

TRANSPORTATION

Eagle Ambulance Services (emergency and non-emergency ambulance transfers)		406-441-9111
Capital Taxi	helenatransportation.com	406-449-5525
Capital Transit	ridethecapitalt.org	406-447-8080
Medicaid Transportation		406-443-6100
Veterans Transportation		406-447-7760

Child and Family Related Resources

Childcare Partnerships	childcarepartnerships.org	406-443-4608
Best Beginnings Childcare Scholarships	Bestbeginnings.mt.gov	
Youth Homes		406-449-3038
Healthy Families: Pregnancy and Parenting Support		406-457-8912
Shodair Children's Hospital	shodair.org	406-444-7500
Intermountain	intermountain.com	406-442-7920
Youth Dynamics		406-458-7022
AWARE Inc.	aware-inc.org	406-449-3120
Big Brother's Big Sister's Children's Special		406-442-7479
Health Services	dphhs.mt.gov/publichealth/csh	1-800-762-9891
Office of Public Instruction	opi.mt.gov	406-444-3095

For in school behavioral health services, please contact your child's school to be connected with the organization who is providing services in your child's school

LEGAL RESOURCES

Disability Rights Montana	disabilityrightsmt.org	406-449-2344
LSDP (for seniors)	dphhs.mt.gov/sltc	1-800-332-2272
Montana Law Help (online resource)	Montanalawhelp.org	
MT Law Library	courts.mt.gov/library/default.mcp	406-444-3660
MT Law Library Self-Help Center	courts.mt.gov/selfhelp	406-444-9300
MT Legal Services Association		406-442-9830
Peoples' Law Center	peopleslawcenter.org	406-443-3896
Justia	Justia.com	

Emergency Help

*Call Voices of Hope 24 hour crisis line:
211 or 406-268-1330

*Call **911** and ask for a CIT-Trained Officer

*Go to the Emergency Room at the nearest hospital

*Go to the Journey Home if you are over 18 years old.

JOURNEY HOME: 45 EAST 16TH STREET, HELENA, MT 59601
406-603-4010

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.

LEWIS AND CLARK 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

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



Please consider donating to the nonprofit resources in our community. We cannot deliver effective services without your support.

316 N. Park Ave. Rm. 345
Helena, MT 59623
Phone: 406-447-8304
Fax: 406-447-8370
lccounty.mt.gov

Crisis Intervention Resources & Situations

QUESTIONS TO ASK & AVAILABLE RESOURCES

SUICIDAL OR DEPRESSED

Directly ask, "Are you feeling suicidal?"

What is the lethality?

Has an attempt been made?

Is there a specific plan?

How available is the proposed method?

What is the availability of helping resources?

Help Line/ Voices of Hope	211/406-268-1330
National Suicide Hotline	1-800-784-2433
Law Enforcement/EMS	911 *ask for CIT officer
Veterans Crisis Line	1-800-273-8255

ALCOHOL OR DRUGS

What behaviors is the person exhibiting?

What did you take or use? How much did you consume?

When did you last use?

Is or should the person be driving?

Is the person violent/suicidal?

Are there symptoms of withdrawal?

Is the person able to provide basic self-care?

Law Enforcement/EMS	911 *ask for CIT officer
Helpline/Voices of Hope	211/406-268-1330
Boyd Andrew	406-443-2343
Leo Pocha Clinic	406-449-5796
Alcoholics Anonymous	406-443-0438
Narcotics Anonymous	406-495-9787

BIZARRE/AGGRESSIVE BEHAVIOR?

Has the person behaved in a manner that would inflict harm?

Has the person made any threats? What is the nature of the threat?

Has the person consumed any alcohol or drugs?

Is the person taking any medications?

Is the person hearing, seeing, or smelling anything unusual?

Does the person appear to be talking to themselves or no one?

Does the person appear frightened, angry, agitated or depressed?

Law Enforcement/EMS	911 *ask for CIT officer
Help Line/Voices of Home	211/406-268-1330
Friendship Center (Domestic Violence)	406-442-6800



Mental Health Resource Guide

MENTAL/BEHAVIORAL HEALTH RESOURCES

Center for Mental Health	center4mh.org	406-443-7151
St. Peter's Behavioral Health		406-495-6560
Pureview Health Center	pureviewhealthcenter.org	406-457-0000
AWARE Inc.	aware-inc.org	406-449-3120
Leo Pocha Health Clinic	helenaindianalliance.com	406-449-5796
Our Place Drop-in-Center		406-442-1374
Journey Home	(24 hour Crisis Response)	406-603-4010
Instar Community Services		406-422-4828
(NAMI) National Alliance for the Mentally Ill	namimt.org	406-443-7871
Montana Peer Network		406-551-1058
Mental Health America of Montana	montanamentalhealth.org	1-800-318-2596
VA Medical Center – Fort Harrison		406-442-6410
Awareness Network	awarenessnetwork.org	
Boyd Andrew		406-443-2343

MEDICAL ASSISTANCE

St. Peter's Regional Medical Center		406-442-2480
St. Peter's North Clinic		406-457-4180
St. Peter's Urgent Care		406-447-2488
Pureview Health Center	pureviewhealthcenter.org	406-457-0000
VA Hospital		406-442-6410
Big Sky Rx	bigskyrx.mt.gov	1-866-369-1233
Health Care for the Homeless		406-449-5682
Office of Public Assistance	111 N. Sanders – Walk-in	406-444-5622

HOUSING ASSISTANCE

God's Love Homeless Shelter		406-442-7000
Good Samaritan Ministries	goodsamhelen.org	406-442-0708
Helena Housing Authority	hhamt.org	406-442-7970
The Friendship Center	thefriendshipcenter.org/	406-442-6800
Florence Crittenton Home		406-442-6950
Willis Cruse House	mtvf.org/williscruse/	406-449-7666
YWCA	ywcahelena.org	406-442-8774
Salvation Army		406-442-8244
Broadwater Circle		406-442-2429
Queen City Apartments		1-800-466-7722
M.I.L.P. Montana Independent Living Project		406-442-5755
Family Promise of Greater Helena · familypromisehelena.org		406-465-9467
Habitat for Humanity		406-449-4663
Rocky Mountain Development Council		406-442-1236

FOOD ASSISTANCE

Helena Food Share	helenafoodshare.org	406-443-3663
Augusta Food Bank/ Senior Center		406-562-3623
Lincoln Food Bank		406-466-8170
Food Commodities/ Seniors	rmdc.net	406-447-1680
Salvation Army		406-442-8244
WIC		406-457-8912
Office of Public Assistance (SNAP)		406-444-5622

FINANCIAL ASSISTANCE

Energy Share	energysharemt.com	406-442-4900
Good Samaritan	goodsamhelen.org/	406-442-0780
Keep my Montana Home		406-444-2556
LIEAP Low Income Energy Assistance Program · rmdc.net		406-447-1625
Montana Property Tax Assistance Program · revenue.mt.gov		406-444-6900
Rocky Mountain Development Council · rmdc.net		406-447-1625
Salvation Army	salvationarmy.org	406-442-8244
SSI/SSDI		866-563-9496
USDA Rural Development	rd.usda.gov/mt	406-449-5000