IDAHO STRONG

IDAHO DEPARTMENT OF HEALTH & WELFARE

IDAHO OFFICE OF EMERGENCY MANAGEMENT
Prevention
Protection
Mitigation
Response
Recovery
IDAHO'S HOMELAND SECURITY & EMERGENCY MANAGEMENT AGENCY

COVID Help Now Line

Call or Text 986-867-1073 • Toll Free 866-947-5186

www.ioem.idaho.gov/covidhelpnow

As Idahoans feel the many impacts of COVID-19, the need increases for behavioral health support and services.

The COVID Help Now Line offers statewide support for anyone challenged by the stress associated with this global pandemic.

The COVID Help Now Line is:

- Staffed from 8am to 8pm Mountain Time, 7 days a week.
- Available via phone, text, or chat. Callers may also leave a message during off hours and receive a return call the following day.
- Anonymous. Responders do not classify, label, or diagnose people, and no records or case files are kept.
- Accessible to hearing and speech impaire via TTY and TRS services.

COVID Help Now Can:

- Help you understand your current situation.
- Help reduce your stress and provide emotional support.
- Help you with your immediate crisis needs and connect you with community resources.
- Help you identify coping strategies.
- Provide language assistance and interpreter services.