



# 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](https://suicidepreventionlifeline.org)**

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

Project Tomorrow Montana | [projecttomorrowmt.org](https://projecttomorrowmt.org)

## VETERANS SUPPORT

### **The Veteran Support Network of Montana**

(Mental health resources for veterans)  
[vsnmontana.org/healthcareandwellness](https://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](https://wmmhc.org/reach-out-to-us)

### **Montana Warmline**

(mental health peer support)  
877-688-3377 | [montanawarmline.org](https://montanawarmline.org)

### **National Alliance on Mental Illness**

(Education, Support, and Advocacy for Those Affected by Mental Illness)  
[namimissoula.org](https://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](https://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/](https://ywcaofmissoula.org/)

## ALL-ABILITIES SUPPORT

### **Summit Independent Living**

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

### **BASE Missoula**

(virtual programs aimed at enriching life through the arts)  
[facebook.com/base725/](https://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](http://projecttomorrowmt.org)

**Substance Abuse and Mental Health Services Administration Treatment Locator** | [samhsa.gov/find-treatment](http://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](http://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](http://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](http://christineborst.com)

**Partners in Health:** advice for supporting mental health while social distancing | [pih.org/article/10-mental-health-tips-coronavirus-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](http://shatterproof.org/COVID19)

**Missoula Provider Support:** support for frontline workers | [missoulaprovidersupport.org](http://missoulaprovidersupport.org)

**Insight Timer and Calm:** meditation apps compatible on computers and smartphones | [insighttimer.com](http://insighttimer.com) | [calm.com](http://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/>