

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/>

Southwest Idaho

Mental Health and Community Resources

SELF RESCUE MANUAL

A guide to all community resources and supports in Ada County & Canyon County.

<https://selfrescuemanual.com/>



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



Children's
Home Society
of Idaho

<https://childrenshomesociety.com/counseling-center/>



<http://manaohana.org/>



<https://www.idahoconnections.org/WeCanHelp.pdf>



<http://www.wcaboise.org/>

24-hour Domestic Violence Hotline: 208.343.7025
24-hour Rape Crisis Hotline: 208.345.7273 (RAPE)

Ada County Resource Guide

<https://police.cityofboise.org/media/642494/ada-county-victimwitnessresourceguide.pdf>

Canyon County Resource Guide

<https://www.canyonco.org/wp-content/uploads/2016/03/Canyon-County-Resource-Guide.pdf>