## Mental Health

### Know how to relieve stress

<table>
<thead>
<tr>
<th>Set limits:</th>
<th>Connect with others:</th>
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<tbody>
<tr>
<td>Reduce how much time you spend reading or watching news about the crisis. Listen to reliable sources.</td>
<td>Talk with people you trust about your concerns and how you are doing.</td>
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### Keep yourself healthy:

Find people and resources you can depend on for information and support. Eat healthy food and drink plenty of water. Get enough sleep and rest.

### Seek help if needed:

Call your doctor, mental health provider or crisis line.

### Make time to unwind:

Take deep breaths, stretch, meditate. Try to do something you enjoy, like reading or listening to music.
Mental Health
Self Care Plan

What are important signs that I am feeling overwhelmed or stressed?
1. _______________________________________________________________________
2. _______________________________________________________________________
3. _______________________________________________________________________

What can I do to help myself feel better?
1. _______________________________________________________________________
2. _______________________________________________________________________
3. _______________________________________________________________________

What can I do to take my mind off what is going on (place, activities, people)?
1. _______________________________________________________________________
2. _______________________________________________________________________
3. _______________________________________________________________________
4. _______________________________________________________________________
5. _______________________________________________________________________

Who can I call when I need to talk?
1. _______________________________________________________________________
2. _______________________________________________________________________
3. _______________________________________________________________________
Mental Health Resources

Idaho Suicide Prevention Hotline - 208-398-HELP (4357) Call or Text
National Suicide Prevention Lifeline - 1-800-273-8255
Spanish National Suicide Prevention Hotline - 888-628-9454
Crisis Text Line - Text 74741
Deaf Crisis Line - 1-321-800-3323 (VP)

CRISIS CENTERS

<table>
<thead>
<tr>
<th>Eastern Idaho</th>
<th>Treasure and Magic Valley</th>
<th>North/Central Idaho</th>
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<tbody>
<tr>
<td>Behavioral Health Crisis Center</td>
<td>Pathways Community Crisis Center</td>
<td>Northern Idaho Crisis Center</td>
</tr>
<tr>
<td>1650 N Holmes Ave, Idaho Falls, ID 83401</td>
<td>7192 Potomac Dr. Boise, ID 83704</td>
<td>2195 Ironwood Court, Suite D Coeur d’Alene, ID 83814</td>
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<tr>
<td>208-522-0727</td>
<td>833-527-4747</td>
<td>208-625-4884</td>
</tr>
<tr>
<td>South East Idaho Behavioral Crisis Center</td>
<td>Western Idaho Community Crisis Center</td>
<td>Rural Crisis Center Network</td>
</tr>
<tr>
<td>1001 N 7th Ave, Pocatello, ID 83201</td>
<td>524 Cleveland Blvd., Suite 160, Caldwell, ID 83605</td>
<td>Serves Lewiston, Moscow, Orofino, and surrounding communities</td>
</tr>
<tr>
<td>208-909-5177</td>
<td>208-402-1044</td>
<td>877-897-9027</td>
</tr>
<tr>
<td>Crisis Center of South Central Idaho</td>
<td></td>
<td></td>
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<tr>
<td>570 Shoup Ave W, Twin Falls, ID 83301</td>
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<tr>
<td>866-737-1128</td>
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Mental Health

STATEWIDE RESOURCES

Idaho Federation of Families Children’s Mental Health 208-433-8845
National Alliance on Mental Health (NAMI) 1-800-950-6264
Virtual Support Groups - NAMI  www.namiidaho.org

LOCAL RESOURCES

Non-Emergency Police Dispatch:

Mobile Crisis:

If you need help finding your local numbers, please contact the Idaho SILC for assistance
List your own resources on the lines below, such as substance abuse services, mental health provider, behavioral health