FREE HELP NEAR YOU

Southeast Idaho · Bannock, Bingham, Butte, Caribou, Bear Lake, Franklin, Oneida & Power

Pocatello · Chubbuck · Blackfoot · Fort Hall · American Falls · Soda Springs · Montpelier · Preston · Malad · Arco · Shelley · Aberdeen

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

Southeastern Idaho Community Action (SEICAA)
Pocatello · energy bill help (LIHEAP) · closed Fridays
208-232-1114

Aid for Friends
Pocatello · day center, meals, diapers
208-232-0178

Veterans

Pocatello VA Clinic
VA health care
208-232-6214

Shelter

Aid for Friends Night Shelter
Pocatello
208-232-5669

Safety From Abuse (24 hours)

Family Services Alliance
Pocatello · 24-hour crisis line
208-251-4357

Bingham Crisis Center
Blackfoot · 24-hour hotline
208-681-8712

Health Care

Health West
Pocatello · sliding fee
208-232-6260

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

Bannock Co. Sheriff
208-236-7111

Bingham Co. Sheriff
208-785-4440

Power Co. Sheriff
208-226-2311

Caribou Co. Sheriff
208-547-2561

Bear Lake Co. Sheriff
208-945-2121

Franklin Co. Sheriff
208-852-1234

Oneida Co. Sheriff
208-766-2251

Butte Co. Sheriff
208-527-8553

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