



Help Is Here!

Suicide Prevention | Mental and Behavioral Health Support

A Resource Guide for Blaine County
Fall 2024



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

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

Steve Gannon, Idaho parent of son lost to suicide

For More Information

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

Please contact us at communityhealth@slhs.org or 208-727-8733.

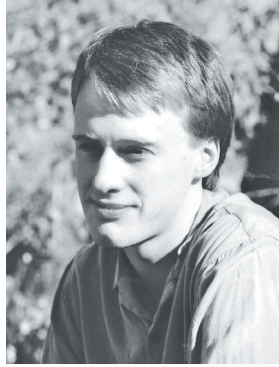
This email and number are not for emergency purposes. In an emergency, please call 988 or 911.

Access this booklet online at stlukesonline.org/gethelp.

A Message to Our Community

This book is dedicated to Dex Gannon and his family. Dex grew up in the Wood River Valley, attended our schools, participated in our sports programs and hiked our mountains. At the young age of 21, Dex ended his life by suicide.

His family helped create the first version of the “Help Is Here!” resource guide to inform our community about mental illness, to help create a culture that addresses the need for care and understanding when someone faces mental health challenges, and to begin the work as a community to connect individuals and families to the resources and support available.



Dex Gannon

One of the many things that makes the Wood River Valley a great place to live is our community’s commitment to helping one another. We have incredible mental well-being initiatives in this area that welcome your involvement. You can find groups to engage with, like Communities for Youth and 5B Suicide Prevention Alliance on page 23 of this guide.

In fact, getting involved in community activities and volunteering can help mental health!

Another valuable resource in our community is St. Luke’s Center for Community Health. CCH provides information and referrals for mental health needs. Staff help connect individuals to health care professionals including psychiatrists, physicians, licensed counselors, social service agencies, emergency services, and other resources, including financial assistance for counseling. All the services at CCH are free of charge. For a fuller description of services, see the CCH listing under “Treatment: St. Luke’s Clinics” on page 12 of this guide.

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.

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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.

Regional

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.

Mental Health Hotlines and Crisis Centers

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

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.

Local

The Advocates

208-788-4191 or 1-888-676-0066
Website: theadvocatesorg.org

The Advocates' purpose is to create compassionate communities free from emotional and physical abuse. Serving people affected by domestic violence, sexual assault, and stalking in Blaine, Camas, Custer and Lincoln counties. Offers a wide variety of services such as case management advocacy, life-skills training, housing, legal assistance, safety planning and community education. All services are free and confidential.

The Crisis Hotline

208-788-3596
P.O. Box 939, Ketchum, Idaho 83340
Website: thecrisishotline.org

Call any time. Staffed by empathetic listeners who can provide referrals to educational programs. Anonymous and confidential.



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.

Regional

Crisis Center of South-Central Idaho

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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

Main line for all clinics: 208-734-3312

Bellevue clinic: 208-725-3145

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.

North Canyon Behavioral Health

208-934-4433

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.

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.

Regional

St. Luke's Clinic – Behavioral Health Services

208-814-7900

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.

Local

St. Luke's Center for Community Health

208-727-8733

1450 Aviation Drive, Suite 200, Hailey

Website: stlukesonline.org

Staff connects individuals to health care professionals including psychiatrists, physicians, licensed counselors, social service agencies, emergency services and other resources. Mental health services include free mental health screenings, psychiatry and mental health counseling referrals, substance abuse counseling, resource referrals, connection to community resources and financial support. Financial assistance available for prescription medication and other urgent needs.

St. Luke's Clinic – Mental Health Services

208-727-8970

1450 Aviation Drive, Suite 202, Hailey

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.

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.



Regional

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

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

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:

Wood River: 208-721-0565

Wood River Spanish line: 208-721-2989

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

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.

Regional

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

Recovery in Motion

208-712-2173

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)

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

Local

Men's Second Chance Living House

208-481-0182
400 S. Main Street, Unit 304B, Hailey
Mailing: PO Box 2398, Hailey, ID, 83333
Website: msclhouse.org

A not-for-profit organization that provides two all-male, sober-living environments to support people who want to maintain a clean and sober lifestyle to advance on their paths to a new and better life. In addition to safe and sober living, offers wraparound support services.

The Sun Club

Website: thesunclub.org

Provides individuals, organizations and local 12-step groups with accessible, drug and alcohol-free facilities for meetings as well as individual counseling, events, and free, recovery-related resources. Meeting schedules are provided on the website.

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

The Advocates

208-788-4191 or 1-888-676-0066
Website: theadvocatesorg.org

The Advocates' purpose is to create compassionate communities free from emotional and physical abuse. Serving people affected by domestic violence, sexual assault, and stalking in Blaine, Camas, Custer and Lincoln counties. Offers a wide variety of services such as case management advocacy, life-skills training, housing, legal assistance, safety planning and community education. All services are free and confidential.

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

The Advocates

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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

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.

Family Caregiver Navigator

208-426-5899

Website: caregovernavigator.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](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

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

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.

Southwest Idaho Area Agency on Aging

208-898-7060 or 1-800-850-2883

1505 S. Eagle Road, Suite 120, Meridian

Website: a3ssa.com

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

Local

Blaine County School District

208-578-5000

118 W. Bullion Street, Hailey

Website: blaineschools.org

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

Other Support Services

Blaine County Veteran Services

208-788-5568
206 S. 1st Avenue, Suite 200, Hailey

Connects local veterans to available resources.

Higher Ground Sun Valley

208-726-9298
Current: 120 Second Avenue, Unit 206, Ketchum
New location in Sept. 2024: 100 S. Leadville, Suite 100, Ketchum
Mailing address: PO Box 6791, Ketchum, ID 83340
Website: highergroundusa.org

Military programs serve military personnel and veterans with traumatic brain injury, post-traumatic stress, polytrauma and more. Recreational programs include camps and programs for children, teens and adults with physical and cognitive disabilities; focuses on helping participants develop life skills through therapeutic activities, projects and challenges.

Hospice and Palliative Care of the Wood River Valley

208-726-8464
507 1st Avenue N., Ketchum
Website: hpcwrv.org

Provides free end-of-life services (palliative and hospice care) to individuals in the Wood River Valley. Staff members are also first responders after sudden deaths. Additional services offered are bereavement, volunteer, and grief support for loss and sudden death.

The Senior Connection

208-788-3468
721 3rd Avenue S., Hailey
Mailing address: PO Box 28, Hailey, ID 83333
Website: seniorconnectionidaho.org

Connects seniors with essential services, meaningful programs, their peers, and the local community to foster purposeful and passion-filled lives.

Swiftsure Ranch

208-578-9111
114 Calypso Lane, Bellevue
Website: swiftsureranch.org

Empowering individuals of all abilities to gain strength and freedom through therapeutic equine connections.

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 St. Luke's Center for Community Health at 208-727-8733 to learn more about the resources available in and around our community.

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.

Regional

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

Website: idahoresilienceproject.org

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

Education and Support

Jae Foundation

Website: jaefoundation.com

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

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.

Local

5B Suicide Prevention Alliance

208-788-0735

Website: 5balliance.org

In collaboration with others, builds a resilient county through increasing awareness, understanding and action around suicide prevention.

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.

Flourish Foundation

208-450-9157

1030 Airport Way, Hailey

Mailing address: PO Box 2429, Ketchum, ID 83340

Website: flourishfoundation.org

Provides preventative mental health care to all ages through mindfulness practice, exploration of inner values and intentional community programs.

National Alliance on Mental Illness (NAMI), Wood River Valley

208-578-5466

Line for Spanish speakers:

208-578-5429

24-hour helpline: 1-800-950-NAMI (6264)

Website: namiwrv.org

Provides ongoing support for mental health and well-being for students, individuals and families. Holds mental health groups for individuals recovering from mental health issues and for family members who have a loved one who suffers from a mental illness.

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.

We are especially thankful to St. Luke’s Wood River Foundation for their continued support of mental wellness in this community by funding the publication of this guide as well as the Blaine County Mental Well-Being Initiative, which seeks to grow an integrated mental health and well-being ecosystem that improves the lives of all people in our community. Through an ongoing collaboration of community entities, the effort is building a shared, integrated and comprehensive vision for the future of mental health in the Wood River Valley. The future is bright.

We are better together.



For more information on the Mental Well-Being Initiative in Blaine County, visit slwrf.org. You can also email jenna@5bmentalwellbeing.org.