

## Mental Health Resources

Crisis Intervention Team 406-582-2100  
 Gallatin Mental Health Center · 699 Farmhouse Lane 406-556-6500  
 Help Center · 24 Hour Crisis Line and Suicide Outreach 406-586-3333  
 Information and referrals 211  
 Hope House Crisis Stabilization · 701 Farmhouse Lane 406-585-1130  
 Livingston Mental Health Center · 1315 W. Crawford, Livingston 406-585-5120  
 Montana Peer Network 406-551-1058  
 Montana Warm Line · Non-crisis support line · montanamentalhealth.org 877-688-3377  
 M-F 4pm-10pm & Sat-Sun 10am-10pm  
 Montana Suicide Prevention Lifeline 800-273-8255  
 MSU Human Development Clinic · Low-Cost Outpatient Adults, Children, Couples and Families 406-994-4113  
 MSU Counseling & Psychological Services (MSU students, staff & faculty) 406-994-4531  
 Open Arms Drop-in Center · Peer-to-Peer Support · 695 Farmhouse Lane 406-556-6500  
 M-F 9am-4pm · Call for Meeting & Group Schedule

## Mental Health Information and Assistance

Mental Health America of Montana montanamentalhealth.org 877-927-6642  
 National Alliance for the Mentally Ill (NAMI), National Headquarters · nami.org 800-950-6264  
 NAMI—Bozeman, Gallatin County Affiliate, Tom Peluso—President 406-585-8959  
 NAMI—Livingston · nami.livingston.org 406-224-2869  
 State Addictive & Mental Disorders Information Line 888-866-0328  
 State Mental Health Ombudsman 888-444-9669  
 Substance Abuse & Mental Health Services Administration · samhsa.gov 877-726-4727  
 Veteran Administration (Psychiatric and Medications) 800-827-1000  
 local# 406-582-5300

## Medical Assistance

Bozeman Health Deaconess Hospital\*\*, 915 Highland Blvd, Bozeman 406-585-5000  
 BridgerCare\* 300 N. Willson, Suite 2001, Bozeman · reproductive health care services 406-587-0681  
 Community Health Partners\* (Belgrade) 19 E. Main, Belgrade 406-924-5754  
 Community Health Partners\* (Bozeman) 214 E. Mendenhall St., Bozeman 406-585-1360  
 Community Health Partners\* (Livingston) 126 Main St., Livingston 406-222-1111  
 Community Health Partners\* (West Yellowstone) 11 S. Electric Street, W. Yellowstone 406-646-9441  
 Community Health Partners Dental Practice\* 120 N. 19th Ave., Suite H, Bozeman 406-585-8701  
 Gallatin City-County Health Department, 215 W. Mendenhall, Bozeman 406-582-3100  
 Gallatin County Office of Public Assistance—call for eligibility criteria 406-582-3010  
 Healthy Montana Kids (MT CHIP) Eligibility Hotline 888-706-1535  
 L'esprit Inc 124 S. Main, STE 206, Livingston 406-222-7641  
 Livingston Healthcare 504 S. 13th Street, Livingston 406-222-3541  
 Medicaid Help Line 800-362-8312  
 Medicare Information Line 800-633-4227  
 Veteran Administration, 300 N. Willson Ave. 406-582-5300

\* Offers primary & preventive health care services and sliding fee scales.

\*\* For medical referrals and information, call the Bozeman Deaconess Health Information Center at 406-522-1644.

## Financial Assistance

Gallatin County Office of Public Assistance (for families only) 406-582-3010  
 Park County Public Assistance 406-222-8000  
 Social Security Administration 406-586-4501  
 West Yellowstone Job and Social Services Center 406-646-7311  
 Human Resource Development Council (HRDC) Energy Programs 406-587-4486

## Legal Resources

Child and Elder Abuse Help Line 866-820-5437  
 Child and Family Services, Gallatin County 406-585-9984  
 Child and Family Services, Park County 406-222-7402  
 Disability Rights Montana · disabilityrightsmt.org 800-245-4743  
 Gallatin County Victim Assistance Program 406-582-2075  
 HAVEN 406-582-2038  
 Montana Legal Services Helpline 800-666-6899  
 Self-Help Law Program 406-582-2158

## Food Assistance

Bozeman Senior Citizen Center, Meals on Wheels Program 406-586-2421  
 Gallatin County Public Assistance, Supplement Nutrition Assistance Program (SNAP) 406-582-3010  
 HRDC Community Café 406-586-7600  
 HRDC Gallatin Valley Food Bank · Operating in Bozeman, Three Forks & Big Sky 406-586-7600  
 Food Resource Pantry, Livingston 406-222-5335  
 Love INC 406-587-3008  
 Park County Public Assistance, Supplement Nutrition Assistance Program (SNAP) 406-222-8000  
 Salvation Army 406-586-5813

## Housing Assistance

Family Promise 406-582-7388  
 Habitat for Humanity 406-388-8225  
 HAVEN 406-586-7689  
 HRDC Housing Program 406-587-4486  
 Warming Center (Seasonal, Emergency Night Shelter) 406-587-4188  
 Salvation Army 406-586-5813  
 T.E.A.M. Mentoring 406-656-8326  
 HAVEN 406-586-7689

## Transportation

HRDC Galavan 406-587-2434  
 HRDC STREAMLINE Bus Service 406-587-2434  
 Love INC 406-587-3008  
 Park County Angel Line 406-222-4668  
 TAXI 406-388-9999  
 West Yellowstone Galavan Reservations (reserve early) 406-640-0244  
 Call Job & Social Services for a voucher to ride 406-646-7311

## Child & Family Related Resources

A.W.A.R.E., Inc · Adult & Children's Case Management and Psychiatric Services 406-587-1181  
 Child Development Center, LLC (Assessments) 406-586-6051  
 Community Health Partners · 214 E. Mendenhall St., Bozeman · primary & preventive health care services 406-585-1360  
 Family Outreach 406-587-2477  
 Gallatin Mental Health Center · Adult and Child Outpatient Treatment 406-556-6500  
 Montana Family Wrap Around · Children & Family Mental Health 406-599-5776  
 MSU Human Development Clinic · Low-Cost Outpatient Adults, Children, Couples and Families 406-994-4113  
 SEPTA Special Education Parent Teacher Association (Bozeman School District) 406-582-8566  
 Thrive 406-587-3840  
 Youth Dynamics · Children's Mental Health & Behavioral Health Care 406-585-9402  
 \*Also See Legal Resources



GALLATIN COUNTY MENTAL HEALTH  
 LOCAL ADVISORY COUNCIL

# MENTAL HEALTH RESOURCE GUIDE

*When you don't know what to do...*  
 Guidelines for Family  
 Members and Persons  
 Suffering from Mental Health Issues

311 W. Main, Room 306  
 Bozeman, MT 59715  
 406-582-3000  
 Fax: 406-582-3003

# Emergency Help

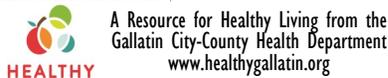
- ♦ Call the Help Center's 24-hour crisis line:  
**211** or **406-586-3333**.
- ♦ Call 911 and ask for a CIT-Trained Officer
- ♦ Go to the Emergency Room at the nearest hospital
- ♦ Go to the Hope House in Bozeman if you are over 18 years old.

Hope House: 701 Farmhouse Lane, Bozeman  
406-585-1130

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 reevaluate your treatment program.

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



GALLATIN COUNTY COMMISSION  
www.gallatin.mt.gov

Corrections and Comments, please call the Gallatin County Commission Office at 406-582-3000

## Crisis Intervention Resources & Situations

### QUESTIONS TO ASK & AVAILABLE RESOURCES

#### SUICIDAL OR DEPRESSED

Directly ask is person suicidal  
Has an attempt been made?  
How available is the proposed method?  
What is the availability of helping resources?

What is the lethality?  
Is there a specific plan?

The Help Center 211/406-586-3333  
Gallatin Mental Health Center 406-556-6500  
Livingston Mental Health Center 406-525-5120  
Law Enforcement/EMS 911 \*ask for a CIT Officer

#### ALCOHOL OR DRUGS

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

What did you take or use?  
When did you last use?  
Is the person violent/suicidal?

Alcohol & Drug Services 406-586-5493  
Bozeman Health Deaconess Hospital ER 406-585-1000  
Livingston Healthcare 406-222-3541  
SW Chemical Dependency Ctr (Park County) 406-222-2812  
Law Enforcement/EMS 911 \*ask for a CIT Officer

#### CONFUSED, DISORIENTED OR DISABLED

Do you feel ill?  
Do you have seizures?  
Do you have a physician?  
Do you know your name?  
Do you have a place to live?

Are you diabetic?  
Are you taking any medications?  
What day is it? What time is it?  
Do you know where you live?  
Do you have food?

Emergency Medical Services 911 \*ask for a CIT Officer  
The Help Center 211/406-586-3333  
Bozeman Health Deaconess Hospital ER 406-585-1000  
Livingston Healthcare 406-222-3541

#### BIZARRE OR PSYCHOTIC BEHAVIOR

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

Are you hearing voices?  
Are you taking any medications?

The Help Center 211/406-586-3333  
Gallatin Mental Health Center 406-556-6500  
Livingston Mental Health Center 406-525-5120

#### VIOLENT BEHAVIOR/DOMESTIC VIOLENCE

Is the person acting bizarre or psychotic?  
Has actual violence taken place?  
Do you need medical attention?  
Do you have a specific plan to hurt someone?  
Is there anyone with you or are you alone?  
Do you have access to weapons and know how to use them?  
Have you consumed alcohol or drugs recently?

What is the nature of the threat?  
Are you safe now?  
Who is being threatened?

Law Enforcement/EMS 911 \*ask for a CIT Officer  
Sexual Assault Counseling Ctr 211/406-586-3333  
HAVEN 406-586-4111  
VOICE Center (MSU) 406-994-7069  
Aspen 406-222-8154  
(Park, Sweetgrass & Meagher)