



[988 Suicide and Crisis Lifeline](#)

The 988 Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States. Support available by calling or texting 988.

[Idaho 211](#)

2-1-1 is a free referral and information helpline that connects people to a wide range of health and human services, 24 hours a day, 7 days a week.

[Idaho Department of Health and Welfare Behavioral Health Crisis Resources](#)

This page provides resources for all seven health districts.

[Health Professionals Recovery Network \(HPRP\)](#)

Formerly known as Physician Recovery Network/Program for Recovering Nurses, HPRP is available to be used any time you believe one of your clients is impaired to the point that it creates a patient safety or licensure issue, this is a crucial resource to potentially save their medical/nursing license. Typically, this is because of chemical addiction, but can also include process addictions, behavioral health conditions, functional impairment, mental health issues, and more. They provide assessment, treatment, and recovery monitoring and support of other licensees who have been through similar treatment. Optimally, medical licensees would *voluntarily* enter the confidential PRN program and if they do so and continue with the program, they can usually continue to work and keep their license intact, without the Board of Medicine or Nursing become aware of their participation. They may also be referred to the PRN by their employer or their licensing board and mandated to participate. For more information and a confidential assessment of whether your client might need to enter the program, you may call the current Idaho Board of Professional Licensing program coordinator Katie Stuart at 208-577-2489 or their contractor, [Southworth & Associates](#), at 866-460-9014 (24/7 Crisis Line)

[AMA Steps Forward Program](#)

This collection of AMA STEPS Forward® Practice Innovation Strategies offers proven approaches on how to engage health system leadership, understanding physician burnout and how to address it, and developing a culture that supports physician well-being.

[Boise Area Caduceus Group \(Alcoholics Anonymous for Healthcare Professionals\)](#)

Thursdays 7 PM. This is a closed group. Inquiries may be made through the webpage

Peer-to-Peer Programs

St. Luke's Health System

Call the Physician Well-Being Help Desk (anonymous, automated support line with several options) at (208) 381-1111 or email TVwellness@slhs.org (monitored by St. Luke's Medical Staff Office.) The St. Luke's Provider Well-Being Center of Excellence has a [public](#) and [private](#) web page with further resources.

Saint Alphonsus Health System

Email Dr. Guillermo.Guzman-Trevino for a confidential connection to the Saint Al's Peer to Peer Program.

Full Circle Health/Family Medicine Residency Program Employee Assistance Program (EAP) services are available through BPA Health. www.bpahealth.com/eap-home/ 800-726-0003

All interns are eligible for one free coaching session with [Dr. Katie Schneider](#) and up to two extra sessions with her for any of the residents may be requested.

- Boise - Dr. Sandy Mudge and Dr. Janae Krahn (Resident Wellness Contact); Dr. Molly McCormick (Faculty Wellness Contact)
 - Monthly Balint Groups are offered for interns every 4 weeks with Dr. Allison Bastian and Winslow Gerrish
- Nampa - Dr. Robbie Crouch (Resident Wellness Contact); Dr. India King, PsyD (Director of Behavioral Sciences)

[Physician Vitality Program – Idaho Medical Association](#)

The Physician Vitality Program (PVP) offers confidential, affordable, and easily accessible mental health support tailored for Idaho's physicians and APPs. PVP provides five confidential appointments each year at no cost to medically licensed members of the Idaho Medical Association, Idaho Academy of Family Physicians, and MIEC. It has a strong emphasis on maintaining the privacy of individuals seeking help. PVP was created and has been operated the Ada County Medical Society (ACMS) since 2016.

Physician Coaching

We have a [few local physicians](#) who are trained or certified in various coaching skills, be it personal development, mindfulness, weight management, or occupational growth.

[BPA Health's Student and Family Assistance Program \(SFAP\)](#)

Some school districts in Idaho have signed up this service which gives 5 free counseling sessions as well as some financial and legal resources and wellness tools to each family member of an enrolled student in one of the participating districts (currently Twin, West Ada, Ada, Kuna).

Employee Benefits including EAP resources; see you HR department.