



Mental Health Know how to relieve stress

Set limits:

Reduce how much time you spend reading or watching news about the crisis. Listen to reliable sources.

Connect with others:

Talk with people you trust about your concerns and how you are doing.

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

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



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
