



IDAHO DEPARTMENT OF  
HEALTH & WELFARE



# COVID Help Now Line

**Call or Text 986-867-1073 • Toll Free 866-947-5186**  
**[www.ioem.idaho.gov/covidhelpnow](http://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 impaired 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.