

# Mental Health Resource Guide

Ravalli County, Montana

Emergency or Crisis	
<b>For assistance in emergency situation</b>	<b>National Suicide Prevention Lifeline</b>
Dial 911	1-800-273-TALK (8255) or text MT to 741741
<b>St. Patrick’s Urgent Mental Health Clinic, Missoula</b>	<b>West House Crisis Center, Hamilton</b> voluntary short-term crisis stabilization facility.
406-327-3034	406-532-8990
Domestic Violence, Abuse, and Sexual Assault Resources	
<b>National Child Abuse Hotline</b>	<b>National Sexual Assault Hotline</b>
1-800-4-A-CHILD (1-800-422-4453)	1-800-656-HOPE (4673)
<b>National Domestic Violence Hotline</b>	<b>RAINN (Rape, Abuse &amp; Incest National Network)</b>
1-800-799-SAFE (7233) 1-800-787-3224 (hearing impaired line)	1-800-656-HOPE (4673) www.rainn.org
<b>SAFE in the Bitterroot Crisis Hotline</b>	<b>Montana Crisis Recovery—COVID –19 Support</b>
406-363-4600	(877) 503-8033 Montanacrisisrecovery.com
Substance Abuse and Mental Health Treatment Resources	
<b>Substance Abuse and Mental Health Services Administration (SAMHSA) National Helpline</b> provides free, 24-hour information and referral assistance to local treatment facilities, support groups, and community-based organizations.	
1-800-662-HELP (4357)	<a href="http://findtreatment.SAMHSA.gov">http://findtreatment.SAMHSA.gov</a>
<b>National Council for Behavioral Health</b> can assist you in finding a local provider of behavioral health services and support.	
<a href="http://www.TheNationalCouncil.org">www.TheNationalCouncil.org</a>	
<b>National Alliance on Mental Illness (NAMI) Information HelpLine</b> provides information and referral services.	
1-800-950-NAMI (6264)	<a href="http://www.nami.org">www.nami.org</a>
<b>National Alliance on Mental Illness (NAMI) Montana</b> provides a online guide with links specific to counties.	
<a href="http://www.namimt.org/county-resource-guides.html">http://www.namimt.org/county-resource-guides.html</a>	406-443-7871

## Self-Help Resources and Groups

### Alcoholics Anonymous

[www.aa-montana.org](http://www.aa-montana.org)

### Narcotics Anonymous

1-888-GET-HOPE (438-4673) (Hopeline)  
[www.na.org/meetingsearch](http://www.na.org/meetingsearch)

**Al-Anon** mutually support program for people whose lives are affected by someone else's drinking.

[www.al-anon.alateen.org/local-meetings](http://www.al-anon.alateen.org/local-meetings)

### Nar-Anon Family Groups

[www.nar-anon.org/find-a-group](http://www.nar-anon.org/find-a-group)

### Dual Recovery Anonymous

[www.draonline.org](http://www.draonline.org)

## National Institutes of Health Resources

### National Institute on Aging

<https://www.nia.nih.gov/>

### National Institute on Drug Abuse

<https://www.drugabuse.gov/parents-educators>

### National Institute of Mental Health

<https://www.nimh.nih.gov/health/find-help/index.shtml>

## Other Resources

**Montana 2-1-1** Free and confidential information and referral, available 24/7, for help with food, housing, employment, health care, counseling and more.

Dial 211

[www.montana211.org](http://www.montana211.org)

**Homeowner's HOPE™ Hotline** provide free comprehensive financial education and confidential foreclosure presentation counseling 24/7.

1-888-995-HOPE (4673)

**Legal Advice** provides legal information, lawyer profiles and a community to help individuals make legal decisions.

[www.findlaw.com](http://www.findlaw.com)

*Thrive* by Waypoint Health is a confidential online program for people who want to take charge of their emotional well-being to lead happier, more satisfying lives. It teaches skills from cognitive behavior therapy (CBT) a method that has helped many people deal with stress, depression and anxiety.

<https://thriveformontana.com/>

If you would like to be notified for upcoming educational opportunities in Ravalli County relating to Mental Health and Mental Illness, please contact Katelyn Andersen, MSU Extension Agent, at the MSU/Ravalli County Extension Office at [katelyna@montana.edu](mailto:katelyna@montana.edu) or 375-6611.