**you matter**

Missoula City-County Mental Health & Behavioral Health Resource Guide

If you are seeking help or advice for you or a loved one struggling with mental or behavioral health, it can feel daunting to know where to turn. This Resource Guide is a tool for you to find the right care quickly, based on the type of support you need and how urgently you need to talk to someone. Each category – like Mental Health Centers – is color-coded. Purple (or \*\*\*) signifies a resource for someone with an immediate need. On the opposite end of the spectrum, green (or \*) indicates a resource for when folks are stable but curious to learn more. Finally, blue (or \*\*) illustrates that middle ground of when you might need elevated care, but it is not an emergency.

**\*\*\*Purple – emergency need \*\*Blue – somewhere in between \*Green – stable condition**

 **CRISIS TEXT LINE**

**Text “MT” to 741-741**

*National Suicide Prevention Lifeline*

**1-800-273-8255**

suicidepreventionlifeline.org

For other great resources, check out: covid19.missoula.co

**Mental Health & Behavioral Health Services**

**\*\*\*Community Medical Center**

Provides an array of behavioral health services, from emergency care for psychiatric crisis to medication management through their CPG Psychiatry clinic to outpatient individual therapy in our primary care and many specialty practices. Please call their Behavioral Health Manager for more information or visit their website, or walk in for emergency care.

406-327-4420 24/7  2827 Fort Missoula Rd

[communitymed.org](https://us-west-2.protection.sophos.com?d=cudasvc.com&u=aHR0cHM6Ly9saW5rcHJvdGVjdC5jdWRhc3ZjLmNvbS91cmw_YT1odHRwJTNhJTJmJTJmY29tbXVuaXR5bWVkLm9yZyZjPUUsMSx1Y01aNG9qTnNta3FnQWNtOXBtUGtMV1JNRmhaWTBGYzVSVGl0Y2IzblpKcE9NWkpKOWlkc0sxNGltUDFwa0VKQ082U2FDOURSTEUzc2tMRlNoYWlmSVMzUmxrMHFISGFwblVrOXFXR3V2eWhMUWRhVVQ4LCZ0eXBvPTE=&i=NWI3ZTBhMTM5MGI2MjcxNmIxNjc2OTY4&t=L2dYc1hVbzk0M0gzelBpTU5MOEE5MEpSSkdTemhFMCs3bnJLbTFBVEdsdz0=&h=7944da47b1ba47fd8c5d5aa73a9195c5)

**\*\*\*St. Patrick Hospital**

Provides emergency care for psychiatric crisis, and referrals to inpatient psychiatric care for adolescents and adults. Walk in to the Emergency Department for emergency care.

406-543-7271 24/7 500 W Broadway St

montana.providence.org/locations-directory/s/st-patrick-hospital

**\*\*\**Western Montana Mental Health Center***

Provides comprehensive treatment programs for adults or children with mental health conditions and substance abuse treatment for those who live in Montana.

406-532-8949 24/7 1315 Wyoming Street

wmmhc.org/reach-out-to-us

**\*\**Western Montana Mental Health Center’s Behavioral Urgent Care Clinic***

Provides immediate, walk-in access to mental health and substance use disorder services for people over age 18.

406-532-8994 M-F 1201 Wyoming Street

**\*\*\**Providence Urgent Mental Health Center***

Provides support and care to adolescents or adults who are struggling with life events, experiencing extreme mood swings, constantly feeling sad or hopeless, or living with a known mental illness.

406-327-3034 M-F 900 N. Orange Street

[montana.providence.org/locations-directory/u/urgent-mental-health-clinic](https://montana.providence.org/locations-directory/u/urgent-mental-health-clinic)

**\*\**Project Tomorrow Montana*** of the Missoula City-County Health Suicide Prevention Office offers suicide prevention resources.

406-258-3881 M-F

projecttomorrowmt.org

**\*\*Missoula 2-1-1** is part of a national network providing information and connecting people to resources for non-emergency needs.

211 24/7

<https://montana211.org/>

**\*\*Montana Warmline** is a recovery line for people with mental illness who want to talk to a peer about issues they are facing in their lives or with their treatment. It provides a friendly and understanding person for those who just need someone to talk to.

877-688-3377 24/7

[montanawarmline.org/](http://montanawarmline.org/)

\*\***Community Medical Center Nurse on Call**

406-327-4770 24/7

## \*Blue Mountain Clinic provides patient-centered, family practice, and primary care services – including mental health - to the local community through a choice-based perspective.

406-721-1646 M-F 610 N. California Street

[bluemountainclinic.org](http://www.bluemountainclinic.org/)

**\*Missoula Urban Indian Health Center** is committed to providing sustainable healthy lives for our Native people and the surrounding community through culturally-based, holistic care.

406-829-9515 M-F 830 W. Central Avenue

[MUIHC.org](http://www.muihc.org/)

**\*Partnership Health Center** is a federally-qualified health center where everyone can receive high-quality medical, dental, and behavioral health care. All are welcome, regardless of ability to pay.  All insurances are accepted. Telehealth options are available to both new and established patients. The PHC Pharmacy (at Main Clinic) can be accessed via curbside pickup or mail order. See website to view hours of operation for specific locations and services.

Main Clinic (Creamery) 406-258-4789 M-F 401 W. Railroad Street

Lowell School Clinic 406-258-4430 M-F 1150 Sherwood Street

Poverello Clinic 406-258-4516 M-F 1110 W. Broadway

Seeley-Swan Clinic 406-677-2277 M-F 3050 Highway 83

Superior (Mineral County) 406-822-4278 M-F 406 Brooklyn Avenue

[partnershiphealthcenter.com](https://www.partnershiphealthcenter.com/)

**\*Cedar Creek Integrated Health** creates opportunities for growth with individuals, families, and communities through mental health services, family support, arts, and education.

406-203-9949 M-F 1511 S. Russell Street

cedarcreekintegratedhealth.org

**\*Winds of Change** offers case management, substance abuse programs, anger management, and group home living.

406-541-4673 M-F 1120 Cedar Street

[wellnessmt.com](https://wellnessmt.com/)

**\*3 Rivers Mental Health Solutions** offers a wide range of mental health support services such as adult case management, medication management, outpatient therapy, representative payee services, and support with activities of daily living.

406-830-3294 M-F 715 Kensington Avenue

[3riversmhs.com](http://3riversmhs.com/)

\***We Care Behavioral Health** provides comprehensive, integrated behavioral health that is driven by and centered on their clientele and their needs. They offer youth and adult case management, therapy, payee services, community based rehab and support, and substance use treatment.

406-546-2301 M-F 2809 Great Northern Loop #300

wecarebhp.com/

#### Children’s Mental & Behavioral Health Services

If you are concerned that your child may have a serious emotional disturbance (SED), an excellent place to seek information is your child’s school counselor, school psychologist, school social worker, or family health care provider. There are many services in Missoula County. Montana’s public mental health system provides a full range of mental health services to children and adolescents with serious emotional disturbances (SED). To the extent possible, services are offered in the least restrictive, most appropriate setting, preferably in the youth’s home or home community.

Many of the services below are also available to youth who are struggling, but may not have a SED.

**Children’s Mental Health Bureau (CMHB) of the Department of Public Health & Human Services**: The CMHB is responsible for the management of Healthy MT Kids (HMK) and HMK Extended Mental Health benefits. Services include assessment, individual and group therapy, case management, therapeutic foster and family care, therapeutic group homes, partial hospitalization, residential psychiatric treatment, and acute inpatient services. Youth with SED may be eligible for Comprehensive School and Community Treatment. CMHB is funded by the State of Montana and Medicaid.

406-329-1330 M-F 2677 Palmer Street [dphhs.mt.gov/dsd/CMB](https://dphhs.mt.gov/dsd/CMB)

**\*\*\*First Step Resource Center** provides medical evaluations, forensic interviews, mental health treatment, care coordination and referrals for child and adult victims of abuse or sexual assault

406-329-5776 Available 24/7 During off hours call the St. Pat’s ED and ask them to page the First Step on-call nurse

https://montana.providence.org/services-directory/services/f/first-step-resource-center

**\*\*A.W.A.R.E.** offers a full range of services including case management, therapeutic group homes, family care, and out-patient services.

406-543-2202 M-F 2300 Regent Street, #103

[aware-inc.org/](https://aware-inc.org/)

**\*\*Missoula County Youth Crisis Diversion Project** provides services to support families with youth in crisis. The Project helps families with basic skills and home interventions to prevent further escalation of the crisis, and helps connect families to appropriate services.

406-327-3034, option 3

<http://missoulayouthcrisis.org/>

**\*\*Cedar Creek Integrated Health** offers youth case management and therapy.

406-203-9948 M-F 1511 S. Russell Street

<https://www.cedarcreekintegratedhealth.org/>

\*\* **Shodair Outpatient Services** (at Community Medical Center) offering an outpatient psychiatric clinic for children and teens. They have an inpatient clinic in Helena.

406-444-1160 M-F Community Medical Center Campus (bldg. 3)

shodair.org/

**\*\*Western Montana Mental Health Center’s Child Family Services Network** has a full range of services for children and their families, including comprehensive school and community treatment, home support, individual and family counseling, and psychiatric and medication services.

406-532-9770 M-F 1305 Wyoming Street

[wmmhc.org/](https://www.wmmhc.org/)

**\*\*Youth Dynamics** primarily serves youth with a SED diagnosis, such as Oppositional Defiant Disorder, Bipolar Disorder, Post-Traumatic Stress Disorder, Depression, or Reactive Attachment Disorder.

406-728-9672 M-F 619 SW Higgins Avenue

[youthdynamics.org/](https://www.youthdynamics.org/)

**\*\*Youth Homes** provides family support, foster care & adoption, and therapeutic group homes for youth

406-728-2662 M-F 550 N. California Street

[youthhomesmt.org/](http://youthhomesmt.org/)

**Domestic & Sexual Violence**

**\*\*\**Crime Victim Advocate Line***

The CVA program provides free and confidential resources to victims of relationship violence, sexual assault, and stalking by offering advocacy and resources in civil and criminal matters.

406-258-3830 M-F

<https://www.missoulacounty.us/government/civil-criminal-justice/crime-victim-advocate-program>

**\*\*\*First Step Resource Center** provides medical evaluations, forensic interviews, mental health treatment, care coordination and referrals for child and adult victims of abuse or sexual assault

406-329-5776 Available 24/7 During off hours call the St. Pat’s ED and ask them to page the First Step on-call nurse

https://montana.providence.org/services-directory/services/f/first-step-resource-center

**\*\*\**Missoula YWCA Crisis Line***

The YWCA opens doors to opportunity and self-sufﬁciency for women and families facing poverty, violence, and discrimination.

406-542-1944 24/7

[ywcaofmissoula.org](https://ywcaofmissoula.org/)

### \*\*\*Student Advocacy Resource Center – SARC – Hot Line

If you have experienced sexual assault, relationship violence, bullying, intimidation, or discrimination, SARC is here to help you.

406-243-6559 24/7

[umt.edu/student-advocacy-resource-center](http://www.umt.edu/student-advocacy-resource-center/)

**Substance Abuse**

**\*\*Alcoholics Anonymous** is a fellowship of men and women who have had a drinking problem. It is nonprofessional, self-supporting, multiracial, apolitical, and available almost everywhere. There are no age or education requirements. Membership is open to anyone who wants to do something about his or her drinking problem.

1-833-800-8553 24/7

Area 40 Montana | [aa-montana.org/](https://www.aa-montana.org/)

AA General Site | [aa.org/](https://aa.org/)

**\*\*Open Aid Alliance** works with the unique potential of each individual to overcome stigma as they seek greater health. They provide peer support for recovery and substance use via phone or telehealth.

406-543-4770 info@openalliance.org

Support for harm reduction and overdose prevention supplies

406-209-9805 M/W/F 1500 W. Broadway, Suite A

[openaidalliance.org/](https://www.openaidalliance.org/)

**\*Shatter Proof** is a national resource helping those dealing with substance abuse disorders

1-800-597-2557 24/7
[shatterproof.org/COVID19](https://www.shatterproof.org/COVID19)

**\*Stepping Stones Counseling** works with a wide range of emotional, behavioral, and spiritual issues related to substance use providing services in a comfortable, non-judgmental, and supportive atmosphere.

406-926-1453 M-F 202 Brooks Street

[steppingstonesmissoula.com/](https://www.steppingstonesmissoula.com/)

**Veterans**

**\*\*Missoula Vets Center**

406-721-4918 M-F 910 Brooks Street

**\*\*The Veteran Support Network of MT** has a portfolio of partners dedicated to helping veterans and their families obtain the services they need for transition, personal growth, and community belonging.

1-800-273-8255 24/7

<https://www.vsnmontana.org/healthcareandwellness>

**All-Abilities**

**\*\*Summit Independent Living** provides services to help individuals with disability remain independent, both economically and socially, and able to pursue enhanced quality of life.

1-800-398-9002 M-F 700 SW Higgins Avenue, Suite 101

[summitilc.org/services/](http://www.summitilc.org/services/)

**\*BASE Missoula:** BASE stands for home, like in hide-and-go-seek. In life, you have to establish a BASE first, and that's where we come in. BASE offers a variety of programs aimed at enriching life through the arts, as well as assisting individuals in the pursuit of education, employment, and independence.

[facebook.com/base725/](https://www.facebook.com/base725/)

**Further Resources**

**\*\*Missoula Aging Services** is an Aging and Disability Resource Center.  Services include Meals On Wheels, information and assistance for Medicare and Medicaid,  and ways to reduce social isolation and loneliness.

406-728-7682 M-F 337 Stephens Avenue

[missoulaagingservices.org/](https://missoulaagingservices.org/)

**\*\***NAMI – National Alliance on Mental Illness offers education, support, and advocacy for those affected by mental illness.

406-880-1013 M-F 202 Brooks Street

[namimissoula.org/](https://namimissoula.org/)

**\*\***“You Are Not Alone: NAMI Mental Health Resources Guide for Missoula County”
[namimissoula.files.wordpress.com/2020/04/nami-booklet.pdf](https://namimissoula.files.wordpress.com/2020/04/nami-booklet.pdf)

**\*The Center** provides space, resources, and support to the LGBTQ+ community.

406-543-2224 M-F 127 N. Higgins Avenue

<https://www.gaymontana.org/>

**\*The Learning Center at Red Willow** is offering several free online courses, including stress relief, yoga, tai chi, and more.

406-530-7175 M-F 825 W. Kent Avenue

<https://redwillowlearning.org/>

**\*Missoula Provider Support** is a community groupsupporting our frontline workers.

[missoulaprovidersupport.org/](https://www.missoulaprovidersupport.org/)

**\*Missoula Senior Center** supports the physical, intellectual, and emotional wellbeing of Missoula’s 55+ population. They are offering a drive-up meal service Monday - Friday from 11:30 – 1:00 during COVID-19.

406-543-7154 M-F 705 S. Higgins Avenue

[themissoulaseniorcenter.org/](http://www.themissoulaseniorcenter.org/)

**\*Partners in Home Health** offers home health care, hospice, and grief counseling.

406-728-8848 M-F 2673 Palmer Street

[partnersinhomecare.org/](https://www.partnersinhomecare.org/)

## \*Tamarack Grief Resource Center strengthens and honors individuals, families, & communities throughout their journey with grief.

406-541-8472 M-F 406 South 1st Street West

[TamarackGriefResourceCenter.org](http://www.tamarackgriefresourcecenter.org/)

**\*Insight Timer** and **Calm** are meditation apps that can be used on computers or smartphones.
[insighttimer.com/](https://insighttimer.com/) | [calm.com/](https://www.calm.com/)

**\*Explaining COVID to Children:** Wishing Mr. Rogers was here to help children understand COVID-19? Licensed therapist Christine Borst has an e-book in his style. Download the PDF at [christineborst.com/](https://www.christineborst.com/)