

# Help Right Here

*A Resource Guide for  
Adams and Valley Counties*

*Published Summer 2022*



## Suicide Prevention

## Emotional, Mental and Behavioral Health Support



St Luke's®



St Luke's®  
McCall  
Foundation

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*In an emergency, please call 911.*

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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*

## Let’s Talk About It

If you would like assistance navigating through resources, St. Luke’s Community Health department can help. Please call 208-630-2419.

*Access this booklet online at [stlukesonline.org/support](http://stlukesonline.org/support).*

# A Message to Our Community

Mental illness can be acute or chronic, long or short term, and can vary in cause, symptoms and intensity. A person's decision to seek help for any mental health issue should be encouraged and supported. Like many illnesses, **prevention and early intervention** can reduce the impact of mental health conditions. However, symptoms of mental illness can often be painful and bewildering. Tragically, about 46% of people who die by suicide had a known mental health condition. **But there is hope.** And there is help. This guide can be a good place to start. Many resources are available in and around our community.

Source: *NAMI.org*

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



**Help Right Here** is dedicated to Jordan Goodwin, both to honor a young man's vibrant life and to acknowledge the supportive community of McCall, Idaho. After

Jordan's suicide, 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.

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

it's always very painful to talk about, dozens of teachers, coaches, parents, relatives and total strangers have opened better lines of communication about mental health and suicide since Jordan's death on July 20, 2020. More dialogue is happening over 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.

Jordan's tragic death shocked our community. It is with great hope that it will spur local community leaders to continue to strengthen support for our precious youth by spearheading more mental health outreach programs. Awareness and prevention at all school levels can strengthen the bonds between the schools and families, as well as further our understanding of how difficult world issues can impact our youth's mental wellness.

Born and raised in McCall, Jordie was an awesome young man and a 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. May his life continue to be honored here, and in the beyond.

*Lynn Johnson, Jordan's mother*

**PLEASE NOTE:** This booklet provides information about the many resources that address or treat mental health in our community. However, there may be organizations that are not included and/or resources that change after this publication. If you cannot find what you need, please call **St. Luke's Clinic – Behavioral Health** in McCall at 208-630-2450 or, after hours, **St. Luke's Connect** at 208-706-5850 for additional help.

# 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. **The good news about mental illness is that recovery is possible.**

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 may 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 also 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, with anyone...

**Ask. Talk. Listen. Find out about services and resources. Get Help.** Do whatever it takes. You might be saving a life.

*"121 million people worldwide suffer from depression."*

World Health Organization

## Risk Factors and Warning Signs

**Indications and symptoms of mental illness may include:**

- Feelings of depression or sadness that are disproportionate to circumstances in duration, intensity or expression.
- Withdrawal or loss of interest in friends and 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.

*A mental health crisis is considered an emergency. Please call 911 if you or someone else is in crisis.*

# Help Prevent Suicide

## 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 INCLUDE:

- 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.

**Access to firearms 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.



*“Eight out of 10 people considering suicide give some sign of their intentions.”*  
Mental Health America

# Mental Health in Children



Mental health struggles can best be prevented and treated if they're detected early. Issues can start developing early in childhood due to trauma, abuse and/or other events known as Adverse Childhood Experiences (ACEs). ACEs are potentially traumatic events that occur during a person's early life, which can include violence, abuse and growing up in a family with mental health or substance abuse problems.

Toxic stress from ACEs can change brain development and affect how the body responds to stress. ACEs are linked to chronic health problems, mental illness and substance misuse in adulthood. Nevertheless, ACEs can be prevented.

*"Preventing ACEs could reduce the number of adults with depression by as much as 44%."*

Centers for Disease Control and Prevention

*Want to learn more about preventing Adverse Childhood Experiences?*

View the Idaho Public Television Documentary on ACEs at: [idahoptv.org/shows/specials/resilientidaho](http://idahoptv.org/shows/specials/resilientidaho).

Visit the Centers for Disease Control and Prevention website at: [cdc.gov/violenceprevention/aces](http://cdc.gov/violenceprevention/aces).

Potentially, preventing the occurrence of ACEs can help children and adults thrive, resulting in:

- Lower risk of depression, asthma, cancer and diabetes in adulthood.
- Reduction of risky behaviors like smoking and heavy drinking.
- Improved education and employment potential.

It's important to stop ACEs from being passed from one generation to the next.

Source: [cdc.gov/violenceprevention/aces](http://cdc.gov/violenceprevention/aces)

# Resources and Contact Information

## Mental Health 24-Hour Hotlines (All times in Mountain Standard Time)

### *Idaho Department of Health and Welfare*

#### **Regional Crisis Hotlines**

Region 3 (Adams, Canyon, Gem, Owyhee, Payette, Washington counties):

**208-459-0092**

Region 4 (Ada, Boise, Elmore, Valley counties): **208-334-0808**

Call any time, 24 hours a day, 7 days a week (24/7). Crisis Hotlines have empathetic listeners and can provide referrals to educational programs. Anonymous and confidential.

#### **Idaho Crisis and Suicide Hotline**

**208-398-4357 (HELP)**

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

Call 24/7. Text support is available Monday through Friday, 3 p.m. to midnight.

#### **National Suicide Prevention Lifeline**

**1-800-273-8255 (TALK)**

Your call will be routed to a member of the Suicide Prevention Lifeline network based on your area code. Suicide Prevention Lifeline is free, confidential and always available: help a loved one, a friend or yourself. It also connects callers to regional community crisis centers and resources.

#### **988 Suicide and Crisis Lifeline**

This new three-digit calling code will route Idaho callers through the National Suicide Prevention Lifeline to the Idaho Crisis and Suicide Hotline, providing quick access to 24/7 free and confidential support. Find out more at [suicidepreventionlifeline.org](http://suicidepreventionlifeline.org).

*If you or someone you know needs emergency mental health services, please call 911.*

#### **National Alliance on Mental Illness Crisis Text Line**

**Text NAMI to 741741**

Connect with trained counselors to receive free, 24/7 crisis support via text message.

NAMI Information Helpline: **1-800-950-6264**, Monday through Friday, 8 a.m.-4 p.m.

#### **Optum Idaho Member Crisis Line**

**1-855-202-0973**

Optum Substance Use Helpline:

**1-855-780-5955**

Both resources are available 24/7, including holidays, to provide support for Medicaid recipients.

#### **National Domestic Violence Hotline**

**1-800-799-7233 or text LOVEIS to 22522**

Trained expert advocates are available 24/7 to provide confidential support to anyone experiencing domestic violence or seeking resources and information.

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

National Sexual Assault Hotline:

**1-800-656-4673**

Chat support is available 24/7 at:

**[hotline.rainn.org/online](http://hotline.rainn.org/online)**

Connect with a trained staff member from a sexual assault service provider in your area that offers access to a range of free services. Confidential help, regardless of immigration status.

#### **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**

Trained client advocates answer 24-hour confidential hotlines. Interpreters available for most languages.

# Resources and Contact Information

## Mental Health 24-Hour Hotlines, cont.

### *LGBT National Help Center*

LGBT National Hotline: **1-888-843-4564**

LGBT National Senior Hotline:  
**1-888-234-7243**

Serving the lesbian, gay, bisexual, transgender, queer and questioning community by providing free and confidential peer support and local resources. Helpline hours are Monday through Friday 2-10 p.m. and Saturday 10 a.m.-2 p.m. Find out more at: [glbthotline.org](http://glbthotline.org).

### *The Trevor Project*

Trevor Lifeline: **1-866-488-7386**

Trevor Text: **Text START to 678-678**

Trevor Chat: [thetrevorproject.org](http://thetrevorproject.org)

Trained counselors provide support 24/7 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 Trevor chat. Services are confidential.

### *Pathways Community Crisis Center of Southwest Idaho*

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

7192 Potomac Drive | Boise, Idaho 83704

Website: [pcccsi.com](http://pcccsi.com)

The center helps people 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, gender or immigration status.

### *Western Idaho Community Crisis Center*

**208-402-1044**

524 Cleveland Blvd., Suite 160

Caldwell, Idaho 83605

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

Support center for those experiencing mental health and/or substance use problems 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 support. Peer support specialists and recovery coaches available. Assistance and advocacy for recovery. Free of charge for all.

### *Veterans Crisis Line*

**1-800-278-8255, press 1**

**Text 838255**

Online chat at:

[veteranscrisisline.net/get-help](http://veteranscrisisline.net/get-help)

Free support that is confidential for all veterans, service members, national guard/reserve and their family members and friends. Caring and qualified responders are ready to assist you, many of whom are veterans themselves.

*If you or someone you know needs emergency mental health services, please call 911.*



# Resources and Contact Information

When you are with people who seem 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 911.

## Education and Support

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

208 801-1609 (call or text)

P.O. Box 9492 | Boise, Idaho 83707

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

Free education, support, advocacy and empowerment for the mentally ill and their families. Provides equal access to medical, social, economic, legal, judicial and spiritual resources.

### ***The Speedy Foundation***

#### **Suicide Prevention and Mental Health Advocacy**

P.O. Box 5866 | Boise, Idaho 83705

Email: [info@speedyfoundation.org](mailto:info@speedyfoundation.org)

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

Education, advocacy and training for suicide prevention. Provides education and information on how to help people who are thinking about suicide, persuade them to seek help and refer them to the appropriate resources. Also provides tools for navigating a conversation with someone in crisis. Free educational opportunities online.

## Treatment Services

### ***Idaho Department of Health and Welfare Behavioral Health***

Adult: 208-736-2177

Children: 208-732-1630

Substance Use Services (contact provider BPA Health): 1-800-922-3406

Website: [healthandwelfare.idaho.gov](http://healthandwelfare.idaho.gov)

The State of Idaho provides community-based mental health services throughout the state. Services are available for adults, children and families who need mental health treatment. People won't be denied services based on inability to pay. Discounted sliding fee schedule available based on family size and income.



### ***Youth Empowerment Services (YES)***

208-334-6997

1-833-644-8296

Website:

[youthempowermentservices.idaho.gov](http://youthempowermentservices.idaho.gov)

Mental health system of care that helps children and youth under the age of 18 who have Serious Emotional Disturbance (SED). SED 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 in order to include parents as experts and respected equals in treatment plans.

# Resources and Contact Information

## Treatment Services, cont.

### **Central District and Southwest District Health**

CDH Main Office: **208-375-5211**

CDH McCall Office: **208-634-7194**

703 1st Street | McCall, Idaho 83638

SWDH Main Office: **208-455-5300**

SWDH Council Office: **208-642-9321**

102 E. Exeter Street | Council, Idaho 83612

Websites: [cdhd.idaho.gov](http://cdhd.idaho.gov)

[phd3.idaho.gov](http://phd3.idaho.gov)

Individualized, in-home mental health services for pregnant women, infants and children through age five to help guide healthy relationships, emotions and behaviors. Qualifying households include those with a history of neglect or abuse; a parent or household member with mental health issues or substance abuse problems; low-birth weight infant or teen pregnancy in the household; or life events that have impacted children (divorce, violence, trauma). Serves Medicaid recipients, but also non-Medicaid individuals and households.

### **Catholic Charities of Idaho**

**208-345-6031**

7255 Franklin Road | Boise, Idaho 83709

Website: [ccidaho.org/counseling](http://ccidaho.org/counseling)

Counseling available for adults and children in a variety of forms: individual, family, couple and group sessions. Two bilingual, certified and licensed counselors are also available for telehealth counseling, regardless of place of residence. People of all races, faiths, ages—regardless of immigration status—are eligible for services. Operates on a sliding fee for those experiencing financial distress.

### **Terry Reilly Behavioral Health Services**

**208-344-3512**

Website: [trhs.org/services](http://trhs.org/services)

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 may qualify for discounts, based on patient's ability to pay. More than 40% of staff are bilingual; translation services also available. *Requires a referral from your doctor.*

### **Adams County Health Clinic**

**208-253-4242**

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

Helps people with mental illnesses and/or substance use disorders. Provides effective treatments and services in our community, including behavioral health counseling to support changes in actions, thoughts, emotions and how people see and understand situations; individual counseling for adults, teenagers, and children age eight and up; family therapy for all ages; substance abuse counseling; mental health, emotional and personality disorder counseling; marriage and relationship counseling; parenting guidance; and stress/anxiety management.

*"Stigma and shame are the main reasons people do not seek treatment for mental illness."*

Centers for Disease Control and Prevention

# Resources and Contact Information

## ***Cascade Medical Center***

**208-382-4285**

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

Provides diagnostic and treatment services that are goal oriented as well as 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.

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.

## ***Information and Referrals for Mental Health Needs***

Staff can help connect individuals to health care professionals, including psychiatrists, physicians, licensed counselors, social service agencies, emergency services and other resources. Mental health services include:

- Psychiatric and mental health counseling referrals.
- Substance use disorder counseling and resource referrals.
- Community resources.
- Financial support.
- Health education talks, fitness and yoga programs, and events and screenings aimed at promoting general health and well-being.
- Prescription medication and other urgent needs.

### ***St. Luke's Clinic – Behavioral Health***

**208-630-2450**

301 Deinhard Lane | McCall, Idaho 83638

### ***St. Luke's Clinic – Psychiatric Wellness***

**208-706-6375**

703 S. Americana Blvd., Suite 150  
Boise, Idaho 83702

Psychiatric and behavioral health care services for adolescents and adults.

Discount fees offered for qualifying patients.

# Resources and Contact Information

## Treatment: St. Luke's Clinics, cont.

### *St. Luke's Clinic – Payette Lakes Family Medicine*

**208-634-2225**

201 Forest Street | McCall, Idaho 83638

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.

### *St. Luke's Children's Center for Neurobehavioral Medicine in Boise and Nampa*

**208-381-5970**

1075 E. Park Blvd. (south entrance)

Boise, Idaho 83712

9850 W. St. Luke's Drive (north entrance),

Suite 270 | Nampa, Idaho 83687

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. Spanish speaking clinician available.

### *Private Therapy and Counseling*

For referrals and information regarding qualified mental health care professionals including psychiatrists, psychologists, licensed professional counselors, social workers and therapists contact **St. Luke's Clinic – Behavioral Health** in McCall at 208-630-2450 or, after hours, **St. Luke's Connect** at 208-706-5850.

## Treatment: Inpatient Services

### *Saint Alphonsus Mental Health Services*

**208-302-0900**

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

Inpatient and 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.

### *Intermountain Hospital*

**1-800-321-5984 or 208-377-8400**

303 N. Allumbaugh Street

Boise, Idaho 83704

Website: [intermountainhospital.com](http://intermountainhospital.com)

Inpatient substance abuse rehabilitation and mental health treatment center for adolescents and adults. Provides help to those who have struggled with drug dependency, addiction and mental illness.

### *Cottonwood Creek Behavioral Hospital*

**208-996-8449**

2131 Bonito Way | Meridian, Idaho 83642

Inpatient (for select addictions) and outpatient customized treatments for adolescents and adults struggling with mental health and substance abuse. Licensed, acute-care behavioral hospital. Only accepts insured and Medicaid patients. Requires referral.

# Resources and Contact Information

## Addiction and Substance Use Disorder Resources

### ***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.

### ***The ROC: Valley County's Recovery Community Center***

**208-278-7977**

106 E. Park Street, McCall, Idaho 83638

Website: **theroc.center**

The Recovery Oriented Community (ROC) offers you and your family the opportunity to engage with other members of 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.

### ***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.



### ***Narcotics Anonymous***

Website: **na.org**

Offers resources for recovery from effects of addiction through a twelve-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.

***Please see Treatment Services on pages 9-12 for facilities that provide this service in addition to other mental health services:***

- St. Luke's Clinic – Behavioral Health in McCall
- St. Luke's Clinic – Psychiatric Wellness in Boise
- St. Luke's Clinic – Behavioral Health in Nampa
- St. Luke's Children's Center for Neurobehavioral Medicine in Boise and Nampa
- Saint Alphonsus Mental Health Services Intermountain Hospital
- Cottonwood Creek Behavioral Hospital, Mental Health and Substance Abuse Hospital
- Pathways Community Crisis Center
- Western Idaho Crisis Center

# Resources and Contact Information

## Domestic Violence Resources

### *Rose Advocates*

#### **Valley County**

**208-630-6321**

106 Park Street, #204 | McCall, Idaho 83638

**208-382-5310**

211 Idaho Street | Cascade, Idaho 83611

#### **Adams County**

**208-253-4949**

204 Council Avenue | Council, Idaho 83612

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

Aid 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.

### *Women's and Children's Alliance*

Hotline: **208-343-7025**

Information: **208-343-3688**

720 W. Washington Street  
Boise, Idaho 83702

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 and/or mental health disorders). Therapy services offered to shelter residents and members of the community. Support groups also available.

## LGBTQ+ Resources

### *The Trevor Project*

Lifeline: **1-866-488-7386**

Support Center: Crisis intervention and suicide prevention services for lesbian, gay, bisexual, transgender, queer and questioning (LGBTQ+) young people under 25. The support center is a place where LGBTQ+ youth and their allies can find answers to frequently asked questions as well as explore resources related to sexual orientation, gender identity and more. Free educational training for educators, counselors and youth group leaders. Find out more at: [thetrevorproject.org](http://thetrevorproject.org)

### *The Community Center*

**208-336-3870**

1088 N. Orchard Street  
Boise, Idaho 83706

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

Center devoted to lesbian, gay, bisexual, transgender (LGBT) and allied population. Seeks to provide resources and unite the LGBT community through education and developmental programs. Provides a safe space and a welcoming location for group meets and social activities for youth groups, LGBT support groups, and women's and transgender groups.

### *PFLAG: Parents, Friends, Families of Lesbians and Gays*

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.

*LGBT National Help Center: Please see page 8.*

# Resources and Contact Information

## Area School Districts

Provide trained mental health professionals to support student 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.

***McCall-Donnelly School District***  
208-634-2161

***Cascade School District***  
208-630-6057

***Meadows Valley School District***  
208-347-2411

***Council School District***  
208-253-4217

***Salmon River School District***  
208-630-6027

### *School Resources Available*

Whether your child attends public or private school, or is attending college, you can find out what mental health services are available to students by contacting the school's main office.

*"More than one in four adults living with serious mental health problems also has a substance use problem. Substance use problems occur more frequently with certain mental health problems including depression, anxiety disorders, schizophrenia, and personality disorders."*

U.S. Department of Health and Human Services

## Other Support Services

***Idaho Division Veteran Services***  
208-780-1380

351 Collins Road | Boise, Idaho 83702

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

***Boise Vet Center***  
208-342-3612  
2424 Bank Drive, Suite 100  
Boise, Idaho 83705  
Website: [va.gov/boise-vet-center](http://va.gov/boise-vet-center)

Provides combat veterans with counseling services.

***St. Luke's Home Health and Hospice***  
208-630-2440

301 Deinhard Lane | McCall, Idaho 83638

Medicaid-certified program for anyone in the later stages of a terminal illness who would like comfort and symptom control. Twenty-four hour caregivers available. Services covered by Medicare, Medicaid and most health insurance companies. Assistance available for those without health insurance coverage to find other options.

# Resources and Contact Information



## Other Support Services, cont.

### ***McCall Rehabilitation and Care Center***

**208-634-2112**

418 Floyde Street | McCall, Idaho 83638

Website: [mccallrehab.com](http://mccallrehab.com)

Skilled nursing facility providing in-house therapy, integrated cognitive program and rehabilitation for return to home.

### ***Idaho 2-1-1 Care Line***

**Dial 2-1-1** to access information about Idaho Health and Welfare programs and for information about local or regional social services and resources, including child protection services, WIC, family support, Medicaid, food stamps and cash assistance.

### ***Idaho Commission on Aging***

**208-736-2122 or 1-800-574-8656**

Helping older adults and people with disabilities remain independent, avoid institutionalization, and stay in their own homes and communities of choice.

### ***Southwest Idaho Area Agency on Aging***

**208-898-7060 or 1-844-850-2883**

1505 S. Eagle Road, Suite 120  
Meridian, Idaho 83642

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.

### ***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; provides solutions so that caregivers can continue to be a support system for a person in need.

### ***Lee Pesky Learning Center***

**208-333-0008**

3324 Elder Street | Boise, Idaho 83705  
Satellite offices are also open 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.



# Complementary Support Services



Look in local phone books or ask a social service agency, your employer, your physician or someone else you know to find out where you might find additional support for your health and well-being or for someone you care about.

- Acupuncture
- Arts
- Chronic Disease Management
- Education
- Employment
- Exercise
- Faith
- Financial Assistance
- Fitness
- Hobbies
- Massage
- Meditation
- Mindfulness
- Music
- Nutrition
- Recreation
- Support Groups
- Volunteerism
- Yoga

*Mental health and well-being can be affected by many things, including stress from financial hardship, food insecurity, homelessness, illness, injury, family and relationship issues, and unemployment. Many programs and services are available in our community to address these and other issues. Call St. Luke's Community Health at **208-630-2419** to find out more about the resources available in and around our community.*

*You can also use [findhelpidaho.org](http://findhelpidaho.org), a social care network, to connect to programs that offer financial assistance, food pantries, medical care, and other free or reduced-cost help; contact the Idaho Careline by **dialing 211** or visiting [211-idaho.communityos.org](http://211-idaho.communityos.org) to access area services and support; and learn about additional resources through the Idaho Department of Health and Welfare at [healthandwelfare.idaho.gov](http://healthandwelfare.idaho.gov).*

# Quick Guide to Services

## *24-Hour Hotlines*

*Emergency Services: 9-1-1*

*Idaho Department of Health and Welfare  
Crisis Hotlines*

Region 3: 208-459-0092

Region 4: 208-334-0808

*Idaho Crisis and Suicide Hotline*

1-800-273-8225

Call or text: 208-398-4357

*National Alliance on Mental Illness  
(NAMI)*

Crisis Textline: Text NAMI to 741-741

Crisis Helpline: 1-800-950-6264

*National Crisis Text Line*

741-741

*National Suicide Prevention Lifeline*

1-800-273-8255 (TALK) or 9-8-8

*Optum Idaho*

Crisis Line: 1-855-202-0973

*Veterans Crisis Line*

Text: 838255

Call: 1-800-273-8255, press 1

## *Addiction/Substance Use Disorder Resources*

*Alcoholics Anonymous Boise/Treasure  
Valley*

208-344-6611

Spanish: 208-703-1574

24-Hour Hotline: 1-800-839-1686

*Idaho Care Line*

2-1-1

*Idaho Department of Health and Welfare  
Behavioral Health Substance Use  
Services*

1-800-922-3406

*Idaho Division Veteran Services*

208-780-1380

*Intermountain Hospital*

1-800-321-5984

*Optum Idaho Substance Use Helpline*

1-855-780-5955

*Pathways Community Crisis Center of  
Southwest Idaho*

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

*The ROC*

208-278-7977

*Western Idaho Community Crisis Center*

208-402-1044

## *Disability Services*

*Disability Rights Idaho*

1-800-632-5125

*Idaho Department of Health and Welfare*

Children: 1-208-334-6500 or

1-877-333-9681

Aid to the aged, blind or disabled:

1-877-456-1233

*Lee Pesky Learning Center*

208-333-0008

## *Domestic Violence Resources*

*Child Abuse – Department of Health and  
Welfare*

1-855-552-5437

*Faces of Hope Victim Center*

208-577-4400

*National Domestic Violence Hotline*

1-800-799-7233

*RAINN (Rape, Abuse, and Incest National  
Network)*

National Sexual Assault Hotline:

1-800-656-4673

*Rose Advocates*

Valley County: 208-382-5310

Adams County: 208-253-4949

# Quick Guide to Services

## *Women's and Children's Alliance*

Domestic Abuse Crisis Hotline:

**208-343-7025**

Rape Crisis Hotline: **208-345-7273**

TDD/TTY: **1-800-377-3529**

## *Emergency Financial Assistance*

### *Findhelp Social Care Network*

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

### *Idaho Department of Health and Welfare*

**1-877-456-1233**

### *Idaho Department of Labor*

#### *Unemployment Benefits*

**208-634-7102**

### *Idaho Power Emergency Utility Assistance*

**855-452-0801**

### *Western Idaho Community Action*

#### *Partnership Energy Assistance Program*

Valley County: **208-325-8512**

Adams County: **208-253-4300**

## *LGBTQ+ Resources*

### *The Community Center*

**208-336-3870**

### *Inclusive Idaho*

**208-918-2545**

### *LGBT National Hotline*

**1-888-843-4564**

### *LGBT National Senior Hotline*

**1-888-234-7243**

### *The Trevor Lifeline*

**1-866-488-7386**

## *Mental Health Services*

### *Adams County Health Center*

**208-253-4242**

### *Boise Vet Center*

**208-342-3612**

### *Cascade Medical Center*

**208-382-4285**

### *Catholic Charities of Idaho*

**208-345-6031**

### *Central and Southwest District Health*

Infant and Early Childhood Mental Health

Services: **208-327-7400**

### *Idaho Department of Health and Welfare Behavioral Health*

Adult: **208-736-2177**

Children: **208-315-3308**

### *Idaho Division Veteran Services*

**208-577-2310**

### *National Alliance on Mental Illness (NAMI)*

**208-309-1987**

### *Saint Alphonsus Mental Health Services*

**208-302-0900**

### *St. Luke's Children's Center for Neurobehavioral Medicine*

Boise and Nampa: **208-381-5970**

### *St. Luke's Clinic – Psychiatric Wellness Services in Boise*

**208-706-6375**

### *St. Luke's Clinic – Behavioral Health in McCall*

**208-630-2450**

### *Terry Reilly Health Services*

**208-344-3512**

### *Youth Empowerment Services (YES)*

**1-833-644-8296**

## *Mental Health And Addiction Inpatient Facilities*

### *Cottonwood Creek Behavioral Hospital*

**208-996-8449**

### *Intermountain Hospital*

**1-800-321-5984**

### *Saint Alphonsus Behavioral Health*

**208-302-0900**

# Quick Guide to Services

## Senior Services And Other Support Services

**Family Caregiver Navigator**  
208-426-5899

**Idaho Commission on Aging**  
208-736-2122 or 1-800-574-8656

**Idaho Division Veteran Services**  
208-577-2310

**Idaho Home Health and Hospice**  
208-887-6633

**Southwest Idaho Area Agency on Aging**  
208-898-7060 or 1-844-850-2883

**St. Luke's Home Care and Hospice Services**  
208-630-2440

## Veteran Services

**Boise Vet Center**  
208-342-3612

**Idaho Division Veteran Services**  
208-577-1380

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St. Luke's, May 2022

To access this booklet online, please visit [stlukesonline.org/support](http://stlukesonline.org/support).

