When you're isolated at home, feelings of anxiety, loneliness, or worry may become overwhelming. Experiencing these feeling is common during times of heightened stress.

Don't be afraid to reach out. We're here to help! The Department of Health and Welfare has opened a COVID-19 Behavioral Health Distress Line.

IDAHO COVID-19 HOTLINE

888-330-3010

We offer anonymous and confidential assistance for all, no matter your situation. If you are experiencing any type of distress from feeling overwhelmed or isolated, a mental health challenge, substance use disorder, or if you are seeking resources during this difficult time, please reach out!

We have trained professionals ready and available to talk with you and assist you in accessing the mental health and substance use disorder services you need.

Resources for Idaho Residents

Idaho Care Line: call 2-1-1 or visit www.211.idaho.gov

Idaho Suicide Prevention Hotline: call 2-1-1 or 208-398-4357

Optum Idaho Member Crisis Line: call 855-202-0973

IDAHO DEPARTMENT OF
HEALTH & WELFARE
DIVISION OF BEHAVIORAL HEALTH