

Crisis Support & Hotlines



Local Services

Southeastern Idaho Behavioral Crisis Center - (208) 909-5177

24 Hour Crisis Center designed to assess, support, and refer individuals enduring a mental health and/or substance use related crisis. Walk-in services available.

1001 N. 7th Ave. Ste 160, Pocatello, Idaho 83201

www.seibcc.com

Human Development Center - (208) 234-7900

Mental Health and Substance Use Services. Walk-In services available at low or no-cost. Monday-Friday 8:00am- 5:00pm. Closed on Weekends.

421 Memorial Drive, Pocatello, Idaho 83201

<https://healthandwelfare.idaho.gov/dhw/pocatello-office-human-development-center>

Portneuf Valley Family Center - (208) 339-4665

A crisis hotline for PVFC patients in Pocatello who are in need of help.

National Services

988 Suicide & Crisis Lifeline - Text or Call: 988

The 988 Suicide & Crisis Lifeline is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week in the United States. Visit their website for more information.

<https://www.idahosuicideprevention.org/>

<https://988lifeline.org/>

American Civil Liberties Union of Idaho (ACLU) - (208) 344-9750

LGBTQIA+ Rights, Voting Rights, and Transgender Document Rights. Excellent starting point if you feel you have been discriminated against.

PO Box 1897, Boise, ID 83701

<https://acluidaho.org/>

Crisis Text Line - Text HOME to 741741

Provides free, 24/7 support via text message. Here for everything: anxiety, depression, suicide, school..

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Gay, Lesbian, Bisexual, & Transgender (GLBT) National Hotline - (888) 843-4564

Provides comprehensive, factual information about national and local resources for those on the LGBTQIA+ spectrum across the United States.

Gay, Lesbian, Bisexual, & Trans (GLBT) National Youth Talkline - (800) 246-7743

Provides comprehensive, factual information about national and local resources for LGBTQIA+ teens across the United States.

RAINN - (800) 656-4673

Rape, Abuse & Incest National Network is the nations largest anti-sexual violence organization which created the National Sexual Abuse Hotline.

SAGE LGBT Elder Hotline - (888) 234-SAGE (7243)

Peer Support and local resources for older adults.

The Northwest Network - (206) 568-7777

Information for LGBTQIA+ survivors of abuse.

<https://www.nwnetwork.org/support-for-survivors>

Trans Lifeline - (877) 565-8860

A crisis support hotline staffed by transgender people for transgender people.

translifeline.org

Trevor Project/Helpline - (866) 488-7386 or Text START to 678678

Crisis Intervention for LGBTQIA+ Youth

<https://www.thetrevorproject.org/>

Counseling Services

Psychology Today

A great resource to find local therapists who are LGBTQIA+ friendly.

<https://www.psychologytoday.com/us/therapists/gay/id/pocatello>

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A Mindful Connection Counseling - (208) 232-0613

Christine Collaer-Muzzo, LCPC

Christine is a Licensed Mental Health Counselor who works with individuals who may be experiencing difficulty with coping, relationships and life situations. She believes that through the counseling process, individuals can remove the obstacles that have prevented them from experiencing a satisfying and meaningful life. Christine has worked with many trans clients, and sees primarily adults, but can also see adolescents. Flexible Hours, contact to make an appointment.

210 E. Center, Suite A, Pocatello, ID 83204

ALLIES Family Solutions - (208) 234-2367

The mission of ALLIES Family Solutions is to provide high quality care to children and families living in and near Pocatello, Idaho. ALLIES knows that while a child may be the identified patient, sometimes parent or sibling needs are overlooked. We strive to consider the entire FAMILY when working with any patient. ALLIES wants to be an agency that provides SOLUTIONS. Monday - Thursday 9:00 am - 6:00 pm.

818 E. Lander Street, Pocatello, ID 83201

Email: alliesmentalhealth@gmail.com

<https://www.alliesfamilysolutions.com>

Dr. Cheri L. Atkins, PhD

Cheri is the owner and clinical director for ALLIES Family Solutions. She has an extensive amount of experience in providing assessments, individual therapy, family therapy and couples counseling. She specializes in LGBT health and has a history in providing community outreach for this population.

Ruby Ibarra, LMSW

Ruby specializes in working with the adult, teen, and LGBT populations. She specializes in Cognitive Behavioral Therapy, Solution Focused Therapy, Expressive Therapy, and Mindfulness. Ruby applies these interventions in family therapy and individual therapy to address mood disorders, anxiety, and trauma issues.

Fluent in Spanish.

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Sheena Odgen, PFC

Sheena has experience with children, teens, adults, and LGBTQ populations. She enjoys working with a wide range of concerns such as depression, anxiety, to more chronic mental health issues. Sheena often utilizes a variety of therapeutic methods such as: Cognitive Behavioral Therapy, Acceptance and Commitment Therapy, Solution Focused, Dialectical Behavioral Therapy, Play Therapy, Interpersonal Therapy, and Mindfulness. She is passionate about creating a client centered approach that offers a safer space for clients to be their unique individual themselves. Sheena also provides case management services to adults by assisting individuals in accessing and utilizing community resources, maximizing rehabilitation, coordinating care, and promoting independent living.

Health West Pediatrics - (208) 232-3355

Kendra Westerhaus, LCP

*Dr. Westerhaus is a Licensed Clinical Psychologist who works with **children, adolescents, and their families** on gender specific issues with the main goal of helping them become the best version of themselves. Call Health West Pediatrics to set up an appointment. Monday – Thursday 8:00 am to 5:00 pm, Friday 8:00 am to 4:00 pm.*

500 S. 11th Ave. Ste 204 Pocatello, ID 83201

Portneuf Valley Family Center - (208) 233-7832

PVFC provides individual and group counseling to children, adolescents, and adults as well as couples and family counseling. PVFC offers pro bono, or reduced price therapy services with trained interns for those who do not qualify on the sliding scale.

444 Hospital Way, Suite 447, Pocatello, ID 83201

<https://www.pvfcinc.com/counselingpsychotherapy/>

Liz Macklin, LCPC

Liz is a Licensed Mental Health Counselor who graduated from Idaho State University with a Masters in Counseling in the Marriage, Couple, and Family track. Liz works with individuals, couples, family, and children with a focus in family systems, relationships and sexual health and well-being. Liz enjoys music and playing with her dogs.

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Christina Franklin, LPC

Christina Franklin is a Licensed Professional Counselor who graduated from Western Carolina University with her Master's Degree in Clinical Mental Health Counseling. Christina has experience working with children, adolescents, adults, and families. She is passionate about working with individuals who have experienced trauma, grief and loss, intimate partner violence, sexual assault, and gender and sexuality issues. Christina utilizes a variety of therapeutic methods such as: CBT, DBT, ACT, solution focused therapy, play therapy, and mindfulness to create a client-centered approach that offers a safer space for clients and meets clients where they are to help them reach their goals.

Online Counseling Services

Pride Counseling

Pride counseling offers discrete, affordable online services to members of the transgender and LGBTQIA+ communities. There are a variety of options available, such as live video sessions, live chats, and other options that work with your schedule and preferences. This may be a good option if attending in-person appointments is not preferred.

<https://www.pridecounseling.com>

Talk Space

Talk space is a nationwide online counseling service that also has many different options to allow connection with licensed mental healthcare professionals. This website can connect individuals with LGBTQIA+ specific therapists to help you on your mental health journey.

<https://www.talkspace.com/online-therapy/lgbtqia>

The Tribe

This website serves as an online support group, where individuals can talk with other members of the LGBTQIA+ community. This site also has information on counseling services, as well as blog posts from LGBTQ+ members.

<https://support.therapytribe.com/lgbt-support-group/>

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Eating Disorders Resources

The National Eating Disorder Association (NEDA)

A non-profit organization dedicated to supporting individuals and families affected by eating disorders. They offer free and low-cost supports as well as help find providers online and in-person.

<https://www.nationaleatingdisorders.org/about-us>

Eating Disorder Hope

An online community that offers resources, education, support and inspiration to those who are struggling with disordered eating behaviors.

<https://www.eatingdisorderhope.com/>

Family and Youth Resources

Gender Spectrum

Gender Spectrum's approach is to take the critical areas of children's lives and work to bring greater gender understanding and inclusion. They start with the child, then radiate outwards, working with adults and institutions that affect all children to create gender-inclusive environments from birth through young adulthood.

<https://genderspectrum.org/>

GLSEN

A National Education Organization focused on ensuring safer schools for all students, regardless of their sexual orientation, gender identity or gender expression.

<http://www.glsen.org/>

Mama Dragons

Mama Dragons is a nonprofit 501(c)3 organization that supports, educates, and empowers mothers of LGBTQ children. Since 2013, it has grown from just a handful of moms to an organization that now supports over 7,000 mothers. Mama Dragons' focus is on providing safer online spaces and educational programs where mothers can learn and connect with other Mama Dragons traveling similar paths as they learn accepting and affirming parenting practices that can help prevent LGBTQ youth suicide, depression, and homelessness.

<https://www.mamadragons.org/>

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One•n•Ten

The mission of this organization is to serve LGBTQ youth and young adults ages 11-24. They work on enhancing their lives by providing empowering social and service programs that promote self expression, self acceptance, leadership development, and healthy life choices.

<https://onenten.org/>

PFLAG Idaho Falls Chapter - (208) 522-1057

An organization that supports LGBTQIA+ rights, and is geared towards LGBTQIA+ people, their parents, families and allies. They have a national website, but there is also a local chapter in Idaho Falls.

Email: pflagid@aol.com

<https://pflag.org/>

Idaho Falls Facebook Group: <https://www.facebook.com/groups/330534797007433/>

TransYouth Family Allies - (888) 462-8932

Provides education and resources to develop supportive environments for trans, gender variant, or gender questioning youth.

<http://www.imatyfa.or>

TAG (Trans Affirming Group) Meeting

A group for transgender people of all ages, their family, and friends right here in Pocatello. Held every third Monday of the month in the Health West ISU Family Residency Clinic Conference Room from 5:30-7:30 PM.

pocatellotag@gmail.com

<https://www.facebook.com/groups/721169308238043/permalink/1525120224509610/>

Southeast Idaho Pride Foundation - (208) 637-4985

The Southeast Idaho Pride Foundation exists to consistently support and celebrate LGBTQ+ individuals and act as a collaborative and unified resource hub for our community. We work to affirm diverse LGBTQ+ persons by providing social advocacy, educational outreach, and safer spaces.

200 S. Main St. Suite I1, Pocatello, ID 83204

<https://seipf.org>