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.
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 911 * ask for CIT officer
Law Enforcement/EMS 1-800-273-8255
Veterans Crisis Line 1-800-466-7722

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?

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?
Does the person appear to be talking to themselves or no one?
Does the person appear frightened, angry, agitated or depressed?

MENTAL/BEHAVIORAL HEALTH RESOURCES

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 helenaanddanalliance.com 406-449-5796
Our Place Drop-in-Center 406-442-1374
Journey Home (24 hour Crisis Response) 406-603-4010
Instar Community Services 406-442-4828
(NAMI) National Alliance namint.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 406-443-2343

FINANCIAL ASSISTANCE

Energy Share energiesharemnt.com 406-442-4900
Good Samaritan goodsamhelen.org/ 406-442-0780
Keep my Montana Home 406-442-2556
LIHEAP 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

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 mtvt.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.L.I.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

Food Commodities/ Seniors 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

Health Care for the Homeless 406-449-5682
Our Place Drop-in-Center 406-442-1374
Instar Community Services 406-442-4828
(NAMI) National Alliance namint.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 406-443-2343

EDUCATIONAL ASSISTANCE

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Keep my Montana Home 406-442-2556
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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
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