



Mental Health Crisis & Referral Resources

Immediate Crisis Support – General

Resource	Phone	Notes
988 Suicide & Crisis Lifeline	988	Call or text; confidential, 24/7 support Chat online: https://988lifeline.org/chat
Crisis Text Line	Text HOME to 741741	Free text support for mental health crises, 24/7 support Chat online: https://connect.crisistextline.org/chat

Immediate Crisis Support – First Responders

Resource	Phone	Notes
Safe Call Now	(206) 459-3020	First responder and family crisis support, 24/7
COPLINE	(800) 267-5463	Law enforcement personnel and family crisis support, 24/7
IAFF Center of Excellence – Crisis Line	(855) 900-8437	Firefighter personnel and family crisis support, 24/7

Immediate Crisis Support – Veterans

Resource	Phone	Notes
Veterans Crisis Line	988 (Press 1) Text 838255	Veterans and families crisis support; call, text, or chat, 24/7 Chat online: www.veteranscrisisline.net/get-help-now/chat

Community Crisis Stabilization+ – Adults

+Most listed facilities also offer some substance abuse support

Resource	Region / Location	Phone	Notes
N Idaho Crisis Center	Coeur d'Alene	(208) 625-4884	Stabilization for adults 18+
Rural Crisis Center Network	Moscow/ Lewiston*/Orofino*	(208) 669-2729/ (208) 748-9846*/ (208) 400-0799*	Stabilization for adults 18+ *May be sporadically staffed.
Community Crisis Center*	Boise	1 (833) 527-4747	Stabilization for adults 18+
South Central Idaho Crisis Center	Twin Falls	(208) 772-7825	Stabilization for adults 18+
SE Idaho Crisis Center	Pocatello	(208) 909-5177	Stabilization for adults 18+
W Idaho Crisis Center*	Caldwell	(208) 402-1044	Stabilization for adults 18+
E Idaho Crisis Center	Idaho Falls	(208) 522-0727	Stabilization for adults 18+

*Clarvida Facility (formerly Pathways)

Community Crisis Stabilization – Youth

Resource	Region / Location	Phone	Notes
Rise Up Teen & Child Crisis Center	Idaho Falls	(208) 826-0994	Stabilization for minors ages 5-17
ProActive Youth & Family Support Center	Twin Falls	(208) 969-9841	Stabilization for minors ages 5-17
Clarvida Youth Support Center*	Boise	1 (833) 527-4747	Stabilization for minors ages 10-17
Western Idaho Youth Support Center	Nampa	(208) 899-4727	Stabilization for minors ages 5-17

Detox / Withdrawal Management

Resource	Region / Location	Phone	Notes
Allumbaugh House	Boise	(208) 377-9669 <i>Messages returned in 30 mins</i>	Referral required for mental health admission; detox admissions may self-refer.
Northpoint Recovery	Meridian	(855) 616-1371 (208) 598-7857	Medically supervised inpatient detox; Start Online: www.northpointrecovery.com/admissions-process/
Intermountain Hospital New Start (adult) Generations (senior) or CAST (teens)	Boise	(208) 375-5327 1 (833) 616-0112	Inpatient psychiatric hospital detox; ER or clinician referral

Higher Level of Care – General Community (Adults & Youth)

Facility	Location	Phone	Notes
Intermountain Hospital	Boise	(208) 375-5327 1 (833) 616-0112	24/7 inpatient behavioral health; acute stabilization for adults 18+ and adolescents ages 12-17
Saint Alphonsus Boise – Inpatient Behavioral Health	Boise	(208) 367-3189	Inpatient psychiatric unit operated by hospital; care for adults 18+ and youth 12-17
Cottonwood Creek Behavioral Hospital	Meridian	(208) 202-4701	Acute inpatient behavioral health hospital; care for adults 18+ and youth 12-17

Higher Level of Care – First Responder Focused

Program Name	Location	Phone	Notes
First Responder Wellness	Newport Beach, CA	(888) 443-4898	Trauma/PTSI care for first responders; residential, outpatient, telehealth (8 a.m. – 10 p.m. PST)
IAFF Center of Excellence	Upper Marlboro, MD	(855) 900-8437	Residential and outpatient programs for firefighters and families; PTSI/PTSD care
Deer Hollow Treatment Center	Draper, UT	(801) 679-6669	Trauma/PTSD-focused step-down care for first responders; inpatient, PHP, IOP, telehealth

Outpatient Mental Health Therapy Resources

Resource	Access Via	Notes
ERHC Mental Health Services https://er-hc.org/mhsonlinescheduling	(208) 229-8433 ← Self-scheduling for <u>existing clients</u> of ERHC MHS program	First responders, public safety workers, family members; trauma-informed and occupationally relevant care
ERHC 360 Wellness Directory	erhc360.org/directory	Community-based mental health professionals vetted in first responder care; care of general population as well
Next Rung	www.nextrung.org 1 (833) NXT-RUNG (698-7864)	Peer support; locator services for counseling and addiction treatment programs
Psychology Today	www.psychologytoday.com/us/therapists/idaho	Directory of general community-based therapy providers for all populations