



Struggling with Mental Health?

If in crisis, thoughts of hurting oneself-

Dial 988 to speak with the 24/7 Idaho Crisis & Suicide Hotline

Local Text/Call Crisis Line

National Suicide Prevention Lifeline

Phone: Call or text 988 or Call 800-273-8255

988lifeline.com has information and a chat option

Ages: All ages

Monarch Behavioral Health (AA)

Phone: 208-344-6611

Call their Alcoholics Anonymous Hotline

Ages: Teens and Adults

Resources

Inpatient & Intensive Outpatient Management

Saint Alphonsus in Boise

Phone: 208-367-3189

Inpatient and outpatient programs for 5-12 years old

Cottonwood Creek in South Meridian

Phone: 208-202-4732

Intensive outpatient program for 12-17 years old

Intermountain Hospital in Boise

Phone: 208-377-8400

Inpatient and outpatient programs for 12-17 years old

Imagine in Boise

Phone: 208-301-5913

Outpatient programs for 12-17 years old

Walk-In Mental Health & Behavioral Health Management

Omega Health in Garden City

Phone: 208-853-0071

Walk In Hours: Mon. & Thurs. 5PM - 8PM

Garden City Location

Terry Reilly Health Services

Phone: 208-344-3512

Office Hours: Mon.-Fri. 8AM - 6PM

Caldwell, Nampa, Boise, Meridian Location

24-Hour Crisis Centers

Walk-In availability to speak with a social worker or therapist to help with mental health crises

Clarvida Community Crisis Center in Boise

Phone: 833-527-4747

Website: www.clarvida.com/idaho/services/

Western Idaho Youth Support Center in Nampa

Ages: 10-17

Phone: 208-899-4727

Website: westernidahoyouthsupportcenter.org

RISE UP Teen & Child Crisis Center in ID Falls

Ages: 5-17

Phone: 208-826-0994

Website: riseupyouthcrisiscenter.com

Online Resources

Charlie Health

Phone: 866-491-5196

Website: charliehealth.com

Online programs for most ages

National Institute of Mental Health

Phone: 866-615-6464

Website: nimh.nih.gov

Information and resources about mental health

Substance Abuse and Mental Health Services

Phone: 877-726-4727

Website: samhsa.gov

Information and resources for substance abuse