

Montana

988 Suicide & Crisis Lifeline — Call or text 988
Montana Crisis Line
Call or text 988 or 800-273-8255
24/7 emotional support and crisis intervention
211 Montana — Dial 211



Mental Health Services & Counseling

Statewide Access

Montana Department of Public Health and Human Services Behavioral Health and Developmental Disabilities Division

Provides:

- Mental health treatment
- Crisis services Substance-use programs
- Community-based care

Best starting point for low-cost or Medicaid-supported services

Community Mental Health Centers

Montana's regional providers offer:

- Therapy & counseling
- Psychiatric services
- Crisis stabilization
- Case management

Major Providers by Region

Billings Area

- Rimrock Foundation
- Mental health and substance-use treatment programs

Missoula Area

- Western Montana Mental Health Center
Counseling, crisis care, and psychiatric services

Statewide / Multiple Locations

- AWARE Inc
Community mental health and support services
- Center for Mental Health
Therapy, case management, and crisis services

Addiction Recovery & Rehabilitation Programs

Statewide Treatment Access

- Montana Substance Use Disorder Services
Offers:
 - Detox programs
 - Residential rehab
 - Outpatient treatment
 - Medication-assisted treatment

Key Recovery Providers

- Gateway Community Services Montana
Substance-use treatment and recovery support
- Ideal Option
Medication-assisted treatment programs
- Rocky Mountain Treatment Center
Residential addiction treatment

Shelters & Housing Assistance

Emergency Shelters

- Union Gospel Mission Montana
Emergency shelter, meals, and support
- Poverello Center
Shelter, meals, and housing support

Housing & Support Programs

- Montana Housing
Rental assistance and housing programs
- Human Resource Development Council
Housing assistance and community support

Women, Youth & Domestic Violence Support

- Montana Coalition Against Domestic and Sexual Violence
Shelter connections and advocacy
- YWCA Billings
Shelter, advocacy, and support programs
- Covenant House
Services for homeless youth

How to Get Help in Montana

- Call Montana Crisis Line (fastest support)
- Dial 211 for local resources
- Contact regional mental health providers
- Use Montana Medicaid for free/low-cost care