

Medical Resources

- 406-995-6995 Big Sky Medical Center- Big Sky
 406-414-5000 Bozeman Health Deaconess Hospital- Bozeman
 406-898-1201 Billings Clinic- Bozeman
 406-587-0681 BridgerCare Bozeman - reproductive health care services
 406-924-5754 Community Health Partners* Belgrade
 406-585-1360 Community Health Partners* Bozeman
 406-222-1111 Community Health Partners* Livingston
 406-646-9441 Community Health Partners* W. Yellowstone
 406-585-8701 Community Health Partners Dental Practice
 406-582-3100 Gallatin City-County Health Department
 888-706-1535 Gallatin County Office of Public Assistance - call for eligibility criteria
- 888-706-1535 Healthy Montana Kids (MT CHIP) Eligibility Hotline
 406-222-3541 Livingston Healthcare
 800-362-8312 Medicaid Help Line
 800-633-4227 Medicare Information Line
 406-222-4145 Park County Health Department
 406-582-5300 VA Clinic - for Veterans

* All CHP clinics have low cost/sliding fee behavioral health services, primary & preventive health care services available to everyone regardless of ability to pay.

Housing Assistance

- 406-582-7388 Family Promise
 406-388-8225 Habitat for Humanity
 406-586-4111 HAVEN
 406-587-4486 HRDC Housing Program
 406-587-3008 Love INC
 406-586-5813 Salvation Army
 406-624-6277 Volunteers of America - Housing assistance for Veterans
 406-556-1123 Bozeman Warming Center
 406-333-2537 Livingston Warming Center - Seasonal, Emergency Night Shelter *
 * Open late fall to early spring

Food Assistance

- 406-586-2421 Bozeman Senior Center - Meals on Wheels Program
 888-706-1535 Gallatin County Public Assistance - Supplemental Nutrition Assistance Program (SNAP)
- 406-285-3559 Headwaters Area Food Bank
 406-587-4225 HRDC Fork & Spoon Homestyle Kitchen
 406-586-7600 HRDC Gallatin Valley Food Bank - Operating in Bozeman, Three Forks & Big Sky
- 406-222-5335 Livingston Food Resource Center, Livingston
 406-587-3008 Love INC
 406-222-8000 Park County Public Assistance - Supplemental Nutrition Assistance Program (SNAP)
- 406-586-5813 Salvation Army
 406-646-7311 West Yellowstone Job & Social Services Center

Legal Resources

- 866-820-5437 Child and Elder Abuse Help Line
 406-585-9984 Child and Family Services, Gallatin County
 406-222-7402 Child and Family Services, Park County
 800-245-4743 Disability Rights Montana - disabilityrightsmt.org
 406-582-2075 Gallatin County Victim Assistance Program
 406-543-8343 Gallatin Legal Assistance Clinic
 406-582-2038 HAVEN
 800-666-6899 Montana Legal Services Helpline

Financial Assistance

- 406-582-9200 Bozeman Job Services
 406-444-2545 Unemployment Insurance
 406-582-3010 Gallatin County Office of Public Assistance (for families only)
 406-454-5709 Rural Dynamics
 800-772-1213 Social Security Administration
 406-646-7311 West Yellowstone Job and Social Services Center
 406-587-4486 HRDC Energy Programs

Transportation

- 406-587-2434 HRDC Galavan
 406-587-2434 HRDC Streamline Bus Service
 406-587-3008 Love INC
 406-222-4668 Park County Angel Line
 406-388-9999 TAXI
 406-640-0244 West Yellowstone Galavan Reservations (reserve early)
 406-922-5683 Windrider, Livingston
 406-646-7311 Call Job & Social Services for a voucher to ride - Check for eligibility

Child & Family Related Resources

- 406-222-8154 Aspen, 24-Hour Domestic Violence Hotline and Emergency Shelter in Livingston
- 406-587-7786 Child Care Connections - child care referral
 406-585-1360 Community Health Partners - primary & preventive health care services
 406-587-2477 Family Outreach - assessments
 406-587-2194 Greater Gallatin United Way kidsLINK Afterschool Programs
 406-586-4111 Haven 24-Hour Domestic Violence Hotline and Emergency Shelter in Bozeman
- 406-585-8544 Hearts & Homes Family Resource Center
 406-209-5088 Kiwanis Clothes Closet - free clothing
 406-222-7641 L'Esprit - Youth and Adult Services + School and Community Treatment
 406-823-6604 LiveWell 49 - Improving Health & Wellness in Park County
 406-522-7300 Montana Independent Living Project
 406-994-4113 MSU Human Development Clinic - Low-Cost Services Adults, Children, Couples & Families
- 406-570-0738 Roots Family Collaborative - pregnancy & post-partum support
 406-582-8566 SEPTA - Special Education Parent Teacher Association, Bozeman School District
 406-587-3840 Thrive
 406-585-9402 Youth Dynamics - Children's Mental Health & Behavioral Health Care
 406-586-9444 Zoecare Pregnancy and Planning Clinic



MENTAL HEALTH & SOCIAL SERVICES RESOURCE GUIDE 2022

When you don't know what to do or where to get help...resources and assistance are available.



Thanks to the following agencies who contributed to the costs of this publication:



For information on copies please contact: 406-582-3000

Visit: gallatincomt.virtualtownhall.net/mental-health-local-advisory-council to print off a PDF

Emergency Help

Assistance for those in crisis or urgent need of help

Dial 9-8-8 to reach Montana's Suicide Prevention
and Mental Health Crisis Lifeline

and / or

Dial 406-586-3333 to reach The Help Center

Text "MT" to 741-741 for Crisis Text Line

Dial 9-1-1 If immediately life threatening.

If you call 911, ask for a Crisis Intervention Team (CIT) Officer.
CIT officers are trained to help with mental health crises.

Persons of any age can go to the Emergency Department at the nearest hospital:

406-585-1000 Bozeman Health Deaconess Hospital Emergency
406-222-3541 Livingston HealthCare
406-995-6995 Big Sky Medical Center

IF YOU ARE CONCERNED ABOUT SOMEONE, ARE THEY...

...Suicidal or Depressed?

Ask Them:

- ◆ "Have you had thoughts of killing yourself?"
 - ◆ "Are you suicidal?"
 - ◆ "How would you harm yourself?"
 - ◆ "Do you have access/ability to implement this plan?"
 - ◆ "Do you know when you would do it?"
 - ◆ Is this person in a safe place? Can you/ someone else stay with them?
- 9-8-8 Help Center

...Intoxicated with Drugs or Alcohol?

- ◆ What Substance and how much did they take?
- ◆ What behaviors is the person exhibiting?
- ◆ Is the person vomiting or seizing?
- ◆ Is the person unresponsive?

9-1-1 for Law Enforcement/ Emergency Medical Services, ask for a CIT officer.

406-585-1000 Bozeman Health Hospital Emergency Room.
406-222-3541 Livingston Health Care
406-995-6995 Big Sky Medical Center
406-586-5493 Alcohol & Drug Services of Gallatin County
406-404-7900 Community Medical Services (Belgrade)
406-222-2812 SW Chemical Dependency (Park County)

...Displaying Unusual or Unsettling Behavior?

- ◆ Is the person hearing, seeing, or anything unusual that could cause harm to self or others?
- ◆ Does the person appear to be talking to themselves in a way that is causing distress to themselves or is unsafe for others?
- ◆ Does the person appear frightened, angry, agitated or depressed? 2-1-1 Help Center

...Aggressive or Violent Behavior?

- ◆ Has the person behaved in a manner that would inflict harm?
- ◆ Has the person made any threats? What is the nature of the threats?
- ◆ Has the person consumed any alcohol or drugs?

2-1-1 for the Help Center or 9-1-1 for Law Enforcement/ Emergency Services

406-222-8154 ASPEN - Abuse Support Prevention Education Network (Livingston)

406-586-4111 HAVEN Domestic - Violence Shelter (Bozeman)

Behavioral/Mental Health Resources

406-586-5493 Alcohol and Drug Services of Gallatin County
Community Health Partners - Low-cost / sliding scale counseling & behavioral / mental health services offered to all regardless of ability to pay:
406-924-5754 Belgrade Bozeman 406-585-1360
406-222-1111 Livingston West Yellowstone 406-646-9441

406-404-7900 Community Medical Services - Medication assisted treatment for opioid use
406-586-3333 Help Center - 24 Hour Crisis Line and Suicide Outreach TEXT "MT" to 741-744 for crisis support

2-1-1 Help Center - 24 Hour Resource Referral
406-586-3333 Help Center - Local Number
406-585-1130 Hope House - Voluntary before crisis stabilization
406-587-4486 HRDC - Wrap-Around Services such as Housing, Food, Transportation & more
406-222-7641 L'esprit - Youth & Adult Services in Livingston
877-927-6642 Mental Health America of Montana montanamentalhealth.org
406-551-1058 Montana Peer Network
9-8-8 Montana Suicide Prevention and Mental Health Crisis line
877-688-3377 Montana Warm Line - Non-crisis support line - virtual drop-in center
Call or visit montanamentalhealth.org

406-994-4113 MSU Human Development Clinic - Low-cost counseling services for community members
406-994-4531 MSU Counseling & Psychological Services - Counseling Services for MSU students

406-443-7871 National Alliance on Mental Illness (NAMI)
406-585-8959 NAMI Bozeman - namimt.org
406-579-4984 Providence Mental Health Center - Mental Health Outpatient Counseling Services

406-539-1383 Recovery In Common - Certified peer support for recovery
406-586-3333 Sexual Assault Counseling Center
406-586-5813 Salvation Army
888-866-0328 State Addictive & Mental Disorders Information Line
888-444-9669 State Mental Health Ombudsman
877-726-4727 Substance Abuse & Mental Health Services Administration
406-222-2812 SW Chemical Dependency (Park County)
406-582-5300 VA Clinic - for Veterans
406-994-7069 VOICE Center - Confidential support for MSU students impacted by sexual assault or relationship violence

406-556-6500 Western Montana Mental Health - Gallatin - Out Patient Services and Pharmacy
406-570-3907 Wellness in Action - Big Sky Community Counseling
406-585-9402 Youth Dynamics, Inc. - Children's Behavioral Health Services