

Community Resources

Elmore County

General

WIC Nutrition Education Program	208-587-4409
Clinics in Meridian, Garden City, Mountain Home, Glenns Ferry, McCall, Cascade, Horseshoe Bend, Idaho City, and Kuna; Please call for more info about outlying clinics.	
Reproductive Health Mountain Home	208-587-4407
STI/HIV Screening, Wellness exams, Teen vaccines (14-18), Family Planning/Birth Control, Breast/Cervical cancer screening, Pregnancy testing, Colposcopy.	
Immunizations Mountain Home	208-587-4407
Ages 0-18; Sliding scale fees; Accepts Medicaid.	
Tobacco Cessation	208-327-8543
Free help to stop tobacco use and life coping skills. Free classes & resources available.	
First Teeth Mater	208-587-4407
6 mo. to 3 years; Call for appointment. Patients w/ Medicaid are covered; Insured or uninsured patients are \$20; Fluoride varnish, dental screening and oral health education.	

Idaho Health & Welfare / Medicaid

Mtn Home Office | Mon–Fri, 8am–5pm **1-208-587-9061**
2420 American Legion Blvd. Mountain Home, Idaho 83647

Children's Health Insurance Program	<i>See above</i>
Temporary Assistance to Families	<i>See above</i>
Bureau of Vital Records and Health Statistics	208-334-5988
Birth certificates. - 450 W. State St. Boise, ID 83702	
Live Better Idaho Tool	livebetteridaho.gov
Assistance finder tool tailored to your needs.	
Your Health Idaho	1-855-YH-IDAHO
Mon-Fri, 8am–6pm yourhealthidaho.org	
Idaho CareLine	2-1-1
	or 800-926-2588

Food Assistance

Supplemental Nutrition Assistance Program	1-877-456-1233
Helps low-income families buy the food they need to stay healthy – Health & Welfare - 2420 American Legion Blvd.	
Cooking Matters	208-336-9643
Idaho Food Bank offers food prep / budgeting courses (all ages) – 3562 S. TK Ave. Boise, ID 83704.	
FindHelp Reduced-Cost Food	findhelp.org
Ages 0-18; Call Idaho Care Line for available site locations. 2-1-1	
Or Text "FOOD" or "COMIDA" to No Kid Hungry: 877-877	
Mountain Home Farmer's Market	208-587-3134
Open May – Oct on Sat 8am-12pm – Railroad Park Downtown.	
Food Pantry Locations	idahofoodbank.org/locations foodpantries.org/st/idaho

Medical Care

Prescription Assistance	
Family Wize Prescriptions Savings	familywise.org
Idaho Rx Card	idahorxcard.com
Clinics	
St. Luke's Clinic – Trinity Mountain Medical	208-580-9814
Family medicine, pediatrics, obstetrics, and gynecological care. 465 McKenna Dr. Mountain Home, ID 83647	
St. Luke's Clinic – Family Medicine	208-587-2450
Minor procedures, management of chronic conditions, immunizations, and preventive care and wellness counseling 805 N. 6 th E. Mountain Home, ID 83647	
Clinics with Sliding Scale and accept Medicaid	
Glenns Ferry Health Center	208-366-7416
Primary care, dental, behavioral services. Ask for hours. 486 W. 1 st Ave. Glenns Ferry, Idaho 83623	
Desert Sage Health Center	208-587-3988
Primary care. Behavioral services. Ask for hours. 2280 American Legion Blvd. Mountain Home, Idaho 83647	
Valley Health Center	208-834-2929
Primary care and Dental. Ask for hours. 350 Main St. Grand View, Idaho 83624	
** Financial plans available thru St Lukes **	

Dental Care

Clinics with Sliding Scale and accept Medicaid	
Desert Sage Health Center	208-587-3988
2280 American Legion Blvd, Mountain Home, ID 83647	
Glenns Ferry Health Center	208-366-7416
486 West First Avenue, Glenns Ferry, ID 83623	
Valley Health Center	208-834-2929
350 Main Street, Grand View, Idaho 83624	
Delta Dental	1-866-894-3563

Child Care – Pre-School

Head Start / Early Head Start Mountain Home	208-344-9187
Glenns Ferry	208-366-2610
Birth-5yo; Provides meals & snacks; Early Head Start: Expectant parents & families with infants up to age 36 months.	
Idaho STARS	2-1-1
Child care provider search tool. idahostars.org	
Child Care Assistance (ICCP)	1-877-456-1233
Children under 13 years of age.	

*** More detailed resources available at: selfrescuemanual.com and 211.idaho.gov ***

Ada & Boise County

707 N. Armstrong Pl. Boise, ID 83704
208-375-5211

Elmore County

520 E. 8th N. Mountain Home, ID 83647
208-587-4407

Valley County

703 1st St. McCall, ID 83638
208-614-7194

Housing / Rent / Utilities Assistance

Temporary Assistance to Families (TAFI)	1-877-456-1233
Temporary grant and work preparation services for families to help pay for food, clothing, shelter, & other essentials.	
Idaho Housing and Finance Hotline	1-855-505-4700
Resources for help w/ homelessness. Advice for homebuyers.	
	housingidaho.com
Charitable Asst. to Community's Homeless	208-246-8830
503 S. Americana Blvd.	
	catch@catchprogram.org
Low Income Home Energy Asst. Program	1-866-674-6327
Help low-income households make home heating more affordable, avoid disconnection of utility services during winter.	
El-Ada Community Action Partnership	208-587-8407
585 N. 3rd E. Mountain Home, ID 83647	
	eladacap.org

Abuse and Domestic Violence

National Domestic Violence Hotline	1-800-799-7233
Domestic Violence Legal Advice Line	1-877-500-2980
Idaho Child Protective Services (24hrs)	1-800-552-5437
Elmore County Domestic Violence Council	208-587-3300
24/7 hotline, safety planning, crisis counseling, support groups, shelter assistance, legal referrals, & education – Stardust Plaza	
540 N. 2nd E. Mountain Home, ID 83647. Walk-ins Tue – Thur	

Substance Abuse

Idaho Quitline	1-800-784-8669
	projectfilter.org
Al-Anon	208-344-1661
Al-Ateen	1-888-425-2666
Alcohol Drug Helpline	1-800-821-4357
Narcotics Anonymous	208-391-3823
RADAR (Alcohol & Other Drug Resources)	208-426-3471
	or 1-800-937-2327
Drug Information Help/National Clearing House for Alcohol & Drug Information	1-800-729-6686

Behavioral / Mental Health

Idaho Infant Toddler Program	208-334-5514
Up to age 3; developmental delay, physical/medical condition.	
Developmental Milestones	208-334-6530
Questionnaire and evaluation for child development.	
Idaho Behavioral Health	208-580-9525
Individual & family therapy, telehealth, case management, & CBRS. Medicaid & most insurance accepted. Sliding fees.	
Call for pricing. – 2420 American Legion Blvd.	
All Seasons Mental Health	208-587-4195
Counseling, CBRS, and peer support services. Accepts most insurances and Medicaid/Medicare. Call for appointment.	
2390 American Legion Blvd.	
Idaho Suicide Prevention Hotline	208-398-4357

Parent Resources

Text 4 Baby	Text "BABY" to 511411. Free messages about infant care.
Family Advocates	208-345-3344
Family Strengthening Program focusing on parenting skills, child education, support groups, and financial literacy.	
Call to make an appointment.	
	strongandsafe.org
Center for Early Literacy Learning	earlyliteracylearning.org
CELLcasts: Audio/visual versions of CELL Parent Practice Guides.	
St Luke's Children's Safe Kids Magic Valley	208-814-7640
Car-seat checkups, safety workshops and sports clinics, which help parents and caregivers prevent childhood injuries.	
Mon-Fri 10am-2pm; 2775 E. 8th N. Mountain Home, ID 83647	
Bountiful Baskets Food Co-op	bountifulbaskets.org
Food co-operative that provides fresh produce and bread at very low costs to participants. Please visit site for details.	
Idaho Preferred	idahopreferred.com
Find local fresh produce of Idaho and seasonal availability.	
Choose My Plate	choosemyplate.gov
An online resource for healthy food options, tools for tracking diet and weight, and much more.	
Super Cook	supercook.com
Recipe ideas based on ingredients currently in your cabinets.	
Idaho Diaper Bank Drop off locations	208-587-4513
These resources offer diapers when available and other great assistance.	
	idahodiaperbank.org
Breastfeeding Resource Web Links	
<ul style="list-style-type: none"> • youtu.be/ysntQ9g7zyo 	
The Central District Breastfeeding Coalition has produced a video entitled "Nursing is Normal."	
<ul style="list-style-type: none"> • idahobreastfeeding.com • coffective.com • cdh.idaho.gov/health/wic/breastfeeding/ 	
Clothed By Grace Kid's Closet	208-939-0661
A community organization set up to distribute free clothing and diapers to families in need.	
Mountain Home Parks & Rec	pr.mountain-home.us
Local activities, classes, and other resources in the area.	
Idaho Legal Aid Services	208-336-8980
	idaholegalaid.org

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