

**Sources of Mental Health Information and Assistance**

Medicaid Help Line	800-362-8312
Medicare Information Line	800-633-4227
Mental Health America of Great Falls	www.mhagf.org
Mental Health America of Montana, (www.montanamentalhealth.org)	406-587-7724
Montana Mental Health Services Helpline	888-866-0328
National Alliance for the Mentally Ill (NAMI) - National (www.nami.org) - Helena	800-950-6264 443-7871
Montana State Mental Health Ombudsman	888-444-9669
Substance Abuse & Mental Health Services Admin -SAMHSA	877-726-4727
Veteran Affairs—Fort Harrison	406-442-6410
Great Falls Vet Center	452-9048

**Sources of Medical Assistance**

Alluvion	454-6973
Benefis Health System—Great Falls	455-5000
Children's Health Insurance Plan—CHIP	800-318-2596
Cascade City-County Health Department	454-6950
Cascade County Office of Public Assistance—888-706-1535 or	454-5640
Echoz	727-1850
Great Falls Clinic	454-2171
Great Falls Clinic NW	268-1600
Great Falls VA Outpatient Clinic	771-3800
Great Falls Immediate Care Center	454-7200
Indian Family Health Clinic	268-1510
Natural Health Clinic	771-7114

**Financial Assistance**

Easter Seals/Goodwill	761-3680
Emergency Services, Opportunities, Inc.	216-2300
Great Falls Job Service	791-5800
LIEAP — Energy Assistance	833-317-1080
My Neighbor in Need	750-2542
My Student In Need	750-2542
Salvation Army	453-0391
Social Security Office	877-583-4114

**Housing/Shelter Assistance**

Family Promise	866-0288
Fair Housing Authority-Great Falls	453-4311
Habitat for Humanity	453-5972
Mercy Home (Domestic Violence Shelter)	453-1018
North Central Independent Living Services	452-9834
NeighborWorks	761-5861
Opportunities, Inc., Housing /HUD. Section 8	761-0310
Rescue Mission—Cameron Family Center	761-2145
Rescue Mission—Men's Shelter	761-0095
Rescue Mission—Women's Shelter	452-1483
Red Cross of Montana (disaster emergency services)	800-272-6668

**Legal Resources**

Montana Legal Services Helpline	800-666-6899
Disability Rights Montana, www.disabilityrightsmt.org	800-245-4743
Child Abuse Hotline	866-820-5437
Elder Abuse Hotline	800-551-3191
CASA CAN—Children's Advocate	454-6738
Cascade County Law Clinic	452-6269
Child and Family Services, Cascade County	727-7746
Child Support Enforcement Division	727-7449
Children's Receiving Home	727-4842
Crime Victims Compensation Program	800-498-6455
Dandelion Foundation	952-0717
MAFB Legal Assistance	731-2878
MAFB Domestic Abuse Victim Advocate (active/dependents)	731-4174
MAFB Family Advocacy Program (active military dependents)	731-2161
Montana Legal Services—Helena	406-442-9830
People's Law Center	761-7720
Victim-Witness Assistance Services	315-1111

**Food Assistance**

Cascade County Public Assistance, Supplement Nutrition Assistance Program (SNAP)	454-5640
Commodity Supplemental Food Program— Aging Services	454-6990
FISH—Food Donations	452-3474
Great Falls Senior Citizen Center	454-6995
Great Falls Community Food Bank	452-9029
Meals on Wheels Program	454-6993
Salvation Army	761-5660
St. Vincent de Paul Society	761-0870
TANF	888-706-1535

**Transportation**

Aging Services	454-6990
BlackedOut 406 Taxi, Limo, Party Bus Rental	781-5218
Diamond Cab Taxi, Couriers, Delivery Services	453-3241
Great Falls Transit	727-0382
Rimrock Trailways Transit Line	453-1541

**For more information on Cascade County Resources, contact Voices of Hope at 211 or 268-1337**

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### Crisis Intervention Resources

#### SITUATIONS—QUESTIONS TO ASK

##### **SUICIDAL OR DEPRESSED**

Has an attempt been made?  
Is there a specific plan?  
What is the lethality?  
How available is the proposed method?  
What is the availability of helping resources?

#### AVAILABLE RESOURCES

Voices of Hope 453-4357  
Law Enforcement/EMS 911  
Benefis Health System  
Emergency Room Benefis 455-5000  
Center for Mental Health 761-2100

##### **ALCOHOL OR DRUGS**

What did you take or use?  
How much did you consume?  
When did you last use?  
Is the person violent/suicidal?  
What behaviors is the person exhibiting?  
Is the person able to provide basic self-care?  
Is or should the person be driving?  
Are there symptoms of withdrawal?

Gateway Comm Services 727-2512  
Benefis Health System  
Behavioral Health 455-2368  
Law Enforcement/EMS 911  
Benefis Health System  
Emergency Room 455-5000  
Blue Thunder Lodge (Native Male Substance Abuse) 727-2512

##### **CONFUSED, DISORIENTED OR DISABLED**

Do you feel ill?  
Are you diabetic?  
Do you have seizures?  
Are you taking any medications?  
Do you have a physician?  
What day is it? What time is it?  
Do you know your name? Where you are?  
Do you have a place to live?

Emergency Medical Services 911  
Voices of Hope 453-4357  
Benefis Health System  
Emergency Room 455-5000  
North Central Independent Living 452-9834

##### **BIZARRE OR PSYCHOTIC BEHAVIOR**

Are you hearing voices?  
Have you been hearing, seeing, or smelling anything unusual?  
Have you consumed any alcohol or drugs?  
Do you have seizures? Are you taking any medications?  
Does the person appear frightened, angry, agitated or depressed?  
Does the person appear to be talking to themselves or no one?  
Is the person having hallucinations?

Law Enforcement 911  
Voices of Hope 453-4357  
Benefis Health System 455-5000

##### **VIOLENT BEHAVIOR/DOMESTIC VIOLENCE**

Is there a specific plan to hurt someone?  
Is there access to weapons?  
Have you consumed alcohol and/or drugs recently?  
Is the person acting bizarre or psychotic?  
What is the nature of the threat?  
Who is being threatened?  
Has actual violence taken place?  
Are you? Are you alone?

Law Enforcement/EMS 911  
YWCA Shelter 453-1315

## When you don't know what to do... Guidelines for Family Members and Persons Dealing With Mental Health Issues

### Emergency Help

If you or a relative are not currently under the care of a local mental health professional, but you are having a mental health crisis:

- \* Insist that a mental health professional, such as a mental health counselor, psychologist, psychiatrist or a psychiatric nurse practitioner, meet with you **NOW!**
- \* Call Voices of Hope 24-hour Crisis Line at **453-4357 or 800-273-8255**

If you or a relative is currently under professional care, but the treatment is not effective:

- \* Insist that your mental health professional meet with you and listen to you to re-evaluate your treatment program.

### Cascade County Mental Health Resources

**Voices of Hope**—24/7 Crisis Line 453-4357  
Information and Referral for Basic Human Needs 211  
**Montana Warm Line:** M-F 4pm-8:00 pm Sat-Sun-2pm-6pm 877-688-3377  
Non-crisis support line ([www.montanamentalhealth.org](http://www.montanamentalhealth.org))  
**Montana Suicide Prevention Lifeline - 24/7** 800-273-8255  
**Montana Crisis Text Line—24/7** mt 741 741  
**Alliance for Youth** 952-0018  
**Alluvion**—Integrated Health Care 454-6973  
**AWARE, Inc.**—Emotional and Develop. Disabilities 563-8117  
**Benefis Health System**—Addiction, Medicine & Psychiatric services  
Evaluation/Inpatient/Outpatient Services 455-2367  
**Center for Mental Health**—Integrated Behavioral Health 761-2100  
**Children's Bereavement Services** 455-3040  
**Eating Disorder Task Force** 727-7831  
**Family Connections** 761-6010  
**Gateway Community Services** — Substance Abuse 727-2512  
**Great Falls Public Schools**  
students 268-6770  
**Human Trafficking Hotline** 888-373-7888 Text 233733  
**Indian Family Health Clinic** 268-1510  
**LGBTQ Center** 290-7338 or 453-0589  
**MAFB Mental Health Clinic**—active military only 731-4633  
**Mountain Peaks**—Child & Family Counseling 453-6784  
**New Directions** —Day Treatment, MH Residential Care 761-2104  
**Rocky Mountain Treatment Center** 727-8832  
**Youth Dynamics**—Outpatient Therapy & Children  
Case Management 453-5592  
**YWCA** — Sexual and Domestic Violence Crisis Counseling 452-1315

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