

# Statewide/National Mental Health and Community Resources



<https://www.idahosuicideprevention.org/>  
Call, Text or Chat (208) 398-HELP (4357)



<https://suicidepreventionlifeline.org/chat/>  
1-800-273-TALK (8255)



Text TEEN to 839863  
(310) 855-HOPE (4673)



Text START to 678678  
1-866-488-7386



<http://teenmentalhealth.org>



<https://bornthisway.foundation/get-help-now/>



<https://www.nami.org/Find-Support>  
800-950-NAMI (6264)  
Text NAMI 741741



<http://www.mentalhealthamerica.net/>



<https://idahofederation.org/>



<http://healthandwelfare.idaho.gov/Default.aspx?TabId=103>

# Statewide/National Mental Health and Community Resources (Continued)



<https://www.optumidaho.com/>



Dial 211 from any phone

<https://211.idaho.gov/>



<https://idvsa.org/>



<https://idahofoodbank.org/locations/>



<https://www.livebetteridaho.org/>

# Northern Idaho

## Mental Health and Community Resources



<https://www.nicrisiscenter.org/>



<https://myheritagehealth.org/services/family-support-services/>



<https://www.kh.org/behavioral-health/>

**NORTH IDAHO SERVICES DIRECTORY**  
IMMEDIATE NEEDS ♦ BASIC NEEDS ♦ COMMUNITY RESOURCES

<http://niservicesdirectory.com/service-category/mental-health-resources/>



<https://www.pbsofidoaho.com/>



**Sandpoint Community  
Resource Center**

*When You Don't Know Where to Turn*

<https://www.sandpointcommunityresource.com/self-help-directory>