

COMMUNITY RESOURCES

Crisis Hotlines

First Call for Help (406) 549-5555 or 211
24-hour Help Line - With Complete
Listing of Community Resources

Homeless Outreach Team (HOT) Line
(406) 493-7955 (at Poverello Center)

Suicide/Crisis Hotline - 988
Text "MT" to 741741

Western Montana Mental Health Center
Emergency 24-hour line with mental health
Professional, (888) 820-0083 or (406) 532-9700

YWCA Domestic Violence 24-Hour Crisis Line
542-1944 or (800) 483-7858

National Domestic Violence Hotline
Text "START" to 88788
1(800) 799-SAFE (7233)
TTY: 1(800) 787-3224
Hotline.org to chat with live support

Child Abuse Hotline (866) 820-5437

MT Adult Protective Services Hotline 1-(844) 277-9300

Missoula Police/Sheriff's Department: 911
24-hour non-emergency: 552-6300 or 258-4810

Clinton Resources

Clinton School
20397 E Mullan Rd. (406)825-3113

Clinton Community Bible Church
9635 Clown Lane, (406)273-8366
Food bank and grocery assistance

Blue Horse Gym
20331 E Mullan Road
Open 24 hours

The Church of Jesus-Christ of Latter-day Saints
20000 US Hwy 10 E (406)825-3200

St. Ann's Catholic Church
9015 MT-200 Missoula, MT (406)258-6815

Meals & Food Pantries

Missoula Food Bank & Community Center
1720 Wyoming St., (406) 549-0543
Pantry Hours: Mon-Tue-Thurs. 10:00 am – 7:00 pm,
Wed & Fri 10:00 am – 1:00 pm

Lolo Pantry: Lolo Community Center
1st and 3rd Wednesday of the month, 4:00 pm – 6:00 pm

Potomac Pantry: Potomac Greenough Community Center
2nd to last Thurs. of the month, 3:00 pm – 5:00 pm

Poverello Center - 1110 W. Broadway, (406) 728-1809
Breakfast Daily 6:00 am - 7:30 am
Lunch Daily 11:30 am - 1:45 pm
Dinner Daily 5:30 pm - 6:30 pm
Food Pantry M-W-F 5:30 pm - 7:00 pm
24 hours sack lunches available
Day Services Daily 6:00 am – 8:00 pm

REVIVE Church - 2811 Latimer St
(406) 721-7804; Sat. 10:00 am – 12:00 pm

Christian Life Center - 3801 Russell, (406) 542-0353
2nd and 4th Mon of every month 4:30 pm - 6:00 pm
Around the very back of the church

HIS Food Pantry (Foursquare Church)
1001 Cleveland, call Pastor Matt at (253) 677-1855
Last Thurs of the month 5:00 pm – 7:00 pm

UM Food Pantry (406) 243-5125
Room 119, University Center
Tuesdays 12 pm to 5 pm; Fridays 10 am to 5 pm
Summer: Mondays & Thursdays 10 am to 4 pm

River of Life Food Bank
4007 Hwy 200 E. Missoula, (844)447-6568 or (406) 214-3803
Sat., 1:00 pm – 3:00 pm; 3rd Wed., 5:30 pm - 6:30 pm

Feed the Need Food Truck; free kid lunches in Jun, Jul & Aug
766 Michigan Ave, East Missoula, M-F, 11:00 am – 12:00 pm
Bonner Hellgate Lion Park, Bonner, M-F, 12:15 pm – 1:15 pm

Limitless Ministries
1601 S 6th St W, (406) 926-2164
Sunday, 9:00 am to 12:00 pm

Monthly Assistance

Office of Public Assistance/ SNAP
2677 Palmer Suite 100, (888) 706-1535
Supplemental Nutrition Assistance Program (SNAP) (formerly
Food Stamps) provides monthly assistance for food. Apply
online at apply.mt.gov.

Healthy Montana Kids Plan (CHIP)
(855) 258-3489, free or low-cost health coverage
for children and teenagers up to age 19.

WIC (Women, Infants, and Children)
301 W. Alder, (406) 258-4740; M-F, 8 a.m.-5 p.m.
Nutrition and supplemental food program. Also provides
breastfeeding support and formula as needed. Available to
pregnant women and children under 5.

Employment & Rental Assistance

Missoula Job Service - 539 S. 3rd St. W., (406) 728-7060
Job placement, training, and employment counseling.

Missoula Housing Authority - 1235 34th St., (406) 549-4113
Orientation (Tues at 5:15 pm or Wed at 12 pm) offers more
info on affordable housing and/or sign up for public housing
and rental assistance, and coordinated housing.

COMMUNITY RESOURCES

Human Resource Council - 1801 S. Higgins

(406) 728-3710. LIEAP (energy/heat assistance), Section 8 and rental assistance, employment and training opportunities.

Missoula Works – 2205 34th St – (406) 926-3400

Supportive employment for people wanting to get back in the workforce. M – F: 9 am – 5pm

Opportunity Resources - 2821 S. Russell St. (406)721-2930

Providing people with disabilities opportunities to engage in meaningful employment, artistic and creative projects, stable housing, and community involvement. M-F 8am-5pm

Legal Assistance

Montana Legal Services - 211 N. Higgins Ste. 401.

Help Line M-F 7:30 a.m.-6 p.m. at 543-8343. Free legal assistance and advice.

Crime Victim Advocates - 317 Woody St.

258-3830. Helps with temporary order of protection, advocacy for crime victims.

Missoula Self-help Law Center

Missoula County Courthouse, 200 W. Broadway, Rm 271. 258-3428. M-TH 8:30 am to 4:30 pm. Directs individuals to legal information and proper forms.

Clothing

Clothing Free For All Center (Bethel Church)

1601 S. 6th St. W., 721-2780. Free clothing (enter from the parking lot). Call to learn more.

Salvation Army – 355 S Russell, 549-0710

Clothing vouchers (limited number avail/month), shower/laundry facilities, some transportation services.

ALSO: Teen drop-in service

River of Hope Free Clothing

4007 HWY 200, E. Missoula, 844-447-6568, Available by appointment or 3rd & 4th Saturday, 1 – 3 pm and Wednesdays 1 – 3 pm. Please call about an application and appointment.

Emergency Shelter for Individuals

Poverello Center - 1110 W. Broadway, (406) 728-1809

Emergency housing for homeless adults. Supportive services 6am–8pm; Nightly check-in 8:45 pm Showers and laundry are also available.

YWCA of Missoula – 1800 S 3rd St W, (406) 543-6691

Offers shelter, support groups, and 24-hour hotline for survivors of domestic and sexual violence (406-542-1944). Walk-in services M-F, 9 am–12 pm to meet with case manager

Emergency Shelter for Families

Rapid Rehousing and Transitional Housing

through YWCA (406-543-6691); offers rent and deposit assistance and support services for homeless families or survivors of domestic violence.

Gateway Program & Emergency Housing

Gateway Assessment Center at YWCA, 1800 S 3rd St W, (406) 543-6691, Offers emergency housing, referrals, and supportive services for homeless families & veterans.

Health Care

Partnership Health Center - 401 Railroad St.

Primary medical care and dental. Sliding fee scale for those with Medicare, Medicaid, CHIP, and no health insurance. **Also clothing for clients in need.** Medical: (406-258-4789)

Medical Clinic: M,W,Th,F 8:00am-6:00pm;Tu 9am-6pm

Dental Clinic: M,W,Th,F 7:15am-5pm;Tu 9am-5pm Walk-in for emergencies. Dental: (406-258-4185)

Nurse on Call (Community Medical) 327-4770.

Free hotline to speak to a registered nurse to determine if symptoms require immediate or emergency care.

Poverello, Partnership Health Center

1110 W. Broadway, (406) 728-1809.

Free healthcare for those who are homeless.

Mon-Thursday, 9 a.m.-6 p.m.

All Nations Health Center

830 W. Central, 829-9515; screening and support for diabetes, women's health, chemical dependency counseling, & HIV testing. 24-hour crisis line 240-3955.

Western Montana Mental Health Center

Adult Mental Health Services - 1315 Wyoming St.

(406) 532-9700. Case management and day treatment for adults with mental illness.

Turning Point - 1325 Wyoming St., (406) 532-9800.

Alcohol and substance abuse treatment.

Children's Case Management - 1305 Wyoming St.

(406) 532-9770. Mental health services for children.

Veteran's Affairs Outpatient Clinic

2687 Palmer Street, Suite C.; (406) 493-3700.

Health care services for military veterans.

Veterans' Center - 910 Brooks St., (406) 721-4918.

Counseling/support for military veterans.

SHIP Counselor through Missoula Aging Services

(800) 551-3191 specialists trained in Medicare eligibility, benefits and options including health insurance counseling.

Resources for Families

Parenting Place - 1644 S. 8th W, (406) 728-5437

Parenting programs and support, 9 a.m.-5 p.m.

Mon-Thurs., free respite care for children 0-10.

Community Resource Guide

Child Care Resources - 500 No. Higgins, #202

728-6446 Referrals & financial assistance for childcare.

Planned Parenthood - 219 E. Main St., 728-5490

Female and male annual exams, pregnancy & STD testing, birth control info/supplies on sliding fee scale.

Early Head Start - 2121 39th St., (406) 251-9410 ext. 323

Parenting and child care support from birth to three years old. Call for more information.

Boys and Girls Club - 1515 Fairview Ave, 542-3116

The Boys & Girls Club of Missoula County offers low cost educational out-of-school-time activities for elementary and middle school aged kids.

Flagship Program - 532-9825

Free after school opportunity for students in grades k-12. It is open to all students at Franklin, Hawthorne and Russell, CS Porter, Meadow Hill, Washington, Hellgate, and Willard.

YMCA – 3000 S Russell ST., 721-9622

The program offers after-school care as well as summer camps with financial assistance available

Union Gospel Mission – 549-HOPE (4673)

Union Gospel Mission provides services of all kinds to families and individuals; fuel, repairs to vehicles and homes, short-term cash assistance, etc.

Families First Learning Lab – (406) 721-7690

455 E Main St. 2nd Floor of Missoula Public Library. Free programming & consultations to strengthen family bonds through education, connection, play & partnership.

Seniors & People with Disabilities

Missoula Aging Services - 337 Stephens Ave.

(406) 728-7682; M-F 8 am – 5 pm Meals on Wheels, Senior Help Line; info about housing, transportation, health care, and legal issues. Also, farmer's market vouchers, meal vouchers, and meals for homebound elderly and disabled.

ROOTS Program through Missoula Food Bank

Provides food to low-income, homebound seniors (60+). For more info, call Senior Nutrition Coordinator, Jess Harrell at 406-549-0543 ext. 216; jharrell@missoulafoodbank.org

Social Security Office - 3701 American Way

(800) 772-1213 (national).

Summit Independent Living, (406) 728-1630.

700 SW Higgins Ave, #101. Support, such as peer advocacy, skills training, and benefit assistance, for people with disabilities.

Missoula Senior Citizen Center, 705 S Higgins.

(406) 543-7154. Mon. – Fri. 9 am to 4 pm. Provides services that support the physical, intellectual and emotional health and well-being of Missoula's senior population.