FREE HELP NEAR YOU

Boise Area · Ada, Boise, Elmore & Valley Counties

Boise · Meridian · Eagle · Kuna · Star · Garden City · Mountain Home · Idaho City · Horseshoe Bend · McCall · Cascade · Donnelly

Not sure where to go?
Tell us what's going on and where you are. We'll point you to the right place.

REAP AMERICA · 24 HOURS
1-877-341-REAP
(1-877-341-7327) · Text: 775-235-8765

911 Police · Fire · Ambulance

988 Mental health crisis · call or text

211 Idaho 211 CareLine · or text your ZIP to 898211

Food, Bills & Emergencies

El-Ada Community Action
Ada, Elmore & Owyhee · energy bill help (LIHEAP)
208-322-1242

The Idaho Foodbank
Boise · ask for a pantry near you
208-336-9643

Boise Rescue Mission Ministries
Daily community meals, food boxes
208-343-2389

Veterans

Boise VA Medical Center
VA health care · ER open 24/7
208-422-1000

Mountain Home VA Clinic
Mountain Home
208-580-2001

Idaho Division of Veterans Services
Boise · benefits & claims help
208-780-1380

Shelter

River of Life Men's Shelter
Boise · men
208-389-9840

City Light Home for Women & Children
Boise · women & children
208-368-9901

Interfaith Sanctuary
Boise · men, women & families · call after 6 pm
208-343-2630

Safety From Abuse (24 hours)

Women's & Children's Alliance (WCA)
Boise · 24-hour domestic abuse hotline
208-343-7025

Elmore County Domestic Violence Council
Mountain Home · 24-hour hotline
208-587-3300

Health Care

Terry Reilly Health Services
Boise · sliding fee, with or without insurance
208-344-3512

POLICE, FIRE & GAS · Emergency? Call 911 · Smell gas? Get out first, then call

Ada Co. Sheriff
208-577-3000

Elmore Co. Sheriff
208-587-2121

Boise Co. Sheriff
208-392-3761

Valley Co. Sheriff
208-382-5160

Intermountain Gas · gas leak
1-800-548-3679

NATIONAL HOTLINES · FREE · 24/7

Poison Help
1-800-222-1222

Suicide & Crisis Lifeline
Call or text 988

Veterans Crisis Line
Dial 988, press 1 · Text 838255

Crisis Text Line
Text HOME to 741741

Domestic Violence Hotline
1-800-799-7233 · Text START to 88788

Sexual Assault Hotline (RAINN)
1-800-656-4673

Child Abuse Hotline (Childhelp)
1-800-422-4453 · call or text

Drug & Alcohol Help (SAMHSA)
1-800-662-4357

Human Trafficking Hotline
1-888-373-7888 · Text 233733

Runaway & Homeless Youth (Safeline)
1-800-786-2929