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# Mental Health Resources & Hotlines *Idaho*



This material is based upon work supported by the National Agricultural Library, Agricultural Research Service, U.S. Department of Agriculture

# A National Agricultural Law Center Research Publication

# Mental Health Resources & Hotlines: Idaho

*Idaho Suicide Prevention Hotline:* This service offers an online crisis chat accessible through the website. Their hotline number is available for calls or texting. Call services is available 24/7, and texting services are available Monday – Friday from 3:00 p.m. – midnight. Contact this service at (208) 398-4357 or visit their website <a href="here">here</a>.

**Idaho Department of Health and Welfare:** The Suicide Prevention Program encourages the use of evidence-based programs and practices and seeks to coordinate prevention efforts across the state to create the first truly comprehensive approaches to suicide prevention in Idaho. Contact the Idaho Suicide Prevention Hotline at (208) 398-4357 or visit their website here.

*Idaho CareLine*/ 2-1-1 Information and Referral: This resource is available Monday – Friday from 8:00 a.m. – 6:00 p.m. Contact this service at (800) 926-2588 or dial 211.

# For a list of crisis lines, see below:

#### State Resources:

- Idaho CareLine/ 2-1-1 Information and Referral
  - o Monday − Friday from 8:00 a.m. − 6:00 p.m.
  - o Call 211 or (800) 926-2588
- Suicide Prevention Hotline
  - Available 24/7
  - o Call (800) 564-2120

#### Blackfoot:

Bingham County Project Safe Place – (208) 346-6038

Boise: Serving Ada, Boise, Valley, and Elmore Counties

- Regional Mental Health Services
  - o 24-Hour Crisis Line
  - o Call (208) 334-0808 or (800) 600-6474

Coeur D'Alene: Serving Benewah, Bonner, Boundary, Kootenai, and Shoshone Counties

- VOA Eastern Safe House (208) 676-0772
- Regional Mental Health Services
  - o 24-Hour Crisis Line
  - o Call (208) 769-1406 or (888) 769-1405

*Idaho Falls*: Serving Bonneville, Butte, Clark, Custer, Fremont, Jefferson, Lemhi, Madison, and Teton Counties

- Regional Mental Health Services
  - o 24-Hour Crisis Line
  - o Call (800) 708-3474
- Help Line/Behavioral Health Center
  - o 24-Hour Crisis Line
  - o Call (800) 209-8405

Kellogg: Serving Benewah, Bonner, Boundary, Kootenai, and Shoshone Counties

- Regional Mental Health Services
  - 24-Hour Emergency Mental Health Line
  - o Call (888) 769-1405

Latah: Serving Latah, Idaho, Whitman, and Washington Counties

- Regional Mental Health Services Palouse Regional Crisis Line
- 24-Hours/7days
- Call (509) 332-1505

### Lewiston:

- YWCA Crisis Services
  - o 24-Hours/7 days
  - o Call (800) 669-3176

Mountain Home: Serving Ada, Boise, McCall, Valley, and Elmore Counties

- Regional Mental Health Services
  - o 24-Hour/7 days Crisis Line
  - o Call (800) 600-6474

#### Pocatello

- Bannock Youth Foundation/ Teen Suicide Hotline
  - o 24 Hours/7 Days
  - o Call (800) 949-0057
- Regional Mental Health Services
  - o 24-Hour Crisis Line
  - o Call (208) 233-0590

*Twin Falls:* Serving Blaine, Camas, Cassia, Gooding, Jerome, Lincoln, Minidoka, and Twin Falls Counties

- Ike Kistler Safe House
  - o Call (208)735-8087
- Regional Mental Services/ Suicide Crisis Line
  - o 24-Hours/7 Days
  - o Call (208) 734-4000