FREE HELP NEAR YOU

North Central Idaho · Nez Perce, Latah, Clearwater, Lewis & Idaho Counties

Lewiston · Moscow · Orofino · Grangeville · Kamiah · Kooskia · Lapwai · Potlatch · Genesee · Nezperce · Cottonwood · Riggins

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

Community Action Partnership (CAP)
Lewiston · energy bill help (LIHEAP), food bank, housing
208-746-3351

Moscow Food Bank
St. Mary's Parish, Moscow
208-882-4813

Kamiah Food Bank
Kamiah · 2nd & 4th Thursdays and emergencies
208-935-0362

Veterans

Lewiston VA Clinic
VA health care
208-746-7784

Shelter

Family Promise of Lewis Clark Valley
Lewiston · families with children
208-798-3349

Sojourners' Alliance
Moscow · shelter & transitional housing
208-883-3438

Family Promise of the Palouse
Moscow · families with children
208-882-0165

Safety From Abuse (24 hours)

YWCA of Lewiston
Lewiston, Kamiah & area · 24-hour crisis line
1-800-669-3176

Alternatives to Violence of the Palouse
Moscow · 24-hour hotline
1-877-334-2887

Health Care

CHAS Lewis & Clark Health Center
Lewiston · sliding fee · 24/7 nurse line
208-848-8300

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

Nez Perce Co. Sheriff
208-799-3131

Latah Co. Sheriff
208-882-2216

Clearwater Co. Sheriff
208-476-4521

Lewis Co. Sheriff
208-937-2447

Idaho Co. Sheriff
208-983-1100

Avista · gas leak
1-800-227-9187

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