It’s Okay to Ask for Help

Resources in Your Community

Crisis Resources

Emergency Resources

Call 911

988 Suicide and Crisis Lifeline

Call 988 (Press 1 for Veterans, press 2 for Spanish)

Text 988 (English and Spanish)

Crisis Text Line

Text TALK to 741741 for English

Text AYUDA to 741741 for Spanish

Veterans Crisis Line

Text 838255

Substance Abuse and Mental Health Services Administration National Helpline

Call 1-800-662-HELP (4357) (English and Spanish)

National Sexual Assault Hotline

Call 1-800-656-HOPE (4673) (English and Spanish)

Text HOPE to 64673 (English and Spanish)

National Teen Dating Abuse Helpline

Call 1-866-331-9474 (English and Spanish)

Text LOVEIS to 22522

The Trevor Project (LGBTQ+ youth and young adults)

Call 1-866-488-7386 (English and Spanish)

Text START to 678-678

Local Resources

Busy Bee Therapy, LCC

www.busybeetherapy.com

Meghan Dahlin, LCPC, LMHC, CMHC, LAC

meghan@busybeetherapy.com

Because Kids Grieve

www.becausekidsgrieve.org

Christina Smith, LCSW

www.alturacounseling.com

208-991-0225

Courage to Talk Therapeutic Counseling Center

www.couragetotalk.com

Dr. Heidi Senethavily, PhD, LPC

208-484-0920

Kristine Kirsch Counseling & Consulting, LLC

www.kirschcounseling.com

208-830-8658

Locus Health Center

www.locushealthidaho.com

Rebecca Roth, LCPC

208-877-3661

My Grief Connection

www.mygriefconnection.org

Sara Cobb