

Wood River Valley **Get Help!**

Suicide Prevention, Emotional and Mental Health Support

A Resource Guide

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Access this booklet online at stlukesonline.org/gethelp



“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

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 resource guide can be a good place to start.

Tragically, mental illness is strongly associated with suicide. Mental health disorders, substance abuse challenges, or both, are a factor in 90% of all suicides.

Get Help 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.



Dex Gannon, 1989 - 2010

This guide 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 (208) 727-8733.

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.



"1 in 5 Americans suffer from a diagnosable mental disorder during any given year."

~ World Health Organization

"Stigma and shame are the main reasons people do not seek treatment for mental illness."

~ Center for Disease Control and Prevention

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**

healing



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.

"121 million people worldwide suffer from depression."

~ World Health Organization

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



St. Luke's Clinic – Mental Health Services

(208) 727-8970

1450 Aviation Drive, Suite 202, Hailey, 83333 | www.stlukesonline.org

Psychiatric and counseling services for adolescents and adults.

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.

St. Luke's Center for Community Health

(208) 727-8733

1450 Aviation Drive, Suite 200, Hailey, 83333 | www.stlukesonline.org

Information and referrals for any 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
- Health education talks, fitness and yoga programs, and events and screenings aimed at promoting general health and well-being
- Financial assistance for counseling, prescription medication, and other urgent needs

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

Communities have an important role in helping those who show warning signs.

Firearm access is a significant risk factor. There is an increased risk of suicide or suicide attempts for those who live in homes where firearms and ammunition are present. Keep firearms locked up, inaccessible, unloaded, and separate from ammunition.

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

Crisis Hotline

(208) 788-3596

P.O. Box 939, Ketchum, 83340 | www.thecrisishotline.org

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.

Idaho Suicide Prevention Lifeline

(800) 273-TALK (8255) | www.idahosuicideprevention.org

Idaho Suicide Prevention Lifeline is free, confidential, and always available. Help a loved one, a friend, or yourself. Links callers to regional community crisis centers as well as to veteran resources.

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



**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

1450 Aviation Drive, Suite 202, Hailey, 83333

A clinical team provides counseling and psychiatry for a full spectrum of mental health services for adolescents and adults. 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. If you think you may be suffering from a mental health issue, please call for an appointment.

St. Luke's Canyon View Behavioral Health Services

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

228 Shoup Avenue W., Twin Falls, 83301 | www.stlukesonline.org

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 of any age.

St. Luke's Clinic – Behavioral Health Services

(208) 814-9100

414 Shoup Avenue W., Suite B, Twin Fall, 83301 | www.stlukesonline.org

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.

State Hospital South

(208) 785-1200

700 East Alice, Blackfoot, ID 83221 | healthandwelfare.idaho.gov

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.

Idaho Department of Health and Welfare Behavioral Health

Adult (208) 736-2177, Children (208) 732-1630,

Substance Use Services (contract provider BPA Health) (800) 922-3406

healthandwelfare.idaho.gov

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.

Intermountain Hospital

(208) 377-8400 or (800) 321-5984

303 North Allumbaugh, Boise, 83704 | www.intermountainhospital.com

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.

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.

Other sources for referrals may be a health care practitioner, NAMI, Hospice, your school, church, or employer or 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.

courage



Addiction & Substance Abuse Resources

More than one in four adults living with serious mental health problems also has 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

Alcoholics Anonymous (AA)

**24-hour Help Line and for meeting times and venues
(208) 721-0565 | www.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.

The Drug Coalition

**(208) 578-5466
1050 Fox Acres Road, Suite 106, Hailey 83333 | www.thedrugcoalition.org**

The Drug Coalition's mission is to promote healthy lives by decreasing substance use by youth in Blaine County through innovative programming, community education, and positive policy change.

Intermountain Hospital

See description, page 11

St. Luke's Canyon View Behavioral Health Services

Inpatient services, see description, page 10

St. Luke's Clinic – Behavioral Health Services

Outpatient services, see description, page 10

St. Luke's Clinic – Mental Health Services

See description, page 10



The Sun Club

**(208) 726-7710
571 East 2nd Street P.O. Box 1982 Ketchum, 83340
731 1st Avenue North, Hailey, 83333 | www.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.

The Walker Center

**(800) 227-4190
Twin Falls: Outpatient Drug and Alcohol Treatment
(208) 734-4200
762 Falls Avenue, Twin Falls, 83301
Gooding: Residential Treatment
(208) 934-8461
605 11th Avenue East, Gooding, 83330 | www.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

The Advocates

24-hour hotline, support, and information

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

The Advocates' mission is to prevent domestic violence and sexual assault through free education, shelter, and supportive services.

The Blaine County School District

(208) 578-5000

118 West Bullion Street, Hailey, 83333 | www.blaineschools.org

The 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, 83333

Connecting local veterans to available resources.

Higher Ground Sun Valley

(208) 726-9298

160 7th Street West, PO Box 6791, Ketchum, ID 83340 | www.highergroundsv.org

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

507 1st Ave. North, Ketchum, ID 83340 | www.hpcwrv.org

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 Care Line

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

315 Falls Avenue, Twin Falls, 83303 | www.aging.idaho.gov

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, ID 83702

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

Lee Pesky Learning Center

(208) 333-0008

3324 Elder Street, Boise, ID 83705

Satellite offices in Hailey and Caldwell | www.lplearningcenter.org

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

(208) 309-1987

Office and information (208) 481-0686 | www.nami-wrv.com

Free education, support, advocacy, and empowerment for the mentally ill and their families. Provides equal access to medical, social, economic, legal, judicial, and spiritual resources. Call for current schedule of programs and events.

The Senior Connection

(208) 788-3468

721 3rd Avenue South, PO Box 28, Hailey, 83333 | www.blainecountyseniors.com

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

Swiftsure Ranch

(208) 578-9111

114 Calypso Lane, Bellevue, ID 83313 | www.swiftsureranch.org

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	Employment	Hobbies	Nutrition
Arts	Exercise	Massage	Recreation
Chronic Disease Management	Faith	Meditation	Support Groups
Education	Financial Assistance	Mindfulness	Volunteerism
	Fitness	Music	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



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.

Quick Guide

24-HOUR HOT LINES

- The Advocates (208) 788-4191, (888) 676-0066
- Alcoholics Anonymous (AA) (208) 721-0565
- Crisis Hotline (208) 788-3596
- Emergency Services 9-1-1
- St. Luke's Canyon View Help Line (208) 814-7900, (800) 657-8000
- Suicide Prevention Lifeline (800) 273-TALK (8255)

ADDICTION/SUBSTANCE ABUSE RESOURCES

- Alcoholics Anonymous (208) 721-0565
- Crisis Hotline (208) 788-3596
- The Drug Coalition (208) 578-5466
- Idaho Care Line 2-1-1
- Idaho Division of Veteran Services (208) 577-2310
- Intermountain Hospital (208) 377-8400, (800) 321-5984
- Positive Connections (208) 788-0146
- Private therapy and counseling referrals (208) 727-8733
- St. Luke's Canyon View (208) 814-7900, (800) 657-8000
- St. Luke's Clinic – Behavioral Health Services, Twin Falls (208) 814-9100
- St. Luke's Clinic – Mental Health Services, Hailey (208) 727-8970
- The Sun Club (208) 726-7710
- The Walker Center (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
- 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

EMERGENCY FINANCIAL ASSISTANCE

- The Advocates (208) 788-4191
- 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

- Parents, Friends, Families of Lesbians and Gays (208) 720-8929
- Wood River Gay Straight Alliance Club (208) 578-5460, (208) 578-5020 x 2057

MENTAL HEALTH AND ADDICTION IN-PATIENT FACILITIES

- Intermountain Hospital (208) 377-8400, (800) 321-5984
- State Hospital South (208) 785-1200

St. Luke's Canyon View (208) 814-7900, (800) 657-8000
The Walker Center (800) 227-4190

MENTAL HEALTH SERVICES

The Advocates (208) 788-4191
Crisis Hotline (208) 788-3596
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 (208) 377-8400, (800) 321-5984
National Alliance on Mental Illness (NAMI) (208) 309-1987
Positive Connections (208) 788-0146
Private therapy and counseling referrals (208) 727-8733
St. Luke's Canyon View (208) 814-7900, (800) 657-8000
St. Luke's Center for Community Health (208) 727-8733
St. Luke's Clinic – Behavioral Health Services, Twin Falls (208) 814-9100
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, (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

Access this booklet online at stlukesonline.org/gethelp



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