



Mental Health and Substance Abuse Resource Guide

If you are seeking help or advice for you or a loved one experiencing mental health or substance use concerns, it can feel daunting to know where to turn, especially during a pandemic. This guide is a tool to find the right care quickly. Purple signifies a resource for someone with an immediate need. On the opposite end of the spectrum, green is a resource for folks that are stable but curious to learn more. Finally, blue is for that middle ground when you might need elevated care, but it is not an emergency. Go to covid19.missoula.co for more resources and information.

Purple – emergency need

Blue – somewhere in between

Green – stable

Emergency and Crisis Services

911 If you or someone else is in a life threatening or emergency situation – call **911!**

National Suicide Prevention Lifeline
1-800-273-8255
suicidepreventionlifeline.org

Providence Urgent Mental Health Center
406-327-3034 24/7 900 N. Orange St.
montana.providence.org/locations-directory/u/urgent-mental-health-clinic

Crisis Text Line: Text “MT” to 741-741
A free, 24/7 text line for people in crisis.

Western Montana Mental Health Center’s Behavioral Urgent Care Clinic
406-532-8994 (24/7)
Walk-in M-F 1201 Wyoming Street

Missoula County Youth Crisis Diversion Project

A simple guide to help families get through a mental health or behavioral crisis.
missoulayouthcrisis.org
406-327-3034, option 3

Adult Protective Services should be called if someone age 60 years or older, or someone 18 or older (with a physical, mental, or intellectual disability) are being abused, sexual abused, neglected, or exploited.
1-844-277-9300 M- F 8:00 am - 5:00 pm

Child Abuse Hotline To report a possible case of child abuse or neglect, call toll-free 866-820-5437 (24 hours)

Missoula YWCA Crisis Hotline
A 24-hour hotline for survivors of domestic and sexual violence.
(406) 542-1944 or (800) 483-7858

Mental Health Services

3 Rivers Mental Health Solutions Provides adult case management, medication management, and outpatient therapy.
406-830-3294 M-F 715 Kensington Ave
3riversmhs.com

All Nations Health Center (previously Missoula Urban Indian Health Center) provides culturally relevant individual, family, and group behavioral health services.
406-304-2431 M-F 830 W. Central Avenue
allnations.health

Cedar Creek Integrated Health (previously Sunburst Foundation) provides licensed outpatient mental health services for children, adults, and families with mental health needs.
406-203-9948 M-F 1635 S. Russell St
sunburstfoundation.org

Montana Warmline is a recovery line for people with mental illness who want to talk to a peer about issues they are facing in their lives or with their treatment. It provides a friendly and understanding person for those who just need someone to talk to.
877-688-3377 24/7 montanawarmline.org

NAMI – National Alliance on Mental Illness offers education, support, and advocacy for those affected by mental illness.
406-880-1013 namimissoula.org

Partnership Health Center provides a variety of mental health services, such as individual counseling, group therapy, and health behavior consultation. See website to view hours of operation for specific locations and services:
partnershiphealthcenter.com.

Psychology Today Directory: Need a therapist, but don't know where to find one? Find the right therapist, psychiatrist, treatment center, and support group for you on this directory:
psychologytoday.com/us/therapists/montana

Tamarack Grief Resource Center strengthens and honors individuals, families, & communities throughout their journey with grief.
406-541-8472 M-F 406 South 1st Street West
TamarackGriefResourceCenter.org

Western Montana Mental Health Center Provides comprehensive treatment programs for adults or children with mental health conditions and substance abuse treatment for those who live in Montana. 406-532-8949
24/7 1315 Wyoming Street
wmmhc.org/reach-out-to-us

Winds of Change offers case management, substance abuse programs, anger management, and group home living.
406-541-4673 M-F 1120 Cedar Street
wellnessmt.com

Substance Use Disorder

Alcoholics Anonymous is a fellowship of men and women who have had a drinking problem.

1-833-800-8553 24/7

Area 40 Montana | aa-montana.org

Online meetings during COVID |

<https://www.aa-montana.org/covid19.php>

Cedar Creek Integrated Health (previously Sunburst Foundation) provides substance use disorder assessments and intensive outpatient therapy including group & individual sessions. 406-203-9948 M-F 1635 S. Russell St cedarcreekintegratedhealth.org

Community Medical Services does outpatient medication-assisted treatment and private one-on-one and group counseling to those seeking help with their substance use disorders.

406-549-0114 2415 S. Catlin

communitymedicalservices.org

Ideal Option Missoula provides treatment with medications for addiction to opioids and other substances.

877-522-1275 M-Th

www.idealoption.com/clinics/missoula

Narcotics Anonymous is a fellowship of men and women for whom drugs had become a major problem and meet regularly to help each other stay clean. Offering daily meetings online via video.

1-800-990-6262

<https://www.namontana.com/>

Montana Al-Anon and Alateen are fellowships of relatives and friends of alcoholics who share their experience, strength, and hope in order to solve their common problems.

1-888-4AL-ANON (National)

Al-anon-montana.org

Open Aid Alliance provides peer support for recovery and substance use via phone or telehealth. They have a syringe exchange program and overdose prevention supplies.

406-543-4770 info@openalliance.org

M/W/F 1500 W. Broadway, Suite A
openaidalliance.org

Partnership Health Center provides comprehensive medication assisted treatment (MAT) services for the treatment of alcohol, prescription pain medication, and other opioid misuse disorders. 406-258-4337 partnershiphealthcenter.com.

Stepping Stones Counseling provides services to address substance use disorders and gambling disorders for individuals, couples, and families.

406-926-1453 M-F 202 Brooks Street

steppingstonesmissoula.com

Recover Together is an online resource developed by Google to support those in recovery. They have a list of local and national support groups and resources as well as inspirational content. recoverttogether.withgoogle.com

Teen Challenge offers faith-based residential recovery for addiction and drug dependency issues to women over the age of 18.

406 -543-1912

<https://teenchallengeusa.org/centers/tcmt101/>

Western Montana Mental Health Center

Offers a broad continuum of care from community-based services from outpatient services to inpatient addiction recovery services for children and adults.

406-532-8949 24/7 1315 Wyoming St

wmmhc.org/reach-out-to-us

Mental Health & Substance Use Services for Youth

A.W.A.R.E. offers a full range of services including case management, therapeutic group homes, family care, and out-patient services.
406-543-2202 2300 Regent Street, #103
aware-inc.org

Cedar Creek Integrated Health (previously Sunburst Foundation) offers case management, mental health and substance use disorder services for youth and families.
406-203-9948 M-F 1635 S. Russell St
sunburstfoundation.org

Clinical Psychology Center, University of Montana provides low-cost mental health services to children, adolescents and families for a range of concerns.
406-243-2367 M- F 1444 Mansfield Ave.
hs.umt.edu/cpc

Dan Fox Family Care Program,
Provides child and family outpatient counseling, seeing children and young people, from toddler up to age 21, and their families.
406-541-1667 515 S. Reserve Street
youthhomesmt.org

Partnership for Children offers child and family therapy for those emerging from a variety of hardships, including domestic violence, divorce, and loss.
406-543-5531 2825 Stockyard Rd. A-11
pfcmt.org

Project Success (part of Western Montana Mental Health Center) provides licensed addiction counseling services to high school students at Big Sky, Sentinel, Hellgate, Willard, and Frenchtown High Schools. To find out more, reach out to your child's high school (find contact details on mcpsmt.org/domain/463).

Providence St. Patrick Hospital's Adolescent Partial Hospitalization program provides outpatient services offering a safe environment for assessment and treatment of mental health issues for 12-18 year-olds having behavioral or emotional difficulties.
406-327-3011 900 N. Orange St
montana.providence.org

Shodair Children's Hospital (at Community Medical Center) offering an outpatient psychiatric clinic for children and teens. They have an inpatient clinic in Helena.
406-444-1160 Community Medical Center Campus (bldg. 3)
shodair.org

Western Montana Mental Health Center's Child Family Services Network has a full range of services for children and their families, including comprehensive school and community treatment (CSCT), home support, individual and family counseling, and psychiatric and medication services.
406-532-9770 M-F 1305 Wyoming Street
wmmhc.org

Youth Dynamics offers children's case management, outpatient therapy, as well as substance abuse treatment.
406-728-9672 M-F 619 SW Higgins Avenue
youthdynamics.org