

TRANSPORTATION



Capital Taxi	helenatransportation.com	406-449-5525
Capital Transit	ridethecapitalt.org	406-447-8080
Eagle Ambulance Services (emergency and non-emergency ambulance transfers)		406-441-9111
Helena Transportation	helenatransportation.com	406-449-5525
Medicaid Transportation		406-443-6100
Veterans Transportation		406-447-7760

Child and Family Related Resources



AWARE Inc.	aware-inc.org	406-449-3120
Best Beginnings Childcare Scholarships	Bestbeginnings.mt.gov	
Big Brother's Big Sister's		406-442-7479
Child & Family Ombudsman		1-844-257-4453
Childcare Partnerships	childcarepartnerships.org	406-443-4608
Children's Special Health Services	dphhs.mt.gov/publichealth/csh	1-800-762-9891
Healthy Families: Pregnancy and Parenting Support		406-457-8912
Healthy Mothers Healthy Babies		406-449-8611
Intermountain Community Services	intermountain.com	406-442-7920
Office of Public Instruction	opi.mt.gov	406-444-3095
Parenting Montana	parentingmontana.org	
Shodair Children's Hospital	shodair.org	406-444-7500
Youth Dynamics		406-458-7022
Youth Homes		406-449-3038
Youth Connections		406-324-1032

For in school behavioral health services, please contact your child's school to be connected with the organization who is providing services in your child's school

LEGAL RESOURCES



Disability Rights Montana	disabilityrightsmt.org	406-449-2344
Family Treatment Court		406-457-8809
Justia	Justia.com	
Legal Services Developer Program (Office of Aging 60+)	dphhs.mt.gov/sltc	1-800-332-2272
Montana Law Help (online resource)	Montanalawhelp.org	
Montana Legal Services		406-442-9830
		800-666-6899 Helpline
	mtlsa.org Online resource montanalawhelp.org	
Peoples' Law Center	peopleslawcenter.org	Hotline 800-406-5567
State Law Library of Montana	courts.mt.gov/library	406-444-3660
		800-710-9827
State Law Library Self Help Law Center		406-444-9300

Emergency Help

*** For a life threatening Emergency, immediately dial 911**

Assistance for those in crisis
Or urgent need of help

* 24 Hour Crisis Response

Call Voices of Hope 24-hour crisis line:

Dial 2-1-1 or 406-268-1337

And/or

Text "MT" to 741-741 for crisis support

Journey Home

406-603-4010

24 Hour non emergency

St. Peter's Hospital Emergency Room

non-emergency contact:

406-444-2202

Lewis and Clark County Sheriff's Office

non-emergency contact:

406-447-8235

If you call 911 for assistance with a Behavioral or Mental Health Crisis, ask for a Crisis intervention Team (CIT) Officer. CIT Officers are trained to help with de-escalation, and stress-reduction.

Lewis and Clark County

Carrying **HOPE** Together

LEWIS AND CLARK COUNTY



MENTAL HEALTH
~ Local Advisory Council ~

MENTAL HEALTH & SOCIAL SERVICES RESOURCE GUIDE 2020

When you don't know what to do or where to get help....

Our Community Cares

Resources and assistance are available.



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



Crisis Intervention QUESTIONS TO ASK

Thoughts or acts of Self Harm or Depression?

- Directly ask the following questions:
 - “Are you suicidal?”
 - “Do you have a specific plan?”
 - “Do you have access/ability to implement this plan?”
 - Assess if the person is in a safe place. Do not leave them alone.

2-1-1 or 406-268-1337	Voices of Hope
1-800-273-TALK (8255)	National Suicide Prevention Lifeline
1-844-395-1271	Veterans Crisis Line
911 - ask for CIT officer	Law Enforcement/EMS
406-603-4010	Journey Home

Alcohol or Drugs?

- What behavior is the person exhibiting?
- What did they take or use?
- How much did they consume?
- Is the person aggressive/or having thoughts of suicide?
- Is the person vomiting or seizing?

911 - ask for CIT officer	Law Enforcement/EMS
2-1-1 or 406-268-1337	Voices of Hope
406-443-2343	Boyd Andrew
406-449-5796	Leo Pocha Clinic
406-422-4828	Instar Community Services
888-607-2000	Alcoholics Anonymous
818-773-9999	Narcotics Anonymous

Unusual, 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 threat?
- Has the person consumed any alcohol or drugs?
- Is the person taking any medication?
- Is the person hearing, seeing, or smelling anything unusual?
- Does the person appear to be talking to themselves or to no one?
- Does the person appear frightened angry, agitated, or depressed?

911 - ask for CIT officer	Law Enforcement/EMS
2-1-1 or 406-268-1337	Voices of Hope
406-442-6800	Friendship Center (Domestic Violence)
406-603-4010	Journey Home

LGBTQ

1-800-273-TALK (8255)	National Suicide Prevention Lifeline
Text TALK to 741741	
1-866-488-7386	The Trevor Project Trevor Lifeline Trans Lifeline
1-877-565-8860	Trans Lifeline
1-888-234-SAGE (7243)	SAGE LGBT Elder Hotline
1-888-843-4564	The LGBT National Hotline (for all ages)



Mental Health Resource Guide

Call 211 for help with Crisis & Resources

MENTAL/BEHAVIORAL HEALTH RESOURCES



AWARE Inc.	aware-inc.org	406-449-3120
Awareness Network	awarenessnetwork.org	
Boyd Andrew Community Services	boydandrew.com	406-443-2343
Center for Mental Health	center4mh.org	406-443-7151
Helena Indian Alliance	helenaindianalliance.com	406-442-9244
Instar Community Services	instarhelena.com	406-422-4828
Leo Pocha Health Clinic		406-449-5796
M.I.L.P. Montana Independent Living Project		406-442-5755
Mental Health America of Montana	montanamentalth.org	406-587-7774
Montana Peer Network	mtpeernetwork.org	406-551-1058
Montana Warm Line (NAMI) National Alliance for the Mentally Ill	namimt.org	877-688-3377
Our Place Drop-In Center		406-443-7871
PureView Health Center	pureviewhealthcenter.org	406-442-1374
St. Peter's Behavioral Health		406-457-0000
State Mental Health Ombudsman		406-495-6560
VA Medical Center – Fort Harrison		888-444-9669
		406-442-6410

MEDICAL ASSISTANCE



Big Sky Rx	bigskyrx.mt.gov	1-866-369-1233
Health Care for the Homeless		406-449-5682
Lewis & Clark Public Health		406-457-8900
Office of Public Assistance	111 N. Sanders – Walk-in	406-444-5622
PureView Health Center	pureviewhealthcenter.org	406-457-0000
St. Peter's Health		406-442-2480
St. Peter's North Clinic		406-457-4180
St. Peter's Urgent Care		406-447-2488
VA Hospital		406-442-6410

HOUSING ASSISTANCE



Broadwater Circle		406-442-2429
Family Promise of Greater Helena	familypromisehelena.org	406-465-9467
Florence Crittenton Home		406-442-6950
God's Love Homeless Shelter		406-442-7000
Good Samaritan Ministries	goodsamhelen.org	406-442-0708
Habitat for Humanity		406-449-4663
Helena Housing Authority	hhamt.org	406-442-7970
M.I.L.P. Montana Independent Living Project		406-442-5755
Queen City Apartments		1-800-466-7722
Rocky Mountain Development Council		406-442-1236
Salvation Army		406-442-8244
Silver Creek Men's Transitional Housing - Helena Branch		208-867-9082
The Friendship Center	thefriendshipcenter.org/	406-442-6800
Willis Cruse House (Veteran)	mtvf.org/williscruse/	406-449-7666
YWCA	ywcahelena.org	406-442-8774

FOOD ASSISTANCE



Augusta Food Bank/ Senior Center - 134 Main St, Augusta, MT 59410		406-562-3623
Boulder/Basin - 201 South Main St, Boulder, MT 59632		406-225-3656
East Helena- 2 East Pacific Street, East Helena, MT 59635		406-447-1680
Food Commodities/ Seniors	rmdc.net	406-447-1680
God's Love Inc.		406-442-7000
Good Samaritan Ministries	goodsamministries.com	406-442-0708
Helena - 200 South Cruse, Helena, MT 59601		406-447-1680
Helena Food Share	helenafoodshare.org	406-443-3663
Helena Food Share/ East Helena Pantry	helenafoodshare.org	406-443-3663
Lincoln Food Bank 801 Main Street, Lincoln, MT 59639		406-362-4504
Office of Public Assistance (SNAP)/TANF	dphhs.mt.gov/	406-444-5622
Rocky Mountain Development Council Senior locations	www.rmdc.net	
(Senior Centers/Food Commodities for Seniors)		
Salvation Army	helena.salvationarmy.org	406-442-8244
WIC		406-457-8912
lccountymt.gov/health/wic-nutrition-program.html or dphhs.mt.gov/wic		

FINANCIAL ASSISTANCE



Energy Share	energysharemt.com	406-442-4900
Good Samaritan	goodsamhelena.org/	406-442-0780
Keep my Montana Home		406-444-2556
LIEAP Low Income Energy Assistance Program	rmdc.net	406-447-1625
Montana Property Tax Assistance Program	revenue.mt.gov	406-444-6900
Rocky Mountain Development Council	rmdc.net	406-447-1625
Salvation Army	salvationarmy.org	406-442-8244
SSI/SSDI		866-563-9496
USDA Rural Development	rd.usda.gov/mt	406-449-5000