

Emergency

Immediate crisis call 911, law enforcement dispatch 232-3411 or take the person to the nearest hospital ER

Custer County Sheriff, 406-874-3320

Eastern MT Community Mental Health Center, 2508 Wilson, Miles City, MT, **Crisis line: 234-1688**; 1093 Main Forsyth, MT, 406-346-7654

Holy Rosary Emergency Department, 2600 Wilson, Miles City, MT, 406-233-2600 or 800-843-3820

BillingsCrisisCenter, MarCeeNeary, ExecutiveDirector, 406-259-8800

Montana 211 (information for nearby services) 211

CNADA (Custer Network against Domestic Abuse and Sexual Assault) 24 hr help line 951-0475

Help Network-Crisis Referral 800-332-8425

National Suicide Prevention Lifeline: 800-273-TALK (8255)

Montana Veterans Affairs, Keith Olson, Veterans Services Officer, 210 S Winchester, Miles City, MT 59301, 406-232-1203.

Children, Adolescents, Teens

American Academy of Child and Adolescent Psychiatry, 800-333-7636

AWARE Inc. (Anaconda Work and Residential Enterprises), 406-234-4724 or 800-432-6145 A private, non-profit corporation that provides quality, community-based services to persons with challenging mental, emotional, and in some cases, physical needs who would otherwise be served in a more restrictive setting...or perhaps would not be served at all.

Big Country Educational Cooperative: one of 20 established cooperatives throughout Montana that provide special education services to small school districts who cannot maintain specialized staff independently. The Big Country Educational Cooperative serves schools from 5 rural eastern Montana counties of Custer, Garfield, Rosebud, Fallon and Carter. The cooperative staff can be contacted during office hours of 8-5, Monday through Thursday from August to June at 406 234-1957. If necessary leave a message and someone will return your call.

The Boys Town National Hotline is a toll free number available to kids, teens and young adults at any time. Please call if you're depressed, contemplating suicide, being physically or sexually abused, on the run, addicted, threatened by gang violence, fighting with a friend or parent, or if you are faced with an overwhelming challenge. 1-800-448-3000

Children's Mental Health Bureau, Libby Carter, 2121 Rosebud Dr.
Ste G, Billings MT 59102 406-655-7626

Center for Missing and Exploited Children, 1-800-843-5678

Child Protection Specialist, Child and Family Services
708 Palmer St. PO Box 880, Miles City 406-234-1385

DEAP (Developmental Educational Assistance Program) 406-234-6034

A not for profit organization that provides a variety of family education, support, childcare, health, nutrition and residential services to families, children, and adults.

Florence Crittenton, Center for Pregnant and Parenting Teens, 901 N. Harris, Helena, MT 59601 406-442-6950

National Child Abuse Hotline, 1-800-422-4453

Nationwide Runaway Hotline, 1-800-786-2929

Pediatricians in Miles City:

Young, James MD, Pediatrician, Billings Clinic, 620 S. Haynes, Miles City, 406-233-7000

Reynolds, Lourdes, MD, Pediatrician, Billings Clinic, 620 S. Haynes, Miles City, 406-233-7000

PLUK (Parents, Let's Unite for Kids) 406-255-0540 or 800-222-7585

Shodair Children's Hospital, Child and Adolescent Psychiatry, 2755 Colonial Dr. Helena, MT 59604, 406-444-7500 or 800-447-6614

Yellowstone Boys and Girls Ranch, non-profit, fully accredited, multi-service organization providing mental health treatment and support to children, youth and their families. 1732 S. 72nd St. West, Billings, MT 59106 406-655-2100 or 800-726-6755

Youth Dynamics, Dawn Naatjes, 2813 Comstock, Miles City

406-232-4233, Youth Dynamics provides family focused behavioral health treatment founded on the principles of an actively caring culture in which people can realize their full potential.

Adults, Teens

Active Minds on Campus, through campus-wide events and national programs, Active Minds aims to remove the stigma that surrounds mental health issues. 2001 S Street NW, Suite 450 Washington, DC 20009 202-332-9595

Adult Protective Services, 2200 Box Elder, Ste 135, Miles City 234-1867

Aging Hotline/Citizen's Advocate, 800-332-2272

Gamblers Anonymous, Ursuline Convent, Don. H. 234-0360 (message, information line)

Jed Foundation, working to reduce emotional distress and prevent suicide among college students. 583 Broadway Ste 8B, NY NY10012

212-343- 0016

Military One Source: (800) 342-9647, supports every phase of military life including deployment, parenting, financial management, education, child care, spouse employment

National Domestic Violence Hotline, 1-800-799-7233

Pregnancy Outreach Clinic: 406-233-3098, 516 Pleasant St.

www.pregnancyclinicofmc.org Pregnancy Outreach Clinic of Miles City provides free services for those experiencing an unplanned pregnancy.

Services include: Pregnancy testing, ultrasound, pregnancy option counseling, referrals for pre and post natal services, pregnancy/postnatal education and post-abortive healing education.

Teens-N-Crisis, People are available for help and support when there is no where to turn. Call to find out how to start helping a teen. 406-471-6599, PO Box 213, Kalispell, MT 59903

VA Montana Healthcare, outpatient clinic, 210 S. Winchester, Miles City 874-5600

General Population

Addictive and Mental Disorders Division Mental Health Bureau
888-866-0328

AA (Alcoholics Anonymous) Miles City, 234-3459

Al Anon & Alateen, 888-425-2666

American Association of Suicidology, an education and resource organization. 4201 Connecticut Ave. NW Ste 408, Washington, DC 20008
202-237-2280

American Foundation for Suicide Prevention (AFSP) is the leading national not-for-profit organization exclusively dedicated to understanding and preventing suicide through research, education and advocacy, and to reaching out to people with mental disorders and those impacted by suicide. 120 Wall St. 22nd fl. NY NY 10005 888-333-AFSP (2377)

Anna Rapson, LCSW, LMFT, mailing address: PO Box 263, Miles City; physical address: 11 S 7th, Suite 160, Miles City. annarees4@gmail.com
406-853-4812

Billings Clinic, 620 S. Haynes, Miles City, MT 406-233-7000

Brewer Counseling, 190 Rosebud St. Forsyth, MT 59327 406-351-1816

Custer County Community Health Center, 210 S. Winchester, #136,
Miles City, 234-8793

Custer County Office of Public Assistance 219 N Merriam Ave,
Miles City 874-3334

Custer County Public Health:

Confidential Family Planning services to Men, Women and Teens, including STD testing, treatment & counseling, free pregnancy testing and unbiased pregnancy options counseling, emergency contraception. Immunizations to Children, Adolescents, Teens and Adults. RN home visiting services to Women, Teens & Infants during pregnancy & beyond. Emergency prescription assistance. Website: <http://www.custercountypublichealth.org>

David Counseling

Carrie David, Licensed Clinical Professional Counselor, 2200 Box Elder, Miles City, MT 59301 406-852-0056

Eastern MT Community Mental Health Center, 2508 Wilson, Miles City, 234-1687, Forsyth Office, 406-346-7654

Eastern Montana Counseling/Consulting: Bob Zadow, License Clinical Professional Counselor, 2000 Clark St., Miles City, 406-234-2592

Ehrmantraut,PaulaL, PsyD,LCPC,CRC,MHF,CHt, 519 Main St. Miles City, 406-853-6020 <http://www.counselingsolutions.biz/>

Grief Share Support Group, Grace Bible Church contact Stevenson Funeral Home at 406-232-4457 or 800-775-4460

Grounds for Change: Medical, Dental, Vision, Prescription assistance via Custer County Public Health. <http://www.groundsforchangemt.org> Also offers resources and programs for Children & Families.

Holy Rosary Healthcare, 2600 Wilson, Miles City, MT, 406-233-2500

LIFTT (Living Independently for Today and Tomorrow) LIFTT provides services to persons with disabilities to help them gain the skills they need to survive on their own. Glendive, 800-268-5767

Mental Health America of Montana, “Educating and advocating for the mental health of children and adults in Montana”, 205 Haggerty Lane, Ste 170, Bozeman 59715 877-927-6642 or 406-587-7774

Mercy Medical Center, Williston, ND offers an out-patient clinic available at Mercy Behavioral Health Services. The clinic is open 5 days per week, Monday - Friday. Child & Adolescent, Adult, and Geriatric services are available. 701-774-7477

Military One Source: 800- 342-9647, supports every phase of military life.

Montana Department of Public Health and Human Services, Miles City 406-234-3070 (informational line)

Montana Warm Line, Non-crisis phone line staffed by primary consumers 877-688-3377

NAMI (National Alliance on Mental Illness) the nation's largest grassroots organization for people with mental illness and their families.

800-950-NAMI (6264) or 406-443-7871

National Substance Abuse Hotline, 1-800-662-4357

New Life Grief Support Group Rev. Derf Bergman 874-3502 or Mary Elizabeth Irion 234-1900

Public Health and Human Services, Addictive and Mental Disorders Division, Antonia Klein, Community Program Officer, 219 N. Merriam, Miles City, 406-234-1866

Rimrock Foundation, treating addictive and compulsive disorders, 1231 N. 29th St. Billings, MT 59101 406-248-3175 or 800-227-3953

Rosston, Karl, Suicide Prevention Coordinator, DPHHS 406-444-3349

Smart Recovery Self-help groups, Support for individuals who have chosen to abstain from any type of addictive behavior by teaching how to change self-defeating thinking, emotions, and actions.

Susan Mattocks Psy.D 233-4226

Southeast Consulting Services, MilesCityJulie Krutzfeldt,LCPC 234-2965

State Mental Health Ombudsman (help navigating system) 888-444-9669

TBI Support Group, Contact Molly Christianson 232-4255 or 853-4630

Legal

Custer County Victim/Witness Program, courthouse annex, 874-3305

Disability Rights of Montana 800-245-4743 envisions a society where people with disabilities have equality of opportunity and are able to participate fully in community life by exercising choice and self-determination. The Mission of Disability Rights Montana is to protect and advocate for the human, legal, and civil rights of Montanans with disabilities while advancing dignity, equality, and self-determination.

Miles City Public Defender 11 S. 7th St. Ste 100, Miles City 406-234-1702

Montana Justice Foundation, the charitable arm of the Montana legal community, 406-523-3920

Montana Legal Services Help Line 800-666-6899 is a law firm that empowers low-income people by providing free legal information, advice, and other services. MLSA works both on individual cases and under a systemic approach to help low-income people escape domestic violence, keep their housing, preserve their public benefits, protect their finances, and much more. Our mission is to protect and enhance the civil legal rights of, and promote systemic change for Montanans living in poverty.

Psychiatrists

Billings, MT:

Child and Adolescent Psychiatry

Amato, Erin Bennion, MD, St. Vincent Healthcare 406-839-2985

Amstutz, Larry Warren, MD Billings Clinic 406-255-8564

Denegre, John Gayle, MD Billings Clinic 406-255-8550

Malters, Deborah Rachel, St Vincent Healthcare 406-237-3585

Geriatric Psychiatry

Echeverri, Eeva Irneli, MD (private practice) 406-245-3526

Schuett, Amy E., MD Billings Clinic 406-255-8556 (Hospital Only)

Psychiatry

Burford, Duncan D., MD Burford Psychiatric Services 406-252-6082

Hartley, Belinda Frances, St. Vincent Healthcare 406-839-2985

Kelso, Julie Renee, MD Billings Clinic 406-255-8550

Masood, Faraz, MD Billings Clinic 406-255-8550 (Hospital Only)

McDermott, Robert, MD Billings Clinic 406-255-8550 (Hospital Only)

Nicholson, Mark Howard, MD S Central MT MH Ctr 406-252-5658
Pullen, Rick L, DO, Rimrock Foundation 406-248-3175
Rhoades, Martha Lynn, MD Billings Clinic 406-255-8550
Stiles, Troy, DO Big Sky Psychiatric Service 406-294-5225
Van Dyk, Thomas Wm St. Vincent Healthcare 406-252-5658
Walter, Elizabeth Anne, MD Billings Clinic, 406-255-8550
Whitworth, James B MD St Vincent Healthcare 406-252-5658
Yelvington, David Benj MD Billings Clinic 406-255-8550

Glendive, MT

Bruce Swarney, MD, Family Practice Physician, Psychiatrist; Kayli Christophel, MPAS, PA-C, Gabert Clinic, 107 Dilworth, Glendive, MT 406-345-8910; 406-345-2654

**Joan Dickson, MD, Family Practice, Psychiatrist (private practice)
100 S. Merrill (Dion Building) 2nd Floor, 406-377-1179**

Psychiatry, Inpatient

Benefis Inpatient Behavioral Health, 500 15th Ave. S. Great Falls, 406-455-2367, is a 20-bed unit at Benefis Hospitals West Campus, providing services to **adults experiencing emotional, mental or substance abuse problems.**

Billings Clinic, Behavioral Health, Billings, MT 406-255-8550

Glendive Medical Center, 202 Prospect Dr. Glendive 406-345-2654

Kalispell Regional Medical Center, 406-756-3950, (adults) The Pathways psychiatric program is carried out during a short-term stay. It is designed to help people with emotional and psychiatric problems stabilize, receive

appropriate medications if needed, learn healthy coping skills and develop effective plans for successful transition back to their communities.

Regional Behavioral Health Center

915 Mountain View Rd, Rapid City, SD, 605-755-7300 Inpatient Adult
605-755-7400 Inpatient children/adolescents

The Regional Behavioral Health Center (RBHC) is a psychiatric hospital located on the west side of Rapid City. A wide range of services are available for geriatric, adult, adolescent and child patients. The approach to patient care is with a special emphasis on a biological, psychological, and social model.

St. Patrick Hospital, 500 West Broadway St. Missoula, 406-327-3011 offers acute inpatient treatment for individuals with a primary psychiatric diagnosis. There are thirty (30) inpatient beds: six (6) adolescent, six (6) intensive care and eighteen (18) general care beds. Adolescents and adults receive treatment under the direction of a Psychiatrist provided by Clinical Social Workers, Licensed Addiction Counselors, Nurses, Occupational Therapists, Pharmacists, Dieticians and other healthcare professionals.

St. Peter's Hospital, Behavioral Health Unit, 2475 Broadway, Helena, MT 406-495-6560 Montana's only dedicated geriatric inpatient hospitalization program for the treatment of acute dementia symptoms.

Shodair Children's Hospital, Helena, Admissions to the Acute Unit:
If you have a child in crisis and in need of evaluation and stabilization,

please call directly at 1-(800)-447-6614 or (406) 444-7521 for personal assistance.

Warm Springs State Hospital, 406-693-7000 (no youth and referrals have to go through Eastern MT Mental Health Center)

Psychological Services

Mattocks, Susan O., Psy.D., 2600 Wilson Street, Suite 2, Miles City, 233-4226, teens through geriatrics, individuals, families, couples and group therapy.

Peterson, F. Tom, EdD 18 N 8th St., PO Box 176 MC 232-1595 or 490 N 31st St. Ste 106, Billings, MT 59101 877-232-1595 (Psychological evaluations and assessments, couple/marital therapy)

Montana Tribal Health Department

Crow Tribal Health Department

Todd Wilson, Director

PO Box 159

Crow Agency, MT 59022

Phone: 406.679.2727

Fax: 406.638.3635 – no fax # lines down

Email: toddw@crownations.net

Shannon Plainfeather

Email: shannonr@crownations.net

Phone: 406.697.3727

Little Shell Tribe of Chippewa Indians of MT.

Gerald Grey

2804 3rd Avenue North

Billings, MT 59101

Phone: 406.690.9757

Fax:

Email: ggray@gng.net

**Ft. Peck Tribal Health Project
Marjorie Old Horn-Spotted Bird**

PO Box 1027

Poplar, MT 59255

Phone: 406.768.5301 / 7611

Fax: 406.768.5780

Email:

Marjorie.oldhorn@hotmail.com

**Northern Cheyenne Tribal
Health Department**

J. David Roundstone, Director

PO Box 128

Lame Deer, MT 59043

Phone: 406.477.6722

Fax: 406.477.6829

Email:

justinroundstone@hotmail.com

Websites

<http://www.activeminds.org/>

A national 501(c) 3 organization empowering college students to speak openly about mental health to educate others and encourage help-seeking. Focuses on changing the culture on the college campus and in the community by providing information, leadership opportunities and advocacy training to the next generation.

<http://www.adaa.org/>

Anxiety and Depression Association of America is a national nonprofit organization dedicated to the prevention, treatment and cure of anxiety, depression and related disorders and to improve the lives of all people who suffer from them.

<http://www.afsp.org/>

Facts about suicide and depression, suicide statistics, information about current research and educational projects, including the College Screening Project and the teen public service campaign "Suicide Shouldn't be a Secret". Support for survivors, information, support group directory, healing conferences.

<http://www.apa.org/helpcenter/>

(American Psychological Association)

<http://campusblues.wordpress.com/>

Information about common problems in college, including mental disorders.

<http://www.consumercredit.com/>

American Consumer Credit Counseling is a nonprofit credit counseling agency that helps consumers take control of their financial lives through credit counseling, debt consolidation and financial education.

<http://www.disabilityrightsmt.org/janda/index.php>

Disability Rights of Montana is a federally mandated civil rights protection and advocacy system for Montana with the legal authority to represent almost any person with a disability.

www.dphhs.mt.gov/amdd/

The mission of the Addictive and Mental Disorders Division (AMDD) of the Montana Department of Public Health and Human Services is to implement and improve an appropriate statewide system of prevention, treatment, care and rehabilitation for Montanans with mental disorders or addictions to drugs or alcohol.

<http://www.familyaware.org/>

A national nonprofit organization helping families recognize and cope with depressive disorders to get people well and prevent suicides.

<http://www.freedomfromfear.org/>

National non-profit mental health advocacy organization

<http://www.halfofus.com/>

Through Half of Us, mtvU and The Jed Foundation want to initiate a public dialogue to raise awareness about the prevalence of mental health issues and connect students to the appropriate resources to get help.

<http://www.thehopeline.com/CSDefault>

TheHopeLine is a well-funded, highly technological, and strategically operated system of five major call centers across the United States and several satellite call centers located on or near the campuses of prestigious Christian colleges and universities.

<http://www.intermountain.org/>

A nationally accredited nonprofit organization providing mental health and educational services to effectively meet the diverse needs of children and families facing emotional challenges. Primary services include: residential treatment, community-based services, and community trainings in Helena.

<http://www.jasonfoundation.com/>

The Jason Foundation, Inc. is dedicated to the prevention of the "Silent Epidemic" of youth suicide through educational and awareness programs to equip young people, educators /youth workers and parents with the tools and resources to help identify and assist at-risk youth.

<http://www.jedfoundation.org/>

Facts about youth suicide, information on mental health for parents of college-bound students. ULifeline is an online mental health resource for students in participating schools. Students can locate their school's

counseling center, take a self-evaluation test and learn more about mental health and medications.

<http://letstalkmiles.org>

Let's Talk Miles City is dedicated to preventing suicide among teens in Eastern Montana. The goals are to:

1. Get people in the community more comfortable talking about mental health issues?
2. Provide help for those who are depressed and possibly suicidal.

<http://mhselfhelp.org/>

National Mental Health Consumer's Self-help Clearinghouse

<http://www.militaryonesource.mil/>

Supports every phase of military life including deployment, parenting, financial management, education, child care, spouse employment.

<http://www.mtjustice.org/>

This is the charitable arm of the Montana legal community. Its mission is to achieve equal access to justice for all Montanans through effective funding and leadership.

<http://www.montanalawhelp.org/>

Helping low-income individuals solve legal problems.

<http://montana.networkofcare.org/mh/index.aspx>

This website is a resource for individuals, families and agencies concerned with behavioral health. It provides information about behavioral health services, laws and related news, as well as communication tools and other features.

<http://www.montanawarmline.org/>

Do you need someone understanding to talk to? The **Montana Warm Line** is staffed by mental health consumers, ready to listen Monday - Friday 4:00-10:00 pm and Saturday - Sunday 10 am-10 pm.

<http://www.na.org/>

(Narcotics Anonymous)

<http://www.namimt.org/>

NAMI Montana is the Montana chapter of the National Alliance on Mental Illness (NAMI). NAMI is the nation's largest grassroots organization for people with mental illnesses and their families. Founded in 1979, NAMI has affiliates in every state and in more than 1,100 local communities across the country.

<http://nationaleatingdisorders.org/>

Support for individual/families affected by eating disorders

<http://newdayranch.com/>

Provides quality care and treatment to youth by offering a variety of services that include therapeutic and educational activities as well as recreational programs designed to provide extensive support to youth and their families. (406) 254-2340 or email: newday@mcn.net

<http://www.pluk.org/>

Parents, Lets Unite for Kids--a private, nonprofit organization formed in 1984 by parents of children with special needs in Montana for the purpose of information, support, training and assistance to aid their children at home, school and as adults.

<http://power2u.org/>

National Empowerment Center carries a message of recovery, empowerment, hope and healing to people with lived experience with mental health issues, trauma and and/or extreme states.

<http://samhsa.gov/>

Substance Abuse and Mental Health Services Administration. Free educational publications about mental health disorders, substance abuse disorders and available programs.

<http://www.suicidology.org/home>

Provides facts about suicide and depression, support for survivors, annual conference for researchers, clinicians, survivors, school personnel, volunteers and other mental health professionals. A directory of suicide prevention and crisis intervention agencies in the US.

<http://us.reachout.com/wecanhelpus/>

While trying to make sense of a cousin's suicide Jack Heath had a vision that young people could be connected with comprehensive resources and support through the media they use.

<http://www.save.org/>

Suicide Awareness Voice of Education--one of the nation's first organizations dedicated to the prevention of suicide and co-founding member of the National Council for Suicide Prevention. From the growth of an all-volunteer, small grassroots group of passionate survivors to a leading national not-for-profit organization dedicated to prevent suicide. This site, along with our work, is based on the foundation and belief that suicide should no longer be considered a hidden or taboo topic and that through raising awareness and educating the public, we can SAVE lives.

<http://www.schizophrenia.com/>

A non-profit source of support, education and information

<http://www.sprc.org/>

Suicide Prevention Resource Center--the nation's only federally supported resource center devoted to advancing the **National Strategy for Suicide Prevention**. We provide technical assistance, training and materials to increase the knowledge and expertise of suicide prevention practitioners and other professionals serving people at risk for suicide. We also promote

collaboration among a variety of organizations that play a role in developing the field of suicide prevention.

<http://suicide.org/>

A 501c3 nonprofit Suicide Prevention, Awareness and Support Organization and Website

<http://www.teenscreen.org/>

Committed to translating science into service by working to have mental health screenings incorporated into routine adolescent health care.

<http://www.thebalancedmind.org/>

Family resources for kids with mood disorders

<http://voicesofhope.info/>

Voices of Hope operates a 24-hour Suicide Hotline

<http://www.yourlifeyourvoice.org/Pages/default.aspx>

The Boys Town National Hotline is a toll free number available to kids, teens and young adults anytime. Please contact us if you're depressed, contemplating suicide, being physically or sexually abused, on the run, addicted, threatened by gang violence, fighting with a friend or parent, or if you are faced with an overwhelming challenge. We can provide help and hope if you call our Hotline (1-800-448-3000) or [fill out our email form](#). You don't have to face your problems alone!