

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>

BORN THIS WAY FOUNDATION
EMPOWERING YOUTH ★ INSPIRING BRAVERY

<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/>

IDAHO Department of
Health and Welfare

<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/>

Southeast and Eastern Idaho

Mental Health and Community Resources

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|  <p style="text-align: center;">BEHAVIORAL HEALTH CRISIS CENTER OF EAST IDAHO</p> <p style="text-align: center;">https://www.eastidahocrisis.com/</p> |  <p style="text-align: center;">Eastern Idaho REGIONAL MEDICAL CENTER</p> <p style="text-align: center;">https://eirmc.com/service/community-resources</p> |
|  <p style="text-align: center;">Madison Cares • Madison School District 321 •</p> <p style="text-align: center;">http://www.mymadisoncares.com/</p> |  <p style="text-align: center;">https://www.pbsofidoaho.com/</p> |
|  <p style="text-align: center;">NAMI Upper Valley Idaho</p> <p style="text-align: center;">http://www.namiuv.com</p> <p>Serving: Bonneville, Bingham, Jefferson, Madison, Custer, Butte, Teton, Fremont, Clark and Lemhi counties</p> |  <p style="text-align: center;">NAMI Southeast Idaho</p> <p style="text-align: center;">Phone: 208-244-0870 Email: namiseidaho@gmail.com Serving: Bannock County</p> |
|  <p style="text-align: center;">HUMAN DYNAMICS & DIAGNOSTICS</p> <p style="text-align: center;">http://www.humandynamicsid.com/</p> | <p style="text-align: center;">Bannock County Resource Guide</p> <p style="text-align: center;">https://www.bannockcounty.us/wp-content/uploads/useful-resources.pdf</p> |
| <p style="text-align: center;">Eastern Idaho Resource Guide</p> <p style="text-align: center;">https://eiph.idaho.gov/Home/Resources/EASTERN%20IDAHO%20RESOURCE%20DIRECTORY_Revised%203-13-2017.pdf</p> | |