

When you don't know what to do...
**Guidelines for Family Members and
 Persons Suffering From Mental Health Issues**



Emergency Help

If you or a relative are not currently under the care of a local mental health professional, but you are having a mental health crisis:

Insist that a mental health professional, such as a mental health counselor, psychologist, psychiatrist or a psychiatric nurse practitioner, meet with you **NOW!**
 Call the Help Center's 24-hour crisis line at **586-3333**

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.

Gallatin and Park Counties' Mental Health Resources

The Help Center—24 Hour Crisis Line and Suicide Outreach	586-3333
Information and referrals	211
Montana Warm Line: M-F 4pm-10pm & Sat-Sun 1-10pm	1-877-688-3377
Non-crisis support line (www.montanamentalhealth.org)	
Montana Suicide Prevention Lifeline	1-800-273-8255
A.W.A.R.E., Inc.—Children's Case Management, Outpatient Treatment & Psychiatric Services	587-1181
Hope House Crisis Stabilization	585-1130
Youth Dynamics—Outpatient Therapy & Children Case Management	585-9402
MSU Counseling & Psychological Services (MSU students, staff & faculty)	994-4531

Gallatin County

Gallatin Mental Health Center — Adult Outpatient Treatment, Case Management	522-7357
Open Arms Drop-in Center, Peer-to-Peer Support	522-7357
300 N. Willson, #802H, M-F 10am-6pm & 10am-4pm Sat	
Dual Recovery Anonymous, Meetings noon-1pm M-Sat	
MSU Human Development Clinic, Low Cost Outpatient Adult & Children	994-4113

Park County

Park County Mental Health Center — Adult Outpatient Treatment	222-3332
Outreach Case Management	
Park County Peer Solution Drop-in Center, Peer-to-Peer Support	222-3332

For a list of more resources in Gallatin County, visit the Gallatin City-County Health Department's website at www.gallatin.mt.gov/health and select 'Community Resources'. To download and print this document, select 'Public Health Information' at this website.

****For corrections and comments, call the Gallatin City-County Health Department at 582-3120****

Sources of Mental Health Information and Assistance

The National Alliance for the Mentally Ill (NAMI), National Headquarters	1-703-524-7600
(www.nami.org)	
NAMI—Bozeman, Gallatin County Affiliate, Tom Peluso—President	585-8959
NAMI—Livingston (www.nami.livingston.org)	224-2869
Montana Mental Health Services Plan (MHSP), Eligibility verification	1-800-624-3958
Mental Health America of Montana, (www.montanamentalhealth.org)	
(formerly, Montana Mental Health Assoc)	1-877-927-6642
State Addictive & Mental Disorders Information Line	1-888-866-0328
Medicaid Help Line	1-800-362-8312
Medicare Information Line	1-800-633-4227
Veteran Administration (Psychiatric and Medications)	1-800-827-1000/
local#	522-8923
State Mental Health Ombudsman	1-888-444-9669
Substance Abuse & Mental Health Services Administration	1-877-726-4727
(www.samhsa.gov)	

Sources of Medical Assistance

Children's Health Insurance Program (CHIP)	1-877-543-7669
Veteran Administration, 300 N. Willson Ave.	522-8923

Gallatin County

Bozeman Deaconess Hospital**, 915 Highland Blvd, Bozeman	585-5000
Bridger Clinic*—reproductive health care services	587-0681
300 N. Willson, Suite 2001, Bozeman	
Gallatin Community Clinic*—primary & preventive health care services	585-1360
214 E. Mendenhall St., Bozeman	
Gallatin City-County Health Department, 215 W. Mendenhall, Bozeman	582-3100
Gallatin County Office of Public Assistance—call for eligibility criteria	582-3010

Park County

Community Health Partners*—primary & preventive health care services	222-1111
126 S. Main St., Livingston	
Community Health Partners* - primary & preventive health care services	922-0820
19 E. Main, Belgrade	
Community Health Partners Dental Practice*	585-8701
120 N. 19th Ave., Suite H, Bozeman	

* Offer sliding fee scale

Legal Resources

Montana Legal Services Helpline	1-800-666-6899
Disability Rights Montana, www.disabilityrightsmt.org	
(formerly, Montana Advocacy Program (MAP))	1-800-245-4743
Child and Elder Abuse Help Line	1-866-820-5437
Gallatin County Victim Assistance Program	582-2075
The Network Against Sexual and Domestic Abuse Crisis Line	582-2038
Child and Family Services, Gallatin County	585-9984
Child and Family Services, Park County	222-7402

Financial Assistance

Gallatin County Office of Public Assistance (for families only)	582-3010
Park County Public Assistance	222-8000
Social Security Administration	586-4501
West Yellowstone Job and Social Services Center	646-7311

Food Assistance

Gallatin County Food Bank	586-7600
Locations in Bozeman, Three Forks, West Yellowstone	
Livingston Food Pantry	222-5335
His Soup	581-1621
Salvation Army	586-5813
Bozeman Senior Citizen Center, Meals on Wheels Program	586-2421
Gallatin County Public Assistance, Supplement Nutrition Assistance Program (SNAP)	582-3010
Park County Public Assistance, Supplement Nutrition Assistance Program (SNAP)	222-8000
Love INC	587-3008

Housing Assistance

Human Resource Development Council, Housing	587-4486
PATH Outreach	522-7357
Salvation Army	586-5813
Habitat for Humanity	388-8225
T.E.A.M. Mentoring	656-8326
Family Promise	582-7388
The Network	586-7689
Amos House—homeless shelter	586-3840 or
1021 N. 5th	581-1621

Transportation

Human Resource Development Council, Galavan	587-2434
Love INC	587-3008
TAXI	388-9999
STREAMLINE Bus Service	587-2434
Angel Line (Park County)	222-4668
West Yellowstone Galavan (to Bozeman, Tuesdays & Thursdays) Reservations	646-1159
Call Job & Social Services for a voucher to ride	646-7311

For more information on Park County Resources,
contact Park County Mental Health Center at 222-3332

Thanks to the following agencies who contributed to the printing costs of this publication:

Bozeman Insty-Prints
Gallatin City-County Health Department
Gallatin County Commission
Gallatin Mental Health Center
Gallatin Psychotherapy, Inc.
NAMI—Bozeman (Local Chapter of National Alliance for the Mentally Ill)

CRISIS INTERVENTION RESOURCES

SITUATIONS—QUESTIONS TO ASK AVAILABLE RESOURCES

SUICIDAL OR DEPRESSED

Has an attempt been made?	The Help Center	586-3333
Is there a specific plan?	Law Enforcement/EMS	911
What is the lethality?	Bozeman Deaconess Hospital	
How available is the proposed method?	Emergency Room	585-1000
What is the availability of helping resources?	Gallatin Mental Health Center	522-7357

ALCOHOL OR DRUGS

What did you take or use?	Alcohol & Drug Services	586-5493
How much did you consume?	SW Chemical Dependency Ctr	222-2812
When did you last use?	(Park County)	
Is the person violent/suicidal?	Law Enforcement/EMS	911
What behaviors is the person exhibiting?	Bozeman Deaconess Hospital	
Is the person able to provide basic self-care?	Emergency Room	585-1000
Is or should the person be driving?		
Are there symptoms of withdrawal?		

CONFUSED, DISORIENTED OR DISABLED

Do you feel ill?	Emergency Medical Services	911
Are you diabetic?	The Help Center	586-3333
Do you have seizures?	Bozeman Deaconess Hospital	
Are you taking any medications?	Emergency Room	585-1000
Do you have a physician?		
What day is it? What time is it?		
Do you know your name? Do you know where you live?		
Do you know where you are? Do you have food?		
Do you have a place to live?		

BIZARRE OR PSYCHOTIC BEHAVIOR

Are you hearing voices?	The Help Center	586-3333
Have you been hearing, seeing, or smelling anything unusual?	Gallatin Mental Health Center	522-7357
Have you consumed any alcohol or drugs?		
Do you have seizures? Are you taking any medications?		
Does the person appear frightened, angry, agitated or depressed?		
Does the person appear to be talking to themselves or no one?		
Is the person having hallucinations?		

VIOLENT BEHAVIOR/DOMESTIC VIOLENCE

Do you have a specific plan to hurt someone?	Law Enforcement/EMS	911
Do you have access to weapons and know how to use them?	Network Against Sexual	
Have you consumed alcohol or drugs recently?	and Domestic Abuse	586-4111
Is the person acting bizarre or psychotic?	Sexual Assault Counseling Ctr	586-3333
What is the nature of the threat?	VOICE Center (MSU)	994-7069
Who is being threatened?	Tri-County Network	222-8154
Has actual violence taken place?	(Park, Sweetgrass & Meagher)	
Are you safe now? Do you need medical attention?		
Is there anyone with you or are you alone?		