



Missoula City-County Mental Health & Behavioral Health Resource Guide

If you are seeking help or advice for you or a loved one experiencing mental or behavioral health concerns, 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

SUICIDE PREVENTION
*National Suicide Prevention
Lifeline*
1-800-273-8255
suicidepreventionlifeline.org

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

Mental Health & Behavioral Health Services

****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 24/7 900 N. Orange Street
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/

****Nurse on Call** 24/7

406-327-4770

***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

***Community Medical Center Emergency Department** is a 151-bed acute care hospital and physician group operating over 20 primary and specialty care clinics whose mission is making communities healthier.

406-728-4100 24/7 2827 Fort Missoula Road – ED entrance off South Avenue

***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

***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

***Sunburst Foundation** 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
sunburstfoundation.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

***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

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.

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

****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/

*****Missoula County Youth Crisis Diversion Project** is a roadmap for helping youth in crisis. When your child or family is in crisis, it is difficult to know what to do or who to call for help. They have a simple guide for navigating through crisis situations, and the community services that may help.

406-327-3034, option 3
<http://missoulayouthcrisis.org/>

****Sunburst Community Service Foundation** offers youth case management and adult mental health services

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

****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/

****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/

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>

****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

****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

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/

AA General Site | 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/

***Shatter Proof** is a national resource helping those dealing with substance abuse disorders
1-800-597-2557 24/7
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/

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/

***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/

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/

****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/

****“You Are Not Alone: NAMI Mental Health Resources Guide for Missoula County”**

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 group supporting our frontline workers.

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/

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

406-728-8848 M-F 2673 Palmer Street

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

***Insight Timer** and **Calm** are meditation apps that can be used on computers or smartphones.

insighttimer.com/ | 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/