

24 HOUR CRISIS EMERGENCY

Behavioral Health Crisis Center of East Idaho	208-522-0727
Southeast Idaho Behavioral Crisis Center	208-909-5177
Poison Control	800-222-1222
National Runaway Safeline	800-786-2929
National Human Trafficking Hotline	888-373-7888
Phoenix QRF Veterans & Family	208-351-5410
Idaho Child Protection Report Line	855-552-5437
Idaho Domestic Violence Hotline	208-235-2412
Teen & Child Crisis Center of East Idaho	208-826-0994

HOSPITALS

Eastern Idaho Regional Medical Ctr IF	208-529-6111
Bingham Memorial ER-Blackfoot	208-785-4100
Portneuf Medical Ctr-Pocatello	208-239-1000
Idaho Falls Community Hospital IF	208-528-1000
Madison Memorial Hospital-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-IF	208-528-5700
Region 6 Mental Health-Pocatello	208-234-7900
Center for Hope	208-538-1888
Bingham Crisis Center	208-785-1047
Family Crisis Center Rexburg	208-356-0065
National Alliance on Mental Illness (NAMI)	800-950-6264
CYA, SPaRC Youth Assessments-IF	208-926-6633

Card provided by communitysuicidepreventionid.org
208-243-9411 communitysuicideprevention@gmail.com



If you or someone you know is struggling or in crisis, help is available.


call or text

988

or chat 988lifeline.org

Idaho Crisis and Suicide Hotline

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 - Withdrawn or feeling isolated
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- The logo for Community Suicide Prevention. It features a stylized lighthouse with a blue top and a white body with a purple heart. The lighthouse is emitting yellow light rays from its top. Below the lighthouse, the words 'Community Suicide Prevention' are written in a blue, sans-serif font.
- 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, depression in conversation, writing, reading or art