

Caring for our well-being during COVID-19, or anytime

Sharing information available to Montanans who may wish to speak to someone for assistance.

Source: <https://states.aarp.org/montana/as-people-shelter-in-place-stress-and-isolation-can-take-a-toll>

MONTANA HELPLINES AND CLINICS:

- [The Montana Warmline](#) at **1-877-688-3377** is available 8 a.m. - 9 p.m. (M - F) and noon - 9 p.m. (on weekends). It is a state-funded phone line for people in crisis who need emotional support. For more information visit: <http://montanawarmline.org/>
- Montana 24 Hour Lifeline: If you are in crisis and want help, call the Montana Suicide Prevention Lifeline, 24/7, at **1-800-273-TALK** (1-800-273-8255) Or text "MT" to 741 741
- Montana Department of Public Health & Human Services
 - [State Suicide Prevention Website](#)
 - [Crisis Text Line](#): Text "MT" to 741-741
- [Montana Mental Health Ombudsman](#): **1-888-444-9669**
- Mental Health Services Help Line: **1-888-866-0328**
- [State Health and Insurance Assistance Program](#) (SHIP): **1-800-551-3191**
- [Comprehensive List of Montana Hotline Numbers](#)
- [Montana Community Health Centers](#) -- There are 17 federally-funded health center organizations in Montana with 76 delivery sites across the state. Health centers serve everyone regardless of ability to pay or insurance status. To find a Community Health Center in your area, click here for a [map with statewide listings](#).
 - **Billings**: The Community Health Center serving Yellowstone County is known as [RiverStone Health](#)
 - **Bozeman**: The Community Health Center Serving Gallatin County is known as [Community Health Partners](#)
 - **Butte**: The Community Health Center Serving Silver Bow County is known as [Southwest Montana Community Health Center](#)
 - **Great Falls**: The Community Health Center serving Cascade County is known as [Alluvion Health](#)
 - **Helena**: The Community Health Center serving Lewis and Clark County is known as [PureView Health Center](#)
 - **Kalispell**: The Community Health Center serving Flathead County is the [Flathead City-County Health Department](#)
 - **Western Montana**: The Community Health Center serving Western Montana is known as [Partnership Health Center](#): 406-532-8949

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NATIONAL HELPLINES:

If you're in need, several services are available 24/7, 365 days per year. Here are some examples:

- [National Suicide Prevention Lifeline: 1-800-273-8255](#)
- The Substance Abuse and Mental Health Services Administration (SAMHSA) is the agency within the U.S. Department of Health and Human Services that leads public health efforts to advance the behavioral health of the nation. SAMHSA's National Helpline: Call 1-800-662-HELP (4357)
 - A free and confidential treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders.
- National Institute of Mental Health Crisis text hotline: **Text "HELLO" to 741741**
 - This text line serves anyone, in any type of crisis, connecting them with a crisis counselor who can provide support and information.
- Veterans Crisis Line: **Call 1-800-273-8255 and press '1' or text 828255**. Those with hearing loss can call 1-800-799-4889
 - A free, confidential resource that connects veterans with a trained responder. The service is available to all veterans, even if they are not registered with the VA or enrolled in VA healthcare.
- Disaster Distress Helpline: Call 1-800-985-5990 or text "TalkWithUs" to 66746
 - This free, confidential, and multilingual helpline provides immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster.