1001
3950 17th Street, Baker City, Oregon
Website: stlukesonline.org

Offers full spectrum of mental health services to patients of all ages.

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.

Inpatient Services



Local

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

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: 208-344-6611

Spanish answering service:

208-703-1574

Website: aa.org

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

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

High Desert Helpline: 208-442-2220

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.

Advocates Against Family Violence

Hotline: 208-459-4779
Crisis Text Line: 208-614-7671
208-459-6330 | Shelter: 208-459-6279
Website: aafvhope.org

Connects people to resources for domestic abuse and sexual assault. Offers non-judgmental court advocacy, outreach for teens and adults, and counseling for survivors. Provides both emergency and affordable housing, including Hope's Door shelter.

Nampa Family Justice Center

208-475-5700
1305 3rd Street S., Nampa
Website: cityofnampa.us/190/Nampa-Family-Justice-Center

Offers free, confidential assistance to victims of domestic violence, sexual assault, child abuse, elder abuse, stalking and trafficking.

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

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

CLUTCH Nampa

120 14th Avenue S., Nampa

Website: clutchnampa.org

Provides an affirming space in the community for LGBTQ+ youth ages 14 to 20. Weekly meetings.

The Community Center

208-336-3870

1088 N. Orchard Street, Boise

Website: 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.



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.

Other Support Services

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.

El-Ada Community Action Partnership

208-345-2820 | 2250 S. Vista Avenue,
Boise
208-337-4812 | 15 W. Colorado Avenue,
Homedale
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.

Reach Out Oregon

Warmline: 1-833-732-2467 (call or text)
Website: reachoutoregon.org

Supports regional families with children experiencing mental, emotional and/or behavioral health challenges. Operated by a team of families, friends and a community network where questions are answered, resources are shared and needs are understood. Call or text the “Warmline” Monday to Friday, noon-7 p.m., except holidays (Pacific time zone). The website also hosts a community discussion forum and live chat.



Education and Support



Local

Central District and Southwest District Health

Central District Health: 208-327-8592

Website: cdh.idaho.gov

Southwest District Health: 208-455-5300

Website: 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 First Aid, and more.

Communities for Youth

Website: 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.

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.

Education and Support

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.

The Speedy Foundation

208-471-8904

800 W. Main Street, Suite 1460, Boise

Website: 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 conversions, and opportunities for connection and collaboration.

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.

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We are better together.

