

Get Help!

Suicide Prevention, Emotional and Mental Health Support

Updated June 2021

A Resource Guide

for the communities in and around Blaine County, Idaho

Access this booklet online at stlukesonline.org/gethelp

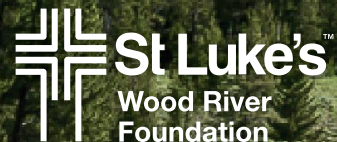


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Cover photo courtesy Nils Ribi Photography



“Mental illness, in all its many forms, is still just an illness, not a cause for shame. There are treatments...and there is hope.”

~ Steve Gannon

In an Emergency Call 911

care

A Message to Our Community



Mental illness can be acute or chronic, long or short term, and can vary in cause, symptoms, and intensity. **Help** for any mental health issue should be encouraged, and many resources are available in and around our community.

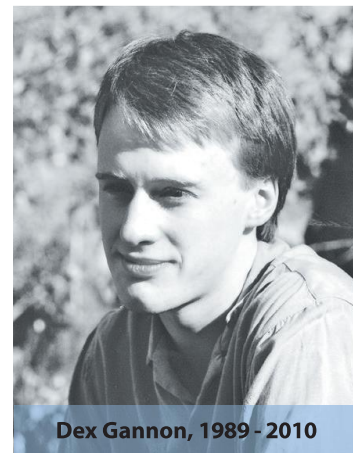
Like many illnesses, **prevention and early intervention** can reduce the impact of mental health conditions. Symptoms of mental illness can often be painful and bewildering.

But there is **hope**. And there is **help**. This guide can be a good place to start.

This book is dedicated to Dex Gannon and his family. Dex grew up in the Wood River Valley, attended our schools, joined our sports program, and hiked our mountains. At the young age of 21, Dex ended his life by suicide as a result of mental illness.

His family created the first version of the **Get Help** resource guide as a way to inform our community about mental illness, to help create a culture that addresses the need for care and understanding when someone faces mental health challenges, and to work as a community to connect individuals and families to the resources and support available.

This booklet has information about many resources that address or treat mental health in our community. However, there may be some that are not included, or resources that change after this publication. If you cannot find what you need, St. Luke's Center for Community Health will help you explore your options. Call us at 208-727-8733.



Dex Gannon, 1989 - 2010

hope

Mental Illness Facts

Mental illnesses are medical conditions that disrupt a person's thinking, feeling, mood, ability to relate to others, and daily functioning.

Just as diabetes, asthma, and epilepsy are medical conditions that can often be managed with proper care, mental illnesses are medical conditions that can also be treated and managed.

The good news about mental illness is that recovery is possible.

Serious mental illnesses include major depression, schizophrenia, bipolar disorder, obsessive compulsive disorder (OCD), panic disorder, post-traumatic stress, eating disorders, and borderline personality disorder.

But mental health can also be affected by situations and occurrences throughout life that cause a disruption in one's ability to think, feel, or function in daily life. This disruption may be temporary or long term, mild or serious.

Mental illness can affect persons of any age, race, religion, or income.

Mental illness is not the result of personal weakness, lack of character, or poor upbringing.

Mental illness is treatable. Most people diagnosed with a serious mental illness can experience relief from their symptoms by actively participating in an individual treatment plan.

A mental health crisis is considered an emergency. Please call 911 if you or someone else is in crisis.





Indications and Symptoms of Mental Illness May Include:

- Feelings of depression or sadness that are disproportionate to circumstances in duration, intensity, or expression
- Withdrawal or loss of interest in friends and family or activities
- Strong feelings of anger or rage
- Abuse of alcohol or drugs
- Feelings of being trapped, like there is no way out
- Exhibiting changes in personality
- Exhibiting actions that are reckless or impulsive
- Changes in sleeping patterns
- Declining performance at work or school
- Feelings of excessive guilt or shame
- Feelings of extreme highs or lows
- Excessive fears, worries, anxiety, panic or hopelessness

If you would like assistance navigating through resources, St. Luke's Center for Community Health can help. **Please call 208-727-8733**

Let's Talk About It

If you have, or think you might have, a mental health concern talking about it might be the first step in healing.

If someone you know has, or you think they might have, a mental health concern talking about it might help them get the care they need.

When you think something might be wrong....with you, with a friend, with a classmate, with a coworker, with anyone...

Ask. Talk. Listen. Find out about services and resources. Get Help. Do whatever it takes. You might be saving a life.

healing

It's Ok to Ask for Help

If you or someone you know needs emergency mental health services, please call 911



St. Luke's Center for Community Health

208-727-8733 | stlukesonline.org

1450 Aviation Drive, Suite 200, Hailey

Information and referrals for any mental health need. Staff will help connect individuals to health care professionals including psychiatrists, physicians, licensed counselors, social service agencies, emergency services, and other resources.

Mental health services include:

- Psychiatry and mental health counseling referrals, substance abuse counseling and resource referrals, community resources, and financial support
- Free mental health screenings
- Connections to fitness and wellness programs and classes
- Health education talks, events and screenings aimed at promoting general health and well-being
- Financial assistance for counseling, prescription medication and other urgent needs

St. Luke's Clinic – Mental Health Services

208-727-8970 | stlukesonline.org

1450 Aviation Drive, Suite 202, Hailey

Psychiatric and counseling services for adolescents and adults. Talk to your provider about a referral.

St. Luke's Clinics

Many St. Luke's physicians are trained to treat patients with mental health issues. Ask your primary care physician for help or for a referral.

get help

Risk Factors and Warning Signs

HELP PREVENT SUICIDE

URGENT WARNING SIGNS

- Threatening to, or talking about wanting to, die or hurt or kill self or others
- Looking for ways to kill self by seeking firearms, pills, or other means
- Talking about feeling hopeless or having no reason to live
- Talking or writing about, or having an unordinary interest in, the subject of death, dying, or suicide
- Talking about feeling trapped or in unbearable pain
- Talking about being a burden to others

“8 out of 10 people considering suicide give some sign of their intentions.”

~Mental Health America

KEY RISK FACTORS

- Prior suicide attempts
- Major depression
- Substance use disorders
- Other mental health or emotional problems
- Chronic pain
- Post-traumatic stress
- Traumatic brain injury
- Recent loss or event leading to shame, despair, or humiliation



24-Hour Mental Health Hot Lines & Resources

AA – Alcoholics Anonymous

WRV 24 Hour Helpline 208-721-0565 | aa.org

Spanish hotline 208-721-2989

Crisis Center of South Central Idaho

866-737-1128 | crisisidaho.com | 570 Shoup Ave. West, Twin Falls

Providing emergency substance abuse and mental health services for adults 18 and older. Patients may stay for up to 23 hours and 59 minutes and will be provided appropriate referrals and connections to community resources. All services are provided at no charge.

The Crisis Hotline (local)

208-788-3596 | thecrisishotline.org | P.O. Box 939, Ketchum

Call any time, for any crisis. 24 hours a day, 7 days a week.

Crisis Hotline has empathetic listeners and can provide resources and referrals to educational programs. Anonymous and confidential.

Crisis Text Line

In crisis? Text HELLO to 741741

Idaho Suicide Prevention Lifeline

208-398-HELP (4357) | Call or Text

You don't have to be suicidal to call. If you or a loved one need to talk, call now. Someone is always there for you on the other end of the line. Help a loved one, a friend, or yourself. Free and confidential.

NAMI – National Alliance on Mental Illness

800-950-NAMI (6264) | namiwrv.org

1050 Fox Acres Road | P.O. Box 95, Hailey

Supports mental health wellness through community awareness, education, support, advocacy, and empowerment and strives to cultivate the acceptance of mental health, foster inclusion for individuals, families, and friends and link community members with local resources.



**IF YOU COME UPON SOMEONE WHO SEEMS DISTRESSED,
SAD, DEPRESSED, OR EMOTIONALLY OR MENTALLY NOT WELL,**

Ask them if they are okay.

Ask them if they need help.

Help them find the help they need.

Don't be afraid to call 911.

Treatment

St. Luke's Clinic – Mental Health Services

208-727-8970 | stlukesonline.org

1450 Aviation Drive, Suite 202, Hailey

A clinical team provides counseling and psychiatry for a full spectrum of mental health services. Treatment is available for issues or diagnoses including but not limited to: Mood disorders, bipolar disorder, major depression, anxiety disorder, obsessive-compulsive disorder, panic disorder, post-traumatic stress, crisis intervention and addiction. Free, half-hour depression screenings are also available.



When an emotional crisis like a breakup, job loss, legal trouble or death of a friend or loved one occurs, major changes in someone's behavior such as depression, violence, heavy drinking or drug use may ensue. If you recognize any signs of mental distress, temporarily limiting access to firearms and other lethal means may save a life.

St. Luke's Canyon View Behavioral Health Services

24-hour assistance 208-814-7900 or 800-657-8000

stlukesonline.org | 228 Shoup Ave. West, Twin Falls

Inpatient services focused on wellness and dedicated to providing compassionate expertise during times of psychiatric instability, allowing the patient to work closely with a personalized care team that includes the primary care doctor and medication providers. Psychiatrists, psychologists, counselors, and nurses are trained to care for patients at any age.

St. Luke's Clinic – Behavioral Health Services

208-814-9100 | stlukesonline.org

414 Shoup Ave. West, Twin Falls

Outpatient services for treatment to address acute psychiatric issues for all ages. Personal, family, emotional, psychiatric, behavioral, and addiction-related problems are addressed through individual, family, and group counseling.

Idaho Department of Health and Welfare Behavioral Health and Substance Use Services

Behavioral Health: Adult 208-736-2177, Children 208-732-1630

Substance Use Services: 800-922-3406

healthandwelfare.idaho.gov | 823 Harrison St., Twin Falls

The State of Idaho provides community based mental health services throughout the state. Services are available for adults, children, and families who are in need of mental health treatment. People will not be denied services based on inability to pay. Discounted sliding fee schedule is available based on family size and income.

courage



Intermountain Hospital

800-321-5984 or 208-377-8400 | intermountainhospital.com

303 North Allumbaugh, Boise

Substance abuse rehabilitation and mental health treatment center for adolescents and adults. Provides help to those who have struggled with drug dependency, addiction, and mental illness.

State Hospital South

208-785-1200 | healthandwelfare.idaho.gov

700 East Alice, Blackfoot

Psychiatric inpatient treatment and skilled nursing care for Idaho's adult and adolescent citizens with the most serious and persistent mental illnesses. Treatment includes evaluation, medications, individual and group therapy, education, recreation, and discharge counseling. Joint Commission Accreditation, and certified by Center for Medicare and Medicaid Services.

Private Therapy and Counseling

For referrals and information regarding qualified mental health care professionals including psychiatrists, psychologists, licensed professional counselors, social workers, and therapists contact St. Luke's Center for Community Health at 208-727-8733.

Resources and referrals are available from many sources such as a health care practitioner, NAMI, Hospice, your school, church, employer or a social service organization. Many providers have sliding scale fees or can connect you to financial assistance programs.



MANY EMPLOYERS OFFER EMPLOYEE ASSISTANCE PROGRAMS (EAPs)

to help employees access counseling and other support services. Ask your human resource department about the resources available to you and your family.

Addiction & Substance Abuse Resources

Alcoholics Anonymous (AA)

24-hour Help Line

208-721-0565 | aa.org

A fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking. There are no dues or fees.

Crisis Center of South Central Idaho

See description, page 8

Idaho Department of Health and Welfare Behavioral Health and Substance Use Services

See description, page 9

Men's Second Chance Living House

208-481-0182 | msclhouse.org

220 2nd Avenue South | P.O. Box 2398, Hailey

A not-for-profit organization that provides an all-male, supportive, sober living environment for individuals who want to maintain a clean and sober lifestyle and advance on their path to a new and better life.

St. Luke's Canyon View Behavioral Health Services

Inpatient services, see description, page 9

St. Luke's Clinic – Behavioral Health Services

Outpatient services, see description, page 9

St. Luke's Clinic – Mental Health Services

See description, page 9

The Sun Club

thesunclub.org

Provides individuals, organizations, and local 12- step groups with accessible, drug and alcohol-free facilities for meetings, individual counseling, events, and free recovery related resources. Meeting schedules are provided on the website.

The Walker Center

Outpatient Drug and Alcohol Treatment

866-287-2534 | 762 Falls Avenue, Twin Falls

Inpatient Treatment

800-227-4190 | 605 11th Avenue East, Gooding

thewalkercenter.org

The Walker Center treatment approach blends the philosophy and principles embodied in 12-Step programs with evidence-based treatment methods. Medically supported and clinically managed residential treatment for withdrawal management and detoxification for adults, and individual counseling and outpatient treatment for adults and adolescents.

Other Support Services

5B Suicide Prevention Alliance

208-727-8734 | 5balliance.org

The 5B Suicide Prevention Alliance, in collaboration with others, builds a resilient county through increasing awareness, understanding, and action around suicide prevention. The organization focuses on educating our community about knowing and understanding the signs of emotional distress while promoting and emphasizing the importance of every day healthy habits.

The Advocates

24-hour hotline, support, and information

208-788-4191 or 888-676-0066 | theadvocatesorg.org

The Advocates' purpose is to create compassionate communities free from emotional and physical abuse. Serving people affected by domestic violence, sexual assault and stalking in Blaine, Camas, Custer, and Lincoln counties the Advocates offer a wide variety of services such as case management advocacy, life skills training, housing, legal assistance, safety planning and community education. All services are free and confidential.

Blaine County School District

208-578-5000 | blaineschools.org

118 West Bullion Street, Hailey

Blaine County School District provides trained mental health professionals to support student academic, social and emotional success. Their goal is to minimize or alleviate barriers that interfere with a student's education by providing a multitude of direct and indirect services to all students, families and school personnel.



WHETHER YOUR CHILD ATTENDS PUBLIC OR PRIVATE SCHOOLS OR
is attending college, find out what mental health services are available to students.

Blaine County Veteran Services

208-788-5566

206 First Avenue South, Suite 200, Hailey

Connecting local veterans to available resources.

Flourish Foundation

208-720-4024 | flourishfoundation.org

1030 Airport Way, Hailey | P.O. Box 2429, Ketchum

Providing mindfulness awareness programs and services to all ages. Dedicated to inspiring systemic change through the cultivation of healthy habits of mind that promote personal well-being.

Higher Ground Sun Valley

208-726-9298 | highergroundsv.org

160 7th Street West | P.O. Box 6791, Ketchum

Military Programs: Serving military personnel and veterans with traumatic brain injuries, post-traumatic stress and other polytrauma.

Recreational Programs: Camps and programs for children, teens, and adults with physical and cognitive disabilities, with a focus on helping participants develop life skills through therapeutic activities, projects, and challenges.

Hospice and Palliative Care of the Wood River Valley

208-726-8464 | www.hpcwrv.org

507 1st Ave. North | P.O. Box 4320, Ketchum

Our local hospice provides free end-of-life care and bereavement services. Other services include support for caregivers, and those grieving from loss, terminal diagnoses, or miscarriage.

Idaho 2-1-1 CareLine

Dial 2-1-1 to find information about Idaho Health and Welfare programs, and access to local or regional social services and resources, including child protection services, WIC, family support, Medicaid, food stamps, and cash assistance.

Idaho Commission on Aging

208-736-2122 or 800-574-8656 | aging.idaho.gov

315 Falls Avenue, Twin Falls

Serves Idaho seniors, people with disabilities, and their caregivers by safeguarding their rights, fostering self-sufficiency, providing counseling, and advocating on their behalf.

Idaho Division of Veteran Services

208-577-2310

351 Collins Road, Boise

Advocacy and assistance for veterans and their families in obtaining benefits and services earned while serving our country.

More than one in four adults living with serious mental health problems also have a substance use problem. Substance use problems occur more frequently with certain mental health problems including depression, anxiety disorders, schizophrenia, and personality disorders.

~U.S. Department of Health and Human Services



Lee Pesky Learning Center

208-333-0008 | lplearningcenter.org

3324 Elder Street, Boise

Satellite offices in Hailey and Caldwell

Programs and services that help students, families, and schools understand the unique needs of students with learning challenges. Integrated counseling services are provided by mental health professionals to help students improve their ability to cope with the impact of learning differently, including social challenges.

NAMI – National Alliance on Mental Illness

See description, page 8

The Senior Connection

208-788-3468 | blainecountyseniors.com

721 3rd Avenue South | P.O. Box 28, Hailey

Provides essential services and enrichment programming to older adults in Blaine County.

Swiftsure Ranch

208-578-9111 | swiftsureranch.org

114 Calypso Lane, Bellevue

Equine-assisted therapies may encourage the physical, cognitive, and emotional well-being of adults and children with disabilities, and provides the opportunity to access the outdoors and recreation. Swiftsure Ranch is free to all eligible participants.

Alternative Considerations

Acupuncture

Arts

Chronic Disease

Management

Education

Employment

Exercise

Faith

Financial Assistance

Fitness

Hobbies

Massage

Meditation

Mindfulness

Music

Nutrition

Recreation

Support Groups

Volunteerism

Yoga

Search the internet, look in local phone books, or ask a social service agency, your employer, your physician, or someone else you know to find out where you might find additional support for the health and well-being for yourself or someone you care about.

Mental health and well-being can be affected by many things, including stress from such things as financial hardship, food insecurity, homelessness, illness, injury, family and relationship issues, and unemployment. Many programs and services are available in our community to address these and other issues.

Call St. Luke's Center for Community Health to find out more about the resources available in and around our community, 208-727-8733

Quick Guide

24-HOUR HOT LINES

The Advocates 208-788-4191 or 888-676-0066
AA - Alcoholics Anonymous 208-721-0565
Crisis Hotline 208-788-3596
Crisis Text Line text "HELLO" to 741741
Emergency Services 9-1-1
NAMI 800-950-NAMI (6264)
St. Luke's Canyon View Help Line 208-734-6760 or 800-657-8000
Suicide Prevention Lifeline Call or text 208-398-4357

ADDICTION/SUBSTANCE ABUSE RESOURCES

AA - Alcoholics Anonymous 208-721-0565
Crisis Hotline 208-788-3596
Idaho CareLine 2-1-1
Idaho Division of Veteran Services 208-577-2310
Intermountain Hospital 208-377-8400 or 800-321-5984
Men's Second Chance Living House 208-721-8691
Private therapy and counseling referrals 208-727-8733
St. Luke's Canyon View 208-734-6760 or 800-657-8000
St. Luke's Clinic – Behavioral Health Services, Twin Falls 208-841-9100
St. Luke's Clinic – Mental Health Services, Hailey 208-727-8970
The Sun Club thesunclub.org
The Walker Center Outpatient 866-287-2534 | Inpatient 800-227-4190

DISABILITY SERVICES

Blaine County School District 208-578-5000
Higher Ground Sun Valley 208-726-9298
Idaho Department of Health and Welfare 208-736-3024
Lee Pesky Learning Center 208-333-0008
Swiftsure Ranch 208-578-9111

DOMESTIC VIOLENCE RESOURCES

The Advocates 208-788-4191 or 888-676-0066
Child Abuse; Department of Health and Welfare 855-552-5437
Idaho Department of Health and Welfare 2-1-1
Private therapy and counseling referrals 208-727-8733

connect



WANT TO VOLUNTEER? ARE YOU ABLE TO MAKE A DONATION?

Most organizations welcome and thrive on volunteerism and donations. Please call the organization of your choice for more information about how to get involved.

EMERGENCY FINANCIAL ASSISTANCE

The Advocates 208-788-4191 or 888-676-0066
Blaine County Charitable Fund 208-244-5205
Blaine County Indigent Services 208-788-5566
Idaho Department of Health and Welfare 877-456-1233
South Central Community Action Partnership 800-627-1733
St. Luke's Center for Community Health 208-727-8733

LGBTQ RESOURCES

Pride Club –

Wood River Middle School

208-578-5035 | tgunter@blaineschools.org or

208-578-5033 | aweihe@blaineschools.org

Wood River High School

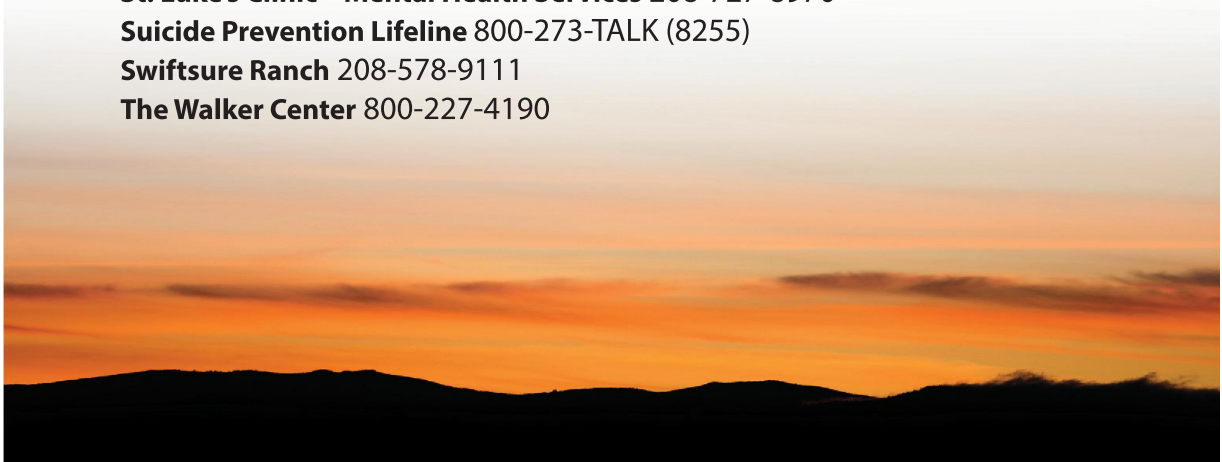
208-578-5027 | jcarney@blaineschools.org

MENTAL HEALTH AND ADDICTION IN-PATIENT FACILITIES

Intermountain Hospital 800-321-5984
State Hospital South 208-785-1200
St. Luke's Canyon View 208-814-7900 or 800-657-8000
The Walker Center 800-227-4190

MENTAL HEALTH SERVICES

The Advocates 208-788-4191 or 888-676-0066
The Crisis Hotline (local) 208-788-3596
Crisis Text Line text HELLO to 741741
Flourish Foundation 208-788-9777
Higher Ground Sun Valley 208-726-9298
Idaho Department of Health and Welfare Behavioral Health
Adult 208-736-2177; Children 208-732-1630
Idaho Division of Veteran Services 208-577-2310
Intermountain Hospital 800-321-5984 or 208-377-8400
NAMI Wood River - National Alliance of Mental Illness 208-578-5466
Positive Connections 208-788-0146
Private therapy and counseling referrals 208-727-8733
St. Luke's Canyon View, inpatient 208-814-7900 or 800-657-8000
St. Luke's Center for Community Health 208-727-8733
St. Luke's Clinic – Behavioral Health Services, Twin Falls 208-841-9100
St. Luke's Clinic – Mental Health Services 208-727-8970
Suicide Prevention Lifeline 800-273-TALK (8255)
Swiftsure Ranch 208-578-9111
The Walker Center 800-227-4190



RECREATIONAL THERAPIES

Higher Ground Sun Valley 208-726-9298

Swiftsure Ranch 208-578-9111

SENIOR SERVICES

Hospice and Palliative Care of the WR Valley 208-726-8464

Idaho Commission on Aging 208-736-2122 or 800-574-8656

Idaho Division of Veteran Services 208-577-2310

Private therapy and counseling referrals 208-727-8733

The Senior Connection 208-788-3468

VETERAN SERVICES

Blaine County Veteran Services 208-788-5566

Higher Ground Sun Valley 208-726-9298

Idaho Division of Veteran Services 208-577-2310



The St. Luke's Wood River Foundation believes that investments in the treatment of mental health issues are crucial to the health of our community as a whole.

Generous contributions from The Foundation have helped to fund the publication of this Get Help resource guide.

To learn more about St. Luke's Wood River Foundation, or to make a gift to support our mental health services or other programs, call 208-727-8416 or visit www.slwrf.org

Access this booklet online at stlukesonline.org/gethelp



Healthy Habits of Emotional Wellbeing

HABITOS SALUDABLES DE BIENESTAR EMOCIONAL

TAKE CARE



CUIDATE A TI MISMO

RELAX



RELAJATE

CHECK IN



REGISTRARSE CON OTROS

KNOW FIVE SIGNS



CONOZCALOS CINCO INDICADORES

ENGAGE



PARTICIPAR Y CONECTARTE SABIAMENTE

Know the Five Signs of Emotional Suffering

CONOZCA LOS CINCO INDICADORES DEL SUFRIMIENTO EMOCIONAL



Personality Changed?
¿Tienes cambio en tu personalidad?



Feeling Agitated?
¿Te sientes molesto?



Feeling Withdrawn?
¿Te sientes aislado?



Poor Self-Care?
¿Estas cuidando de ti mismo?



Feeling Hopeless?
¿Te sientes sin esperanza?

CONTACT FOR MORE INFORMATION + RESOURCES:

24 HR SUICIDE PREVENTION HOTLINE

208-398-HELP (4357) *call or text*

LOCAL 24 HR CRISIS HOTLINE

208-788-3596

ST. LUKE'S CENTER FOR COMMUNITY HEALTH

208-727-8733

NAMI-WRV OFFICE

208-578-5466



change4direction.org www.sballiance.org