



IDAHO DEPARTMENT OF
HEALTH & WELFARE



COVID Help Now Line

Call or Text 986-867-1073 or Toll Free 866-947-5186
8am to 8pm Mountain Time, 7 days a week
www.ioem.idaho.gov/covidhelpnow

Idaho's COVID Help Now is:

Available via phone, text, or chat. Callers may also leave a message during off hours and receive a return call the following day.

- It is anonymous. Responders do not classify, label, or diagnose people, and no records or case files are kept.
- It is accessible to hearing and speech impaired via TTY and TRS services.
- It can help you understand your current situation.
- It provides language assistance and interpreter services.
- It can help reduce your stress and provide emotional support.
- It can help you with your immediate crisis needs and connect you with community resources.
- It can help you identify coping strategies.



IdahoStrong



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