



Missoula City-County Mental Health & Behavioral Health Resources

CRISIS TEXT LINE: TEXT 'MT' TO 741-741

SUICIDE PREVENTION

National Suicide Prevention Lifeline | 1-800-273-8255 | suicidepreventionlifeline.org

Missoula City-County Health Suicide Prevention | 406-258-3881

Project Tomorrow Montana | projecttomorrowmt.org

VETERANS SUPPORT

The Veteran Support Network of Montana

(Mental health resources for veterans)
vsnmontana.org/healthcareandwellness

SUBSTANCE ABUSE SUPPORT

Missoula AA meetings via zoom.us

Sunrise Meeting: daily @ 6:30am & 8am
Zoom ID for both meetings: 498622932

High Noon: daily @ noon
Zoom ID: 8515961223

Missoula Persists: Tue/Thu/Sun @ 5:30pm
Zoom ID: 870214912

LGBTQ+ Meeting Thursdays @ 6pm
Zoom ID: 498622932

MENTAL HEALTH SUPPORT

Western Montana Mental Health Center Behavioral Urgent Care Clinic

1201 Wyoming - M-F 9-5

Western Montana Mental Health Center
(confidential call back in 1 business day)
406-532-8949 | wmmhc.org/reach-out-to-us

Montana Warmline

(mental health peer support)
877-688-3377 | montanawarmline.org

National Alliance on Mental Illness

(Education, Support, and Advocacy for Those Affected by Mental Illness)
namimissoula.org

Institute on Aging Friendship Line

(crisis hotline/non-emergent warmline for people over 60) 1-800-971-001
ioaging.org/services/all-inclusive-health-care/friendship-line

DOMESTIC VIOLENCE SUPPORT

Crime Victim Advocate Line

406-258-3830

<https://www.missoulacounty.us/government/civil-criminal-justice/crime-victim-advocate-program>

Missoula YWCA Crisis Line

406-542-1944

ywcaofmissoula.org/

ALL-ABILITIES SUPPORT

Summit Independent Living

(services to help individuals with disability remain independent)
(800) 398-9002
summitilc.org/services

BASE Missoula

(virtual programs aimed at enriching life through the arts)
facebook.com/base725/

Resources are available and updated regularly at <http://covid19.missoula.co/mental-and-behavioral-health>



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ADDITIONAL RESOURCES (APPS, BOOKLETS, WEBSITES WITH FURTHER RESOURCES)

Project Tomorrow Montana: offers suicide prevention resources | projecttomorrowmt.org

Substance Abuse and Mental Health Services Administration Treatment Locator | samhsa.gov/find-treatment

You Are Not Alone: NAMI Mental Health Resources Guide for Missoula County (PDF)

namimissoula.files.wordpress.com/2020/04/nami-booklet.pdf

The Learning Center at Red Willow: offering free online courses, including stress relief, yoga, tai chi and more |

redwillowlearning.org

Explaining COVID-19 to Kids: licensed therapist Christine Borst has an e-book to explain COVID-19 to children, download the PDF at

christineborst.com

Partners in Health: advice for supporting mental health while social distancing | pih.org/article/10-mental-health-tips-coronavirus-social-distancing

[social-distancing](http://pih.org/article/10-mental-health-tips-coronavirus-social-distancing)

Shatter Proof: resources to help those dealing with substance abuse disorder during COVID-19 | shatterproof.org/COVID19

Missoula Provider Support: support for frontline workers | missoulaprovidersupport.org

Insight Timer and Calm: meditation apps compatible on computers and smartphones | insighttimer.com | calm.com

Tamarack Grief Resource Center: Montana's most comprehensive grief center, available for all in times of loss and trauma

| <http://www.tamarackgriefresourcecenter.org/>