**Resources**

* National Institute of Mental Health [www.nih.nimh.gov](http://www.nih.nimh.gov)
* NAMI [www.nami.org](http://www.nami.org)
* Bring Change 2 Mind [www.bringchange2mind.org](http://www.bringchange2mind.org) Resources for talking about mental health conditions to reduce stigma
* Office of Consumer and Family Affairs<http://www.jannus.org/program/office-of-consumer-family-affairs> (208) 336-0880 Information and support for consumers of behavioral health services and their families.  Provides a link to community resources to help locate services, support groups, and educational opportunities.
* NAMI Boise [www.namiboioi.org](http://www.namiboioi.org) (208) 376-4304 Classes and support groups for individuals with a mental health condition and their families
* Idaho Care Line 211 [www.211.idaho.gov](http://www.211.idaho.gov) 2-1-1 or 1-800-926-2588
* Idaho Department of Health and Welfare Adult Mental Health <http://healthandwelfare.idaho.gov/Medical/MentalHealth/AdultMentalHealth/tabid/195/Default.aspx>
  + Region 4 Mobile Crisis Unit 334-0808 or 1-800-600-6474 (other regions may offer mobile crisis services)
* **Peer Wellness Center** <https://www.peerwellnesscenter.org/>208 991 3681
* **Idaho Suicide Prevention Hotline at 208-398-4357 (HELP)** 24 hours a day, 7 days a week, year-round and **text support** is available Monday-Friday,3pm to Midnight.
* **National Suicide Prevention Lifeline  1-800-273-8255 (TALK)**Your call will be routed to a member of the Lifeline network based on your area code.
* Ada County Self Rescue Manual [www.selfrescuemanual.com](http://www.selfrescuemanual.com)

**Resources: Children’s Mental Health**

* Understood [www.understood.org](http://www.understood.org)
* Child Mind Institute [www.childmind.org](http://www.childmind.org)
* Children’s Mental Health Network. <http://www.cmhnetwork.org/> Weekly newsletter with updates on research and policy that affects parents and children.
* Idaho Parents Unlimited [www.ipulidaho.org](http://www.ipulidaho.org) (208) 342-5884
* Idaho Federation of Families [www.idahofederation.org](http://www.idahofederation.org) (208) 433-8845
* Idaho Department of Health and Welfare Children’s Mental Health <http://healthandwelfare.idaho.gov/Medical/MentalHealth/ChildrensMentalHealth/tabid/314/Default.aspx>

**Children/Teens of Parents with a Mental Health Disorder**

<http://www.annafreud.org/services-schools/services-for-children-young-people-families/early-years-parenting-unit/> United Kingdom program that assists parents of children under the age of 5 who have personality disorders/difficulties. Some training is provided in the US.

<http://www.mommyish.com/2014/04/30/children-of-mentally-ill-parents/> 10 feelings children of parents with a mental health condition have about their lives.

<http://www.copmi.net.au/> A good summary of likely challenges for children with a parent with mental health condition, including specific recommendations for what they need.

Youth MOVE is a teen group focused on reducing stigma, education and wellness.  The group is open to all teens with and without a mental health condition.  It’s likely that some of these teens come from homes with parents that have a mental health condition. Idaho Federation of Families

Alateen <http://www.al-anon.alateen.org/for-alateen>

School Social Workers often have support groups for children/teens facing challenging situations in their lives, including having a parent or other family member living with a mental health condition.

Hays Youth Help Line operated by Hays Shelter Home 24 hour Hays Hotline for Youth in Crisis 322-2308 or 1-877-805-2308

**NAMI Family Support Groups**

**Boise**  
Meets: 1st, 2nd, 3rd and 4th Wednesday of each month  
Time: 7:00 pm – 8:30 pm  
Place:  El-Ada Program Building 2250 S. Vista Ave., Boise (SE corner of Vista and Targee)  [[map](https://www.google.com/maps/place/2250+S+Vista+Ave,+Boise,+ID+83705/@43.5820904,-116.2154799,17z/data=%213m1%214b1%214m5%213m4%211s0x54aef80cae7f4d47:0xfe042e944d59bd87%218m2%213d43.5820904%214d-116.2132912)]  
   
**Meridian**  
Meets: 1st and 3rd Tuesdays of the Month  
Time:  7:00 – 8:30 pm  
Place:  Meridian Friends Church, 1021 Pine Avenue, Meridian  [[map](https://www.google.com/maps/place/1021+W+Pine+Ave,+Meridian,+ID+83642/@43.6114957,-116.408867,17z/data=%213m1%214b1%214m5%213m4%211s0x54ae53c07194cd0d:0xd148d87192564065%218m2%213d43.6114957%214d-116.4066783)]  
  
**Nampa**  
Meets: 2nd Thursday of each month  
Time:  7:00 pm – 8:30 pm  
Place:  First United Methodist Church, 2717 12th Avenue Road, Nampa (in the GPS building)  [[map](https://www.google.com/maps/place/2717+12th+Ave+Rd,+Nampa,+ID+83686/@43.5425315,-116.5765128,17z/data=%213m1%214b1%214m5%213m4%211s0x54ae495c9f386325:0xfb8606ca0cdd5f47%218m2%213d43.5425315%214d-116.5743241)]

**NAMI Peer Support Groups (NAMI Connections)**

**Boise**  
Meets: Tuesdays  
Time:  1:00 pm – 2:30 pm  
Place:  VAMC (Veterans Affairs Medical Center) 500 W Fort St, Building 114, Group Room 2, Boise  [[map](https://www.google.com/maps/place/Boise+Idaho+VA+Medical+Center,+Boise+VA+Medical+Center+Building+110,+500+W+Fort+St,+Boise,+ID+83702/@43.6208365,-116.1963158,17z/data=%214m13%211m7%213m6%211s0x54aef91e834b2e93:0xd206dc76a1806ab%212s550+W+Fort+St,+Boise,+ID+83724%213b1%218m2%213d43.6208365%214d-116.1941271%213m4%211s0x54aef91bfd82063f:0x7b548be3ffb24921%218m2%213d43.6216099%214d-116.1912292)]  
  
Meets: Thursdays  
Time:  5:30 – 7:00 pm  
Place:  Peer Wellness Center, 963 S. Orchard St., Suite 102, Boise  [[map](https://www.google.com/maps/place/PEER+Wellness+Center/@43.595536,-116.244109,15z/data=%214m5%213m4%211s0x0:0x60401732c6370256%218m2%213d43.595536%214d-116.244109?sa=X&ved=0ahUKEwj076Gh5rDPAhUjOsAKHSO8CcMQ_BIIZTAK)]  
  
**Nampa**  
Meets:  Tuesdays  
Time:  6:30 pm – 8:00 pm  
Place:  First United Methodist Church, 2717 12th Avenue Rd, Nampa (in the GPS building)​  [[map](https://www.google.com/maps/place/2717+12th+Ave+Rd,+Nampa,+ID+83686/@43.5425315,-116.5765128,17z/data=%213m1%214b1%214m5%213m4%211s0x54ae495c9f386325:0xfb8606ca0cdd5f47%218m2%213d43.5425315%214d-116.5743241)]

**DBSA Support Groups (Depression and Bipolar Support Alliance; covers all mental health symptoms)**  
Meets: Thursdays: 7:00 – 8:00 pm; Saturdays: 1:00 – 2:30 pm  
Place: Peer Wellness Center, 963 S. Orchard St., Suite 101, Boise  
  
**Treasure Valley Mental Health Support Group**  
Meets:   Mondays 7:00 p.m.  
Place:    Intermountain Hospital,  335 Allumbaugh St., Boise.  This group also offers social activities on a weekly basis. Contacts: Sarah (541) 350-8404, Michelle 284-4424, Will 841-7427