

Pondera County Mental Health Resources

Crisis Contact Information:

Nationwide 24 hour Crisis Line: **1.800.273.TALK (8255)** (Veterans, press #1)
Voices of Hope: **406.453.HELP** (406.453.4357) or call **911**
Teen Help (text): "teen2teen" to # **839863** (24hrs, 7 days a week)
www.veteranscrisisline.net (chat option) Text support: **8382555**
www.suicidepreventionlifeline.org (chat option)
www.postpartum.net **1.800.944.4773** (help and support, not a crisis line)
Montana Child Abuse Hotline (toll-free, 24 hours) **1.866.820.5437**

Community Support:

Adult Protective Services **406.278.9117**

Alcoholics Anonymous (Tues/Thurs 8p, Wed 6:30 pm, at St Michael's Catholic Church)

Altacare (school-based counseling services - contact your local public school)

Child & Family Services **406.278.5142**

Celebrate Recovery (Tuesdays, 6:30p, Conrad Mission Church) **406.671.9792**

Dept of Public Health & Human Services **406.271.4020**

Front Range Court Appointed Special Advocates (CASA) **406.576.7041**

Grief Share Group (Pondera Valley Lutheran Church, **406.271.3934** or Pat Lee **406.278.3958**)

Hi-Line's Help for Abused Spouses **406.278.3342** Crisis line: **1.800.219.7336**

Indian Health Services (Heart Butte) **406.338.2151**

Peace House Hospice **406.455.3040** (Grief support group starts in Spring and Fall)

Pondera Medical Center **406.271.3231**

Pondera County Health Dept **406.271.3247**

Pondera County Sheriff **406.271.4060**

Valier Clinic **406.279.3771**

Counselors and Mental Health Support Services:

Center for Mental Health **406.278.3205** www.center4mh.org
Steve Baliko, LCPC - *Pioneer Counseling & Community Support* - Conrad, MT **406.450.1685**
Fr. Vitus Borogo, Counselor in Training - *Counseling Connection* - Conrad, MT **406.450.2934**
Pam Mc Farland, LCPC - *Counseling Connections* - Valier **406-279-3538** Conrad **406.271.2834**
Larry and Roberta Powell, LCPC - *A Better Way Counseling* - Conrad, MT **406.761.3218**

Prepared and provided by: Pondera County Health Department and Mental Health Advisory Board (5/2016)