



**Idaho State
University**

**Community and
Public Health**

At the Department of Community & Public Health at Idaho State University, we understand the importance of helping individuals receive necessary care to maintain and promote health and wellness. For this reason, we have created this essential guide to various services in the Pocatello region to help community members receive access to the things that they need, whether it be mental health, food, medical services, transportation, or a host of other essential services that make a healthy life possible.

In the tabs of this document, you will be able to find various services and organizations dedicated to helping community members. These include...

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Resources in this tab vary in cost, from free and no questions asked, to free for qualifying individuals, to sliding scale payment depending on income status. If you are concerned about cost of care or cost of services, further information can be found on the organization's corresponding website or by contacting the organization directly.

If you are aware of an additional resource that can be included in this document, please reach out to us at dcph@isu.edu, and we can work to include those services in this document.

Stay Healthy,

-The Department of Community & Public Health

findhelpidaho.org connects Idahoans seeking help with resources in their local community. It's free, confidential, easy to use, and provides up-to-date information in over 100 languages. Use the website to search for free and reduced cost services.

Emergency Hotlines	Phone	Description	Website
Bannock County Sheriff's Office	(208) 236-7111	Non-Emergency Dispatch	https://www.bannockcounty.gov/sheriff/
Chubbuck Police Department	(208) 237-7172	Non-Emergency Dispatch	https://cityofchubbuck.us/police_dept/
Emergency Services		911 Emergency Fire, Police, or Ambulance	https://www.911.gov/
Idaho CareLine		211 A free, statewide community information and referral service, and is a program of the Idaho Department of Health and Welfare	https://healthandwelfare.idaho.gov/services-programs/211
Traveler Information Services		511 Idaho 511 provides continual updates about weather related road conditions, closures, and other travel information via phone.	
Mental Health & Substance Abuse	1-800-622-HELP (4357)	SAMHSA's National helpline is free, confidential, 24/7, 365 days a year treatment referral and information service. Available in English and Spanish for individuals and families facing mental and/or substance use disorders.	https://www.samhsa.gov/find-help/helpline/national-helpline

National Maternal Mental Health Hotline	1-833-TLC-MAMA (852-6262)	Pregnant or just had a baby? The National Maternal Mental Health Hotline is free, confidential, and here to help, 24/7	https://mchb.hrsa.gov/programs-impact/national-maternal-mental-health-hotline
National Domestic Violence Hotline	800-799-7233 or text "START" to 88788	24/7 confidential service for all those affected by relationship abuse.	https://www.thehotline.org/
Poison Control	1 (800) 222-1222	Poison control centers provide free, 24-hour professional medical advice for poison-related situations.	https://healthandwelfare.idaho.gov/health-wellness/emergency-planning/poison-response#:~:text=Put%20the%20Poison%20Control%20Center,that%20young%20children%20cannot%20reach.
Shoshone-Bannock Tribes Human Services		477 Hotline to streamline assistance to tribal members in need	https://www.sbtribes.com/477-human-services/
Suicide & Crisis Lifeline		988 Call, text, or website chat if you're facing mental health struggles, emotional distress, alcohol or drug use concerns, or just need someone to talk to. Service selection options include Veterans, Spanish-language, or your local 988 Lifeline contact center.	https://988lifeline.org/get-help/what-to-expect/
988 for Deaf, Hard of Hearing, and Hearing Loss		988 Call 988 with a Videophone number	https://988lifeline.org/deaf-hard-of-hearing-hearing-loss/
Veterans Crisis Line	988, then press 1	You do not need to be enrolled in VA benefits or health care to reach out.	https://www.veteranscrisisline.net/

Family Resources	Phone	Address	Description	Hours	Website
Bannock Youth Foundation Family Resource Center	(208) 234-1122	403 N. Hayes Pocatello, ID	The Family Resource Center provides a variety of family services, offering support for parents in their efforts to nurture children. Their mission is to strengthen families and promote the well-being of children through parent education and support.		https://www.bannockyouthfoundation.org/family-resource-center/
Compassion & Hope Pregnancy Center	(208) 478-HOPE (4673)	845 S. 9th St. Suite B Pocatello, ID	Compassion & Hope Pregnancy Center offers free, confidential, and life-affirming resources information, educating, and empowering women and men. Services include: pregnancy testing, referrals, pregnancy counseling, educational classes, material aid, and more.	Open Monday, Wednesday, and Thursday	https://www.pocatellopregnancycenter.com/
Family Services Alliance of Southeast Idaho	Make an appointment: (208) 232-0742 24 hour crisis line (208) 251-HELP (4357)	355 S. Arthur Avenue Pocatello, ID	Family Service Alliance offer free and confidential services to survivors of domestic violence, sexual assault, stalking, and human trafficking. Services include: emergency shelter, safety planning, crisis intervention with law enforcement, court/legal advocacy, medical advocacy (onsite response with sexual assault nurse examiners), support and advocacy groups, address economic abuse, housing assistance, case management, co-parenting assistance, empowerment workshops, sexual assault survivor support services, referrals to individual mental	Monday - Friday 9:00 am - 4:00 pm	https://fsalliance.org/

			health counseling. contact@fsalliance.org		
Shoshone-Bannock Victims Assistance Program	(208) 478-3992	72 Navajo Drive BLDG #115 Fort Hall, ID	The Victims Assistance Program offers 24 hour crisis intervention, shelter, community advocate, advocacy at court, education, support groups, and individual counseling. It is designed to work in conjunction with local law enforcement. The advocates provide immediate support and information for victims at the secured scene of a domestic dispute. The advocate will ensure that primary and secondary victims have the opportunity to make safe choices.		
Idaho Department of Health and Welfare Children and Family Services	(208) 239-6200	1070 Hiline Pocatello, ID		Monday - Friday 8:00 am - 5:00 pm	https://healthandwelfare.idaho.gov/services-programs/child-ren-families-older-adults
Child Care Program	877-456-1233		The Idaho Child Care Program (ICCP) serves families with children under the age of 13 or over 13 if a child has a disability, providing child care assistance to working families by paying for a portion of child care. The parent's share is based on the size of the family and the amount of their income.		https://healthandwelfare.idaho.gov/services-programs/child-ren-families-older-adults/apply-child-care-assistance

Disability Services	(208) 334 - 5512		Disability Services include the Children and Youth with Special Health Care Needs and Children's Special Health Program, Children's Developmental Disabilities Program, Katie Beckett Program, and more.	https://healthandwelfare.idaho.gov/services-programs/children-families-older-adults/disability-services
Family Planning Program	idaho family planning@dhw.idaho.gov		The Idaho Family Planning Program (IFPP) administers federal funding to participating health districts in Idaho. Services allow women to make well-informed reproductive health choices and address the unmet family planning needs of low-income and uninsured individuals.	https://healthandwelfare.idaho.gov/services-programs/children-families-older-adults/idaho-family-planning-program
Infant Toddler Program	(208) 334-5514		The Infant Toddler Program links children with services that promote their physical, cognitive, and social-emotional development and supports the needs of their families. In Idaho, services are provided at no cost to families. Funding comes from private insurance, Medicaid, and federal and state funds. Families can apply for services on their own, or their health care provider may make a referral. Our services can include: Service Coordination, Developmental Therapy, Physical Therapy, Occupational Therapy, Speech-Language Therapy, Hearing and Vision services, and other support services	https://healthandwelfare.idaho.gov/services-programs/children-families-older-adults/about-infant-toddler-program

Maternal and Child Health Program	(208) 334-5962		Idaho's Maternal and Child Health (MCH) Program is committed to improving the health and well-being of mothers, infants, and children, including children and youth with special health care needs (CYSHCN), and their families, and is funded by the Title V MCH Block Grant.		https://healthandwelfare.idaho.gov/providers/idaho-maternal-and-child-health/idaho-maternal-and-child-health-program
Women, Infants, & Children (WIC)	(208) 239-5263	1901 Alvin Ricken Dr. Pocatello, ID	WIC is a federally funded nutrition program for women, infants, and children. The Idaho WIC program knows that your family's health is important. Our goal is to help you and your family thrive by promoting healthy lifestyle choices. WIC benefits are for pregnant women, new mothers, infants, and children up to their 5th birthday. WIC helps families by providing: WIC cards to buy healthy supplemental foods, nutrition education, help finding healthcare and community resources, breastfeeding information and support. Apply by contacting the WIC clinic.	Monday - Thursday: 8:00 am - 6:00 pm, Friday 9:00 am - 12:00 pm	https://healthandwelfare.idaho.gov/services-programs/food-assistance/about-wic
Housing, Clothing, and Food	Phone	Address	Description	Hours	Website
477 Pantry Fort Hall	(208) 478-3898	Fort Hall, ID	Food and hygiene pantry for tribal members. Individuals must be enrolled in the 477 Human Services program.		https://www.sbttribes.com/477-human-services/
Aid for Friends Emergency Shelter	(208) 232-5669	209 Lewis Pocatello, ID	Aid for Friends is a day resource center and emergency shelter.	Emergency shelter open 24 hours a day	http://aidforfriendspocatello.com/home/

Aid for Friends Region 5 Access Point	(208) 254-0290	214 E Center, Suite 50 Pocatello, ID	If you are at risk of being homeless, the Access Point will talk to you (over the phone or by appointment) about your current situation and housing needs. The information you provide will help determine the best solution for you. The Access Point agents will help you find: immediate resources, support programs and services, housing options available in your area	T-Th 10:00 am - 4:00 pm, F 10:00 am - 12:00 pm	https://www.idahohousing.com/documents/homeless-resources-flyer-region-5.pdf/
Bannock County Mobile Pantry - McCammon	(208) 251-6263	403 W 16th St (Oct - Mar) / Center St - McCammon City Park (April - Sept) McCammon, ID	Mobile food pantry	Every 3rd Thursday, except holidays 10:30 am - 12:30 pm	https://healthandwelfare.idaho.gov/food-banks-food-sites-and-food-pantries/bannock-county-mobile-pantry-mccammon
Bannock County Mobile Pantry - Fort Hall		385 Bannock Trail Fort Hall, ID	Mobile food pantry	Every 3rd Thursday, except holidays 3:00 pm - 6:00 pm	https://healthandwelfare.idaho.gov/food-banks-food-sites-and-food-pantries/fort-hall-mobile-pantry
Bannock Youth Foundation - Square One	(208) 904-2222	735 Main Street Pocatello, ID	Square one provides services for young adults ages 18-24 years of age. The Rapid Rehousing Program aids homeless youth ages 18-24. Program benefits include income based rental assistance funding, case management, and life skills training.		http://bannockyouthfoundation.org/square-one/

Bannock Youth Foundation - Bannock House	(208) 234 - 2244	620 W Fremont St. Pocatello, ID	Bannock House is a Licensed Qualified Residential Treatment Program (Q.R.T.P.) that provides a structured and safe environment for youth who are not with their families for multiple reasons. Our goal is to assist the youth and their family, or those that care for them, to develop assets to help reunification efforts. Bannock House is a fourteen bed facility that provides treatment for males and females. We provide shelter and treatment for youth that may come through our Crisis Program or Child and Family Services Residential Contract. Bannock House is licensed to provide residential treatment to youth between the ages of 12-18.		https://www.bannockyouthfoundation.org/bannock-house/
Benny's Pantry - Pocatello	(208) 282 - 4110	Pond Student Union Building, Room 120A (Next to the Craft Shop)	Food and personal care items available to Idaho State University students, staff, and faculty.	Monday: 10:00 AM - 12:30 PM & 2:30 - 6:00 PM Tuesday: 10:00 AM - 5:00 PM Wednesday: 11:00 AM - 5:00 PM Thursday: 11:00 AM - 5:00 PM Friday: 10:00 AM - 4:00 PM	https://www.isu.edu/pantry/
Benny's Pantry - Idaho Falls		Bennion Student Union Building, Room 218		Monday: - Friday: 8:30 AM - 4:30 PM	

Benny's Pantry - Meridian		Skaggs Health Center, Room 512		Monday: 11:30 AM - 1:30 PM Tuesday: 10:30 AM - 12:30 PM Wednesday: 10:30 AM - 12:30 PM Thursday: 10:30 AM - 12:30 PM	
Deseret Industries	(208) 232-5174	580 Roosevelt Ave Pocatello, ID	Thrift store for affordable clothing, homegoods, furniture, and more.	Mon: 9am – 6pm Tue – Sat: 9am – 7pm	https://www.deseretindustries.org/
Eat Smart Idaho			Eat Smart Idaho provides nutrition and physical activity education for limited-resource Idahoans. Their program helps adults and families learn: healthy eating, smart shopping, food safety, quick meal preparation, management of limited grocery dollars, increase levels of physical activity. Browse their online resources or attend an in-person demonstration.		https://www.uidaho.edu/extension/health/eat-smart
Freedom LZ (for Veterans)	(208) 232-1114 vets@seicaa.org		SEICAA Veterans Services are available to military veterans who are facing homelessness. SEICAA works with veterans to overcome poverty barriers, be it isolation, mental illness, or substance abuse, and help them attain self-sufficiency. SEICAA Freedom LZ emergency housing facility is available to military veterans who are or in danger of becoming homeless. Part of a transitional housing program, crisis intervention and case		https://seicaa.org/veterans/

			management are provided to veterans during their stay – which is typically between 60 and 90 days.		
Gate City Christian	(208) 237-5002	202 W. Siphon Rd Chubbuck, ID	The Food Pantry provides supplemental and emergency food to area residents in need. The pantry exists to help anyone in need, church member or not. We are also able to offer a delivered food box once a month to cover families in case of illness, car trouble, lack of gas money, or other emergent issues preventing access to the pantry. You can request a delivery before noon on Friday using this link: https://forms.gle/xsbnjXEjMXPhAyYbx7 Individuals may also pick-up a box for a friend, neighbor, or family member in need - just have a text or written note from them authorizing you to collect their box.	You can receive food from 3-5 PM (Only seniors 60+ from 3-4 PM) every Friday, except the week of Thanksgiving, Christmas and New Year	https://www.gatecitychristian.com/community-service
Goodwill	(208) 233-1445	1570 Yellowstone Ave, Pocatello, ID	Thrift store for affordable clothing, homegoods, furniture, and more.	10:00 am - 7:00 pm, 7 days a week	
Growling Garden Heart in the Garden Stand		294 Jefferson Ave Pocatello, ID	The Heart in the Garden Stand is a community-run, self-service free food and goods stand. Operating under a “Take what you need, leave what you can” model, the stand provides barrier-free access to essential resources, including fresh produce, non-perishable food, food bank items, blankets, baby items, and basic household and hygiene supplies.	24/7, self service	https://growlinggarden.org/heart-in-the-garden-stand/

Housing Alliance and Community Partnership	(208) 233-6276	711 N. 6th Ave. Pocatello, ID	The mission of the Housing Alliance and Community Partnerships (HACP) is to provide safe, quality, and affordable housing opportunities throughout southeast Idaho. We primarily serve underserved populations -- including low-income individuals and families, seniors, people with disabilities, and those experiencing homelessness -- while remaining responsive to the housing needs of all residents in our region.		https://www.hacpid.gov/
Idaho Youth Ranch	(208) 478-8141	720 Yellowstone Ave Pocatello, ID	Thrift store for affordable clothing, homegoods, furniture, and more. Idaho Youth Ranch also sells donated and consigned vehicles.	Sunday - Saturday 9:00 am - 8:00 pm	https://www.iyrtthriftstores.org/
IDHW Supplemental Nutrition Assistance Program (SNAP)	(877) 456-1233	1070 Hiline Pocatello, ID	The SNAP program helps provide healthy foods to low-income families. Apply over the phone or visit the closest IDHW field office.	Monday - Friday 8:00 am - 5:00 pm	https://healthandwelfare.idaho.gov/services-programs/food-assistance/apply-snap
Rocky Mountain Ministries Compassion Center		845 Hyde Ave Pocatello, ID	Distribution point for the Idaho Food Bank. Everything is free and no personal information is needed.	Tuesdays 10:00 am - 12:00 pm	https://www.rmmpocatello.org/gods-home-of-compassion
Salvation Army - Food Pantry	(208) 232-5318	400 N 4th Ave Pocatello, ID	Client choice food boxes	Tuesday -Wednesday 1:00-3:00 pm	https://pocatello.salvationarmy.org/pocatello/food-pantry

Salvation Army - Soup Kitchen	(208) 232-5318	400 N 4th Ave Pocatello, ID	Receive a free hot meal from the soup kitchen.	Monday- Saturday 12:00 - 12:30 pm	https://pocatello.salvationarmy.org/pocatello/soup-kitchen
Senior Activity Center	(208) 233-1212	427 N 6th Ave Pocatello, ID	Lunch provided with a small suggested donation.	Tuesday - Friday 11:30 am - 12:30 pm	https://pocatello.sac.org/
Southeastern Idaho Community Action Agency - Meals on Wheels	(208) 232-4037		SEICAA Meals on Wheels provides both nutritious meals and emotional support for qualified, homebound seniors and disabled individuals in Bannock County. An application can be completed over the phone.		https://seicaa.org/mealsonwheels/
Southeastern Idaho Community Action Agency - Rental Housing	(208) 232-1114	641 N. 8th Ave Pocatello, ID	SEICAA Affordable Housing Program strives to provide safe and affordable housing assistance options to low-income community members. Applications can be completed online, or filled out in person.	Monday-Thursday 7:00 am - 5:30 pm, closed 12:00-12:30 pm	https://seicaa.org/housing/
Spirit of Hope Transitional Housing	(208) 232-9486 ext. 109		Housing designated for men transitioning out of a correctional facility.		https://nwpcatello.org/services/spirit-of-hope-transitional-housing/
St. Vincent De Paul - Food Pantry	(208) 406-1216	855 S 2nd Ave Pocatello, ID	Vouchers for food and sundries for up to 3 days	Wednesdays 10:00 am - 1:00 pm	http://www.svdppoc.com/
St. Vincent De Paul - Thrift Store	(208) 478-2062	855 S 2nd Ave Pocatello, ID	Thrift store with furniture, baby things, sports equipment, clothing, furniture, etc.	Monday-Tuesday 11:00 am - 7:00 pm, Thursday-Saturday 10:00 am - 7:00 pm	http://www.svdppoc.com/

St. Vincent De Paul - Social Services	(208) 406-1216	855 S 2nd Ave Pocatello, ID	Financial help for those who qualify for rent, utilities, and other assistance available. Additional services include vouchers for furniture, clothing, bedding, and household items.	Mondays, Tuesday, and Thursdays 11:00 am - 1:00 pm	http://www.svdppoc.com/
The Housing Company	(800) 361-5181	PO Box 6943 Boise, ID	The Housing Company provides quality living and affordable housing opportunities for communities in Idaho.	Monday-Friday 8:00 am - 5:00 pm	https://www.thehousingcompany.org/
Trinity Episcopal Church	(208) 233-2640	355 W Lander St Pocatello, ID	Free hot meal	Sunday 1:30 - 2:30 pm	https://trinitypocatello.org/
Valley Mission First Baptist	(208) 232-6305	442 N Arthur Pocatello, ID	Client choice food boxes	Thursdays 3:30 pm - 6:00 pm	https://www.valleymission.org/food-pantry
Warming Shelter	(208) 232-6305	Location varies	Warming shelter for winter nights under 25*, please see website for location each season		https://www.valleymission.org/warming-shelter
Women, Infants, & Children (WIC)	(208) 239-5263	1901 Alvin Ricken Dr. Pocatello, ID	WIC is a federally funded nutrition program for women, infants, and children. The Idaho WIC program knows that your family's health is important. Our goal is to help you and your family thrive by promoting healthy lifestyle choices. WIC benefits are for pregnant women, new mothers, infants, and children up to their 5th birthday. WIC helps families by providing: WIC cards to buy healthy supplemental foods, nutrition education, help finding healthcare and community resources, breastfeeding information and support. Apply by contacting the WIC clinic.	Monday - Thursday: 8:00 am - 6:00 pm, Friday 9:00 am - 12:00 pm	https://healthandwelfare.idaho.gov/services-programs/food-assistance/about-wic

ISU Campus Resources	Phone	Address	Description	Hours	Website
Bengal Pharmacy (Meridian)	(208)373-1734	1311 E Central Drive, Meridian, ID 83642		By appointment only	https://www.isu.edu/clinics/bengal-pharmacy/
Bengal Pharmacy (Pocatello)	(208)282-3407	990 S 8th Ave, Pocatello, 83209		10:00 AM - 6:00 PM Monday- Friday	https://www.isu.edu/clinics/bengal-pharmacy/
Benny's Pantry - Idaho Falls		Bennion Student Union Building, Room 218	Food and personal care items available to Idaho State University students, staff, and faculty.	Monday: - Friday: 8:30 AM - 4:30 PM	
Benny's Pantry - Meridian		Skaggs Health Center, Room 512	Food and personal care items available to Idaho State University students, staff, and faculty.	Monday: 11:30 AM - 1:30 PM Tuesday: 10:30 AM - 12:30 PM Wednesday: 10:30 AM - 12:30 PM Thursday: 10:30 AM - 12:30 PM	
Benny's Pantry - Pocatello	(208) 282 - 4110	Pond Student Union Building, Room 120A (Next to the Craft Shop)	Food and personal care items available to Idaho State University students, staff, and faculty.	Monday: 10:00 AM - 12:30 PM & 2:30 - 6:00 PM Tuesday: 10:00 AM - 5:00 PM Wednesday: 11:00 AM - 5:00 PM Thursday: 11:00 AM - 5:00 PM Friday: 10:00 AM - 4:00 PM	https://www.isu.edu/pantry/

Counseling & Testing (Idaho Falls)	(208) 282-7750	1784 Science Center Drive Stop 8150 Bennion Student Union Building 2nd Floor, Room #223 Idaho Falls, ID 83402	CMHC is committed to supporting all students who have experienced the trauma and mental health consequences of violence and oppression. Furthermore, we commit ourselves to work to advance the rights of those who are devalued by our society.	8:00 AM - 4:00 PM Monday - Friday	https://www.isu.edu/counselingcenter/
Counseling & Testing (Meridian)	(208) 373-1732	ISU Meridian Health Science Center 1311 E. Central Dr. Meridian, ID 83642	CMHC is committed to supporting all students who have experienced the trauma and mental health consequences of violence and oppression. Furthermore, we commit ourselves to work to advance the rights of those who are devalued by our society.	8:00 AM - 4:00 PM Monday - Friday	https://www.isu.edu/counselingcenter/
Counseling & Testing (Pocatello)	(208) 282-2130	1001 S 8th Avenue Stop 8027 Graveley Hall South 3rd Floor, Room #351 Pocatello, ID 83209-8027	CMHC is committed to supporting all students who have experienced the trauma and mental health consequences of violence and oppression. Furthermore, we commit ourselves to work to advance the rights of those who are devalued by our society.	8:00 AM - 4:00 PM Monday - Friday	https://www.isu.edu/counselingcenter/
Disability Services	208-282-3599	Rendezvous Complex, Room 125 921 S 8th Ave, Stop 8121 Pocatello, Idaho 83209-8121	Our office provides support to students, faculty and staff with disabilities to ensure equal access to education. These services typically include accommodations such as extended test time, note-taking assistance, and accessible materials. The goal is to create an inclusive learning		https://www.isu.edu/disabilityservices/

			environment where students with disabilities can succeed academically.		
Public Safety (All Campuses)	(208)282-2515	625 E Humboldt St, Pocatello, ID, 83209	Law enforcement for the various ISU campuses. In an emergency, call 911		https://www.isu.edu/publicsafety/
Student Health Center	(208) 282-2330	990 South 8th Ave Pocatello, ID 83209	Student Health provides an entire range of medical care that includes acute/urgent care, primary care, orthopedics, and mental health care.	8:00 am to 4:45 pm Monday - Friday	https://www.isu.edu/healthcenter/
Title IX	(208) 282-1439	Rendezvous Building, Rm 157B 921 S 8th Ave, Stop 8121 Pocatello, Idaho 83209-8121	Title IX covers discrimination on the basis of sex. This includes harassment, assault, stalking, and violence. You may report possible discrimination, ask questions, or communicate concerns to the Title IX Coordinator.		https://www.isu.edu/title-ix/
Free menstrual and sexual health products can be found in various locations across ISU campus					
Libraries	Phone	Address	Description	Hours	Website
Marshall Public Library	(208) 232-1263	113 S Garfield Ave, Pocatello, ID 83204	Public library with computer access, printing, computers reserved for job searching and resume building, free wifi, 3D printing makerspace, tax filing assistance, and public restrooms	Monday – Thursday 10:00 a.m. to 9:00 p.m. Friday – Saturday 10:00 a.m. to 6:00 p.m. Sunday Closed	https://marshallpl.org/
Oboler Library	(208) 282-2958	850 S. 9th Avenue Pocatello, Idaho 83209	Library, printing, and study rooms for ISU students	Please see website for up to date hours	https://www.isu.edu/library/libandcoll/isu-library-pocatello/

Portneuf District Library	(208) 237-2192	5210 Stuart Ave, Chubbuck, ID 83202	Computer and internet access, copying and printing, notary services, makerspace, public restrooms, play kits, and more.	Monday - Friday: 9:00am-7:00pm Saturday: 10:00am-6:00pm Sunday: Closed	https://www.portneuflibrary.org/
Maintenance, Repair, and Transportation	Phone	Address	Description	Hours	Website
Grace Lutheran Church	(203) 237-0467		C.A.R.S. for Christ program offers small car repairs for those in need.	Typically meets 4th Saturday of the month	https://glc.gracecatello.org/care-ministries/
Growling Garden	Fill out contact form on their website		Free lawn maintenance for individuals who may need assistance maintaining their outdoor spaces		https://growlinggarden.org/contact/
Idaho Power	Find more info and applications on their website		Various programs available to assist with paying energy bills		https://www.idahopower.com/accounts-service/make-payment/help-paying-bill/idaho-assistance/

Medical Transportation Management (MTM)	1-877-503-1261		<p>Medicaid members can schedule free rides to non-emergency medical appointments. To schedule a ride, call us at 1-877-503-1261. You must call at least two business days before your appointment. If you call with less notice and the trip is not urgent, we may not be able to set up your ride. We schedule rides 24 hours a day, seven days per week. You can also use the MTM Link web portal and mobile app to book your trip at any time.</p>		<p>https://www.mtm-inc.net/idaho/members/</p>
NeighborWorks Tool Lending Library	(208) 232-9468	206 North Arthur Ave Pocatello, ID	<p>NeighborWorks Pocatello has a large assortment of lawn and garden tools available for rental for a small charge. Tools such as lawn mowers, weed trimmers, leaf blowers, yard tools, hand tools, and more. Tools must be reserved ahead of time.</p>		<p>https://nw-pocatello.org/services/tool-lending-library/</p>

NeighborWorks Pocatello	(208) 232-9468	206 North Arthur Ave Pocatello, ID	NeighborWorks Pocatello is a progressive alliance between residents, business and government that revitalizes communities by empowering people, creating safe, healthy neighborhoods, providing opportunities for affordable housing, deploying accessible financial products, and building community pride. Services include: including constructing and selling brand new homes, rehabilitating homes, offering down payment and closing cost assistance loans, home improvement loans for owner-occupants, homebuyer education, credit counseling (including foreclosure mitigation and reverse mortgage counseling), a lawn and garden tool lending system and by promoting community building and neighborhood organizing efforts	Monday-Friday 8:00 am - 5:00 pm	https://nwpcatello.org/services/
Pocatello Regional Transit	(208) 233-5149	5815 South 5th Ave Pocatello, ID	Pocatello Regional Transit is the primary mass transportation provider in the area, with very affordable fares. Please visit their website for routes, schedule, and fares.		https://pocatellotransit.com/

SEICAA Weatherization	(208)232--1114		SEICAA Weatherization Assistance Program is available to anyone who income qualifies., both renters and homeowners. The service includes a whole-home energy audit to locate points of energy loss and safety risks. Upgrades can include heating/cooling system repair and replacement, water heater repair and replacements, door and window repair and replacements, moisture, mold, and lead control, and more.		https://seicaa.org/weatherization/
Medical and Dental	Phone	Address	Description	Hours	Website
Pocatello Free Clinic	(208)233-1065	1001 N 7th Ave Suite 155 Pocatello, ID 83201	To provide free interdisciplinary health and wellness care to the underserved population of our community while also providing an effective training environment for future healthcare professionals and leaders dedicated to serving the underserved and the community. Services include dental, medical screenings, behavioral health services, social services access, and health education.	Monday: 9:00 AM – 6:00 PM Tuesday: 9:00 AM – 6:00 PM Wednesday: 9:00 AM – 6:00 PM Thursday: 9:00 AM – 6:00 PM Friday: 9:00 AM – 5:00 PM Saturday/Sunday: CLOSED	https://pocatellofreeclinic.org/about/
Southeastern Idaho Public Health	(208) 233-9080	1901 Alvin Ricken Dr Pocatello ID	Offers a range of services including birth control, quarterly free STI panels, treatment for STIs, pap smears, and birth control. Services are provided on a sliding fee scale.		https://www.siphidaho.org/index.php

Health West	(208) 232-6260	1000 N 8th Ave, Pocatello, ID 83204	Healthwest offers a wide range of services, including behavioral health, dental, routine medical care, women's health, pediatric care, as well as an assortment of other health services	Monday 8 AM–6:30 PM Tuesday 8 AM–6:30 PM Wednesday 8 AM–6:30 PM Thursday 8 AM–6:30 PM Friday 8 AM–4 PM Saturday Closed Sunday Closed	https://www.healthwestinc.org
Student Health Center	(208) 282-2330	990 South 8th Ave Pocatello, ID 83209	Student Health provides an entire range of medical care that includes acute/urgent care, primary care, orthopedics, and mental health care.	8:00 am to 4:45 pm Monday - Friday	https://www.isu.edu/healthcenter/
ISU Family Medicine	(208) 234-4700	465 Memorial Drive Pocatello, ID 83201	ISU's Family Medicine Residents provide specialized medical services for adults and children including: Annual Exams, Obstetrics and Prenatal Care, Newborn Care, Pediatric Care, Immunizations, Women's Health, Behavioral Health, Diabetes Management, Mole/Skin Lesion Removal, and Sport Physicals at reduced cost	Monday - Thursday 8:00 AM - 8:00 PM Friday 8:00 AM - 5:00 PM	https://www.isu.edu/clinics/family-medicine/
ISU Dental Clinic	(208)282-3282	999 Martin Luther King Jr. Way Pocatello, ID 83209	ISU's Dental Hygiene Clinic provides low-cost preventive and limited restorative dental service to the community, ISU faculty, staff, and students. Dental hygiene students perform all services under the supervision and guidance of licensed, professional dental hygienists and dentists.	Monday, Tuesday and Thursday 8:00 AM - 5:00 PM (Hours Subject to change based on current semester)	https://www.isu.edu/clinics/dental-hygiene/

Portneuf Medical Center Emergency Room	(208) 239-1800	777 Hospital Way, Pocatello, ID 83201	Emergency department for emergency care, Portneuf is a level IV Trauma center, able to handle most medical emergencies on site	Open 24/7	https://www.portneuf.org/find-a-provider/location/portneuf-medical-center-emergency-department-pocatello/?utm_source=pg-google&utm_medium=organic&utm_campaign=pg-listings
Veterans Affairs Services	(208) 232-6214	500 S 11th Ave, Pocatello, ID 83201		7 AM- 5 PM Monday - Friday	
Mental Health, Crisis, and Substance Abuse	Phone	Address	Description	Hours	Website
Bannock Youth Foundation - MK Place	(208) 234-4722		MK Place is an adolescent substance use disorder treatment program. We offer both outpatient and residential treatment services for adolescents who meet ASAM criteria.		https://www.bannockyouthfoundation.org/mk-place/
Cognitive Restructuring	(208) 242-3044	707 N 7th Ave Ste D Pocatello, ID	Services include safe and sober housing, mental health services, addiction treatment services, employee assistance programming, critical incident response, and domestic violence therapy sessions.	Monday - Thursday 8:00 am - 6:00 pm, Friday 8:00 am - 5:00 pm	https://www.cognitiverestructuring.org/

Freedom Recovery	(208) 225-6328 (available 24/7)		Addiction recovery services include detox, residential treatment, outpatient services, and sober living.	Admissions phone number available 24/7	https://www.freedomrecoveryid.com/
Moonlight Mountain Recovery and Mental Health	(208) 260-4966	5230 W Moonlight Mine Rd Pocatello, ID	Addiction recovery services including drug and alcohol rehabilitation programs, mental health treatment, detox, sober housing, and in-patient services.		https://www.moonlightmountainrecovery.com/
Portneuf Medical Center Emergency Room	(208)239-1800	777 Hospital Way Pocatello ID	24 hour emergency care for mental health or medical emergencies.	24/7	https://www.portneuf.org/services/emergency-care/
Raise the Bottom	(208) 904-2654	2785 Bannock Highway Pocatello, ID	Raise the Bottom is a trusted opioid addiction center in Pocatello. We provide outpatient treatment, personalized therapies, and Medication-Assisted Treatment with FDA approved medications such as Suboxone, Methadone, and Vivitrol	Monday - Friday 6:00 am - 12:00 pm	https://raisethebottomidaho.com/locations/pocatello-idaho-opioid-addiction-treatment-center/
South East Idaho Behavioral Crisis Center	(208) 909-5177	1001 N 7th Ave, Ste 160 Pocatello, ID	SEIBCC is an adult 24 hour crisis center designed to assess, support, and refer individuals enduring a mental health and/or substance use related crisis. Services include behavioral and	24/7	https://www.seibcc.com/

Pets and Animals	Phone	Address	Description	Hours	Website
Bannock Humane Society	(208)232-0371	850 Barton Road Pocatello, ID	Spay and neuter services, shot clinics, microchipping, and pet food for those in need.	See website for dates of services and clinics	https://www.bannockhumane.org/about-the-bannock-humane-society/bannock-humane-society-services/
Pocatello Animal Shelter	(208) 234-6156	3100 Avenue of the Chiefs, Upper Ross Park Pocatello, ID	Trap-neuter- release program for stray cats, adoption discounts for seniors and veterans.	Monday-Saturday 10:0 am -5:00 pm	https://pocatello.gov/155/Adoption