FREE HELP NEAR YOU

Southwest Idaho · Canyon, Payette, Gem, Washington, Adams & Owyhee Counties

Nampa · Caldwell · Middleton · Emmett · Payette · Fruitland · New Plymouth · Weiser · Council · Homedale · Marsing · Murphy

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

Western Idaho Community Action (WICAP)
Energy bill help (LIHEAP), food & housing help
208-454-0675

Lighthouse Rescue Mission
Nampa · meals & food pantry
208-461-5030

Veterans

Caldwell VA Clinic
VA health care
208-454-4820

Shelter

Valley Women & Children's Shelter
Nampa · women & children
208-475-0725

Lighthouse Rescue Mission
Nampa · men's shelter
208-461-5030

Safety From Abuse (24 hours)

Advocates Against Family Violence
Caldwell · Canyon County
208-459-4779

ROSE Advocates
Adams, Gem, Payette & Washington Counties
208-414-0740

Health Care

Terry Reilly Health Services
Nampa · sliding fee, with or without insurance
208-466-7869

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

Canyon Co. Sheriff
208-454-7531

Payette Co. Sheriff
208-642-6008

Gem Co. Sheriff
208-365-3521

Washington Co. Sheriff
208-414-2121

Adams Co. Sheriff
208-253-4227

Owyhee Co. Sheriff
208-495-1154

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