



Anyone can experience mental health and substance use challenges. Friends and family are often the first to notice changes and can make all the difference in a person's recovery process. Learn how you can recognize the warning signs, how to start the conversation, how to provide support and how/when to help someone connect to professional support.

LEARN MORE: <https://www.samhsa.gov/mental-health/what-is-mental-health/how-to-talk/friends-and-family>

When more is needed, help is available 24/7. You don't have to figure this out alone.

The following mental health crisis services are essential community components needed to help you or your loved one bridge the gap between emergency services and long-term care, provide immediate support, reduce police involvement, and stabilize individuals.

Sometimes,
we just need someone...

someone to CALL

If you or someone you know is experiencing a mental health or substance use crisis, you can reach the Idaho Crisis and Suicide Hotline by calling or texting 9-8-8 24 hours a day, 7 days a week. 9-8-8 acts as the primary contact for immediate counseling and referral.

someone to RESPOND

988 can send out Mobile Response Teams (MRTs). MRTs are staffed by behavioral health professionals who travel to the individual experiencing a crisis and provide assessment, stabilization, and, if needed, triage the individual to a higher level of care. MRTs are now available 24 hours a day, 7 days a week!

somewhere to GO

Crisis Centers are a safe place for individuals to go if they are experiencing a behavioral health crisis, such as suicidal thoughts or withdrawal from drugs, to get help. They can stay for up to 24 hours and receive a bed, food, and services from mental health professionals so they can decide what to do next. All services are provided without charge to patients in need. Referrals and connections are made to appropriate community resources. Clients may remain at the facility for up to 23 hours and 59 minutes, but most people get the help they need in less time. Services provided include 24-hour hotline, detox services, and crisis intervention and prevention.

Find an Adult Crisis Center

Adult Crisis centers provide emergency substance use disorder and mental health services for adults 18 and older. No judgement. Just help.

Find a Youth Crisis Center

Youth Crisis Centers (YCC) are safe places for youth, ages 12-17, to go to by choice if they are having emotional distress, psychiatric symptoms, substance use challenges, or other life stressors.



FIND A
LOCAL
CRISIS CENTER



FIND A
LOCAL
RECOVERY
CENTER



Recovery Community Centers provide free recovery support services to individuals who live with substance use and/or other mental health disorders, the friends & family who love us and to our community(s). Peer-led and peer-governed, the staff and volunteers "pay-forward" the gift of recovery by helping others find their own path. We are a safe, confidential and judgement-free environment. The non-clinical recovery support offered includes, but is not limited to; peer-led support groups, resource connection, peer recovery coaches, supported access to treatment options, volunteer opportunities, recovery-friendly social activities, community education and advocacy at the individual and systemic level. By our very existence the recovery community center is a source of hope that Recovery is possible and that no one in our community must feel that they are alone.