

24 HOUR CRISIS EMERGENCY

Behavioral Health Crisis Center East Idaho	208-522-0727
Southeast Idaho Behavioral Crisis Center	208-909-5177
Poison Control	800-222-1222
Runaway	800-786-2929
National Human Trafficking	888-373-7888
Phoenix QRF Veteran & Family	208-351-5410
Child Protection	855-552-5437
Domestic Violence & Sexual Assault Center	208-235-2412
Family Crisis Center	208-356-0065
Optum Idaho (Medicaid) Crisis Line	855-202-0973

HOSPITALS

Eastern Idaho Regional Medical Center- IF	208-529-6111
Bingham Memorial ER-Blackfoot	208-785-4100
Portneuf Medical Center-Pocatello	208-239-1000
Idaho Falls Community Hospital	208-528-1000
Madison Memorial ER-Rexburg	208-359-6900

SUBSTANCE USE SERVICES

Alcoholics Anonymous	208-235-1444
Narcotics Anonymous	208-557-9336
BPA Health	800-922-3406

Support Services & Resources 211

Eastern Idaho Public Health	208-522-0310
Southeastern Idaho Public Health	208-233-9080
Region 7 Mental Health-Idaho Falls	208-528-5700
Region 6 Mental Health-Pocatello	208-234-7900
Center for Hope	208-528-1888
Bingham Crisis Center	208-785-1047
National Alliance on Mental Illness (NAMI)	800-950-6264
Community Youth in Action	208-521-5328

Card provided by: communitysuicidepreventionid.org

208-243-9411/communitysuicideprevention@gmail.com

ISPH

Idaho Suicide Prevention Hotline

**Feeling Down? Call or Text
(208)398-HELP [4357]**

Help a loved one, friend, or yourself.

You don't have to be suicidal to use the Hotline.

Everyone is welcome.

FREE, Confidential, and Always Available.

Suicide Warning Signs

- *Talking about wanting to die or to kill oneself
- *Looking for a way to kill oneself, such as searching online or buying a gun
- *Talking about feeling hopeless or having no reason to live
- *Talking about feeling trapped or in unbearable pain
- *Talking about being a burden to others
- *Increasing the use of alcohol or drugs
- *Acting anxious or agitated; behaving recklessly
- *Withdrawn or feeling isolated



- *Sleeping too little or too much
- *Showing rage or talking about seeking revenge
- *Displaying extreme mood swings
- *Preoccupation with death
- *Suddenly happier, calmer
- *Loss of interest in things one cares about
- *Visiting or calling people to say goodbye
- *Making arrangements; setting one's affairs in order
- *Giving things away, such as prized possessions
- *Themes of death or depression in conversation, writing, reading or art