

# **Big Sky, Virtual & Surrounding Area** **Mental & Behavioral Health Resources**

## **Care Coordination**

### **211**

Dial 211 or call (406) 586-3333

[montana211.org](http://montana211.org)

**If you don't know where to get help, call 2-1-1**

Montana 2-1-1 provides information and connects people to resources for non-emergency needs, via an easy-to-remember phone number and a website.

### **BIG SKY MEDICAL CENTER**

334 TOWN CENTER AVE

(406) 995-6995

## **Mental Health Emergency**

### *Big Sky*

---

### **BIG SKY FIRE DEPARTMENT & GALLATIN COUNTY SHERIFF'S OFFICE**

#### **911**

First link in the response chain for those in acute crisis. They will respond to welfare check calls and may accompany a person to the next level of care.

### **BIG SKY MEDICAL CENTER**

334 TOWN CENTER AVE

(406) 995-6995

Emergency department as the receiving center for those in acute crisis. Bozeman Health will triage care from there.

### **MANDATORY REPORTING**

#### **GALLATIN COUNTY SHERIFF'S OFFICE**

If you are a child care professional, you must report suspected child abuse or neglect to the Montana Child and Family Services Division or your local law enforcement agency immediately.

**To report:** 1-866-820-5437

Local sheriff's office: 406-582-2100

Child Abuse Hotline (toll free, 24/7): 1-866-820-5437

Child Abuse Hotline (TTY-hearing-impaired): 1-866-8811

### **MENTAL HEALTH AMERICA OF MONTANA**

205 HAGGERTY LANE BOZEMAN, MT 59715

(406) 587-7774 (Local Number)

[genea@mhaofmt.org](mailto:genea@mhaofmt.org)

<https://www.mhaofmt.org>

### **Crisis Counseling**

1-877-503-0833

[montanacrisisrecovery.com](http://montanacrisisrecovery.com)

(National Crisis Line)

- Free and anonymous crisis counseling to offer an empathetic ear, provide support and assistance in locating resources, help navigate dealing with feelings of isolation, loss, fear, uncertainty, depression & anxiety
- 1-877-688-3377 (Warmline)
- Virtual Drop-in Center: utilizes telephone and internet to provide home-based support services for people with mental illness
  - Recovery Line: for people with mental illness who want to talk to a peer about issues they are facing in their lives or with their treatment

### *Virtual / Remote*

---

### **MT CRISIS TEXT LIFELINE**

Text "MT" to 741 741

### **LGBTQ+ PHONE-LINE**

(866) 488-7386 (THE TREVOR PROJECT)

Prioritizing accessibility to support and advocate for LGBTQ+ youth in hopes of reducing LGBTQ+ suicide rate.

### **TRANS LIFELINE HOTLINE**

(877) 565-8860

Providing support and advocacy from fully-transitioned/transitioning individuals, for their counterparts sharing similar experience.

## **NATIONAL SUICIDE PREVENTION LIFELINE NETWORK**

9-8-8

En Española 888-628-9454

## **Counseling, Mental Health & Psychiatric Services**

*Big Sky \*All counseling services offer sliding fee scale if needed*

---

### **BIG SKY MEDICAL CENTER**

334 TOWN CENTER AVE

(406) 995-6995

**Dr. Patrick Maidman - Child, Adolescent & Adult Psychiatrist**

**Kathy Damberger - Psychiatric Advanced Practice Nurse**

**Lisa Brubaker - Licensed Clinical Social Worker**

**SLIDING SCALE COUNSELING** \*Sliding Fee Available through Wellness in Action - reach out to [info@wiabigsky.org](mailto:info@wiabigsky.org) for more info. Schedule with counselors directly.

47855 GALLATIN RD

**In-person or Virtual**

See full list of counselors here: <https://bigskywia.org/counseling/>  
406-993-6803

*Virtual*

---

### **FRONTIER**

VIRTUAL PSYCHIATRIC SERVICES

[www.frontier.care](http://www.frontier.care)

(406) 200-8471

- Adult Psychiatry
- Child & Adolescent Psychiatry
- Addiction Treatment
- Neuropsychiatry & Memory Care
- Emergency Psychiatry

**CHARLIE HEALTH** \*Teen, Young Adult, Group and Family Counseling

VIRTUAL INTENSIVE OUTPATIENT THERAPY

(406) 625-0288

[Charliehealth.com](http://Charliehealth.com)

Licensed clinical professionals providing mental health services including:

- Teen & Young Adult Counseling
- Group Therapy
- Family Therapy
- Digital Art Therapy
- Virtual Recreation Therapy
- 1:1 Academic Support

**PSYCHOLOGY TODAY** \*Directory of Therapists

[psychologytoday.com](http://psychologytoday.com)

Enter -->

1. City or ZIP (box under "Find a Therapist")
2. Issues (I.e. anxiety, anger, depression, grief, peer relationships, stress, substance use, etc.)
3. Insurance
4. Gender (of therapist)
5. Age (of client)
6. Price (if sliding scale needed)

Call or email therapist and say: "Hi, my name is \_\_\_\_ and I was reaching out because of your focus on X. Are you taking any new clients? If no, is there anyone you would recommend based on my area of need?"

### **OTHER WAYS TO FIND A COUNSELOR**

Ask a trusted friend who they see, who their child sees, etc. **Shop around!** Your therapist works for you. If it does not feel like a good fit, try a new counselor.

*Bozeman*

---

### **HELP CENTER, INC.**

421 E. PEACH STREET, BOZEMAN, MT 59715

(406) 586-3333

[bozemanhelpcenter.org](http://bozemanhelpcenter.org)

The Help Center is available 24 hours a day, every day of the year, to assist individuals and families in sorting out problems, dealing with feelings and making decisions. In addition, the Help Center provides Rape and Suicide Outreach as well as follow-up counseling and referral.

- 24-Hour Crisis & Suicide Line
- Suicide Intervention & Prevention
- 2-1-1 Information & Resources
- Telephone Reassurance
- Sexual Assault Counseling Center
- Child Advocacy Center
- Mental Healthcare Providers
- Community Education
- Family Visitation Services
- Custody Exchange Services
- Parenting Consultation & Coaching

### **PROVIDENCE MENTAL HEALTH**

2246 BOOT HILL CT #4 BOZEMAN, MT 59715

(406) 879-2305

[info@providencemh.com](mailto:info@providencemh.com)

[providencemh.com](http://providencemh.com)

Providence Mental Health provides trauma-informed and strength-based counseling for teens, couples and families. They

offer other wellness programs including those specifically designed for women, telepsychiatry, and in-school therapy and kids behavioral health services.

### **BRIDGER CARE**

300 NORTH WILLSON ST., BOZEMAN, MT 59715

(406) 587-0681

[bridgercare@bridgercare.org](mailto:bridgercare@bridgercare.org)

[www.bridgercare.org](http://www.bridgercare.org)

LGBTQ+ Care <https://bridgercare.org/lgbtq-local-resources/>

### **Licensed Clinical Social Worker**

\*Must be referred through primary care. Bridger Care is committed to providing reproductive and related health care in a setting that respects the dignity, well-being, and privacy of each individual. Fees are based on patient income and family size, although Bridger Care provides services regardless of ability to pay. Bridger Care also provides care to clients with private insurance, Medicaid, and Medicare.

**SHODAIR** \*offers [financial assistance](#)

1610 ELLIS ST UNIT 1B, BOZEMAN, MT 59715

(406) 444-1044

Outpatient Services (Psychiatrist, psychiatric nurse practitioner and licensed therapist). Pediatric providers can receive free consultations with [Shodair Connect](#).

### *Helena*

---

**SHODAIR** \*offers [financial assistance](#)

2755 COLONIAL DR. HELENA, MT 59604

(406) 444-7500

1-800-447-6614

Based in Helena, Shodair offers both acute and residential treatment services for children, adolescents and young adults.

- Acute Psychiatric Inpatient Program
- Adolescent Residential Treatment
- Outpatient Services (Psychiatrist, psychiatric nurse practitioner and licensed therapist). Pediatric providers can receive free consultations with [Shodair Connect](#).
- Therapeutic Group Home (children 6-10)
- Education Services
- Medical Genetic Services: diagnosis, consultation, support for families, outreach, scholarship and education

### **LOSS IN THE OUTDOORS - FREE SUPPORT GROUP**

OBOZ FOOTWEAR, 212 S WALLACE AVE., SUITE 203

BOZEMAN, MT 59718

(406)961-7203

Ridgeline Counseling Services: Justin Short, MPH, LCSW

- For those who have been affected by grief & loss related to outdoor pursuits.

### **INTERMOUNTAIN**

3240 DREDGE DR. HELENA, MT 59604

(406) 442-7920

[intermountainresidential.org](http://intermountainresidential.org)

Based in Helena, Intermountain offers developmental-residential services for children ages 4-13. Residential services structure daily living experiences, clinical therapies, and academics to facilitate healing opportunities.

## **Recovery Support**

### *Big Sky*

---

### **BIG SKY MEDICAL CENTER (BSMC)**

334 TOWN CENTER AVE

(406) 995-6995

[Hazelden Betty Ford Virtual Services](#)

[FOR HELP, CALL 1-855-982-0387](#)

### **ALCOHOLICS ANONYMOUS (AA)**

<https://www.aa-montana.org/index.php?city=Big%20Sky>

AA is a fellowship of a diverse group of people, who share their experience, strength and hope with each other, so they may solve their common problem and help others to recover from alcoholism.

**Closed Meetings:** for AA members only, or for those who have a desire to stop drinking

**Open Meetings:** for anyone interested in AA program; non-alcoholics may attend meetings as observers

### **Schedule:**

T, 5:30PM – Closed Meeting, Chapel downstairs

W, 12:00PM – Open Meeting, BSMC 2<sup>nd</sup>Floor

Th, 7:00PM – Open Meeting, Chapel downstairs

Sat, 7:30AM – Open Meeting, Chapel downstairs

### **AL-ANON | For families & Friends of Alcoholics**

(406) 579-8885

[mtdistrict8alanon.com](http://mtdistrict8alanon.com)

### **Schedule:**

Mon, 5:30PM – Wellness In Action

## Virtual

---

### ADULT CHILDREN OF ALCOHOLICS & DYSFUNCTIONAL FAMILIES

(406) 595-2766

[nancybherself@yahoo.com](mailto:nancybherself@yahoo.com)

[adultchildren.org](http://adultchildren.org)

#### Schedule:

Mondays, 6:30PM – via Zoom

Zoom ID: 873 9879 1651 Password: 036635

### NARCOTICS ANONYMOUS (NA)

1-800-990-6262

[namontana.com](http://namontana.com)

Visit website for Zoom links and other info.

## Bozeman

---

### ALCOHOLICS ANONYMOUS (AA)

(406) 599-8240

[mtdistrict8@gmail.com](mailto:mtdistrict8@gmail.com)

[alcoholicsanonymous.com/aa-meetings/montana/bozeman/](http://alcoholicsanonymous.com/aa-meetings/montana/bozeman/)

[aa-montana.org](http://aa-montana.org)

AA is a fellowship of men & women, who share their experience, strength and hope with each other, that they may solve their common problem and help others to recover from alcoholism.

### AL-ANON | For families & Friends of Alcoholics

GATEWAY COMMUNITY CHURCH, 77000 GALLATIN RD

[mtdistrict8alanon.com/meetings](http://mtdistrict8alanon.com/meetings)

#### Schedule:

Virtual & Bozeman in-person schedule online

- Alateen: W, 7:30PM
- Beginner: Sat, 9:40-10:30AM
- Women's: T, 5:30PM
- And more...

### ADULT CHILDREN OF ALCOHOLICS & DYSFUNCTIONAL FAMILIES

FELLOWSHIP GROUP

2165 DURSTON RD BOZEMAN, MT 59718

(406) 595-2766

[nancybherself@yahoo.com](mailto:nancybherself@yahoo.com)

[adultchildren.org](http://adultchildren.org)

Schedule: Th, 12PM

### ALPENGLOW CLINIC

2216 BOOTHILL COURT SUITE 3

BOZEMAN, MT 59715

(406) 600-5007

[bozeman.alpenglowclinic@outlook.com](mailto:bozeman.alpenglowclinic@outlook.com)

<https://www.alpenglowrecovery.com/bozeman>

- Available for adolescents and adults
- Intensive outpatient services
- Group and individual sessions
- DUI ACT classes
- MIP

## Billings

---

### RIMROCK ADDICTION TREATMENT CENTER

1231 NORTH 29TH ST. BILLINGS, MT 59101

(800) 227-3953

(406) 248-3175

<https://rimrock.org>

Rimrock provides adult addiction services including: assessments, interventions, detox, inpatient care, mother/children care, intensive outpatient, day treatment, DUI classes, medication assisted treatment, and telehealth services.

## Victim Assistance & Legal Support

## Bozeman

---

### HAVEN

PO BOX 752, BOZEMAN, MT 59771

(406) 586-4111 (24-hour crisis line)

(406) 582-2038 (legal advocate)

[havenmt.org](http://havenmt.org)

Haven provides 24 hours emergency assistance, temporary shelter, legal assistance and advocacy, support and education for battered women and their children, community education, and referrals for those who batter. Haven also provides information and referrals for temporary restraining orders.

### **WE ARE HER**

An online community for survivors of domestic abuse or sexual assault. HER allows hundreds of survivors a safe space to share their stories, and to be empowered by reading other survivor stories.

[weareher.net](http://weareher.net)

Stevie Croisant, Founder

[stevie@weareher.net](mailto:stevie@weareher.net)

### **GALLATIN COUNTY ATTORNEY**

1709 W COLLEGE SUITE 200 BOZEMAN, MT  
406-582-3745

### **GALLATIN COUNTY VICTIM WITNESS ASSISTANCE PROGRAM**

615 S. 16TH AVE, ROOM 313, BOZEMAN, MT 59771  
(406) 582-2075 (Victim Assistance)  
(406) 582-2038 (Legal Advocate)

### **VOICE CENTER**

MSU campus-centralized sexual assault reporting and victim assistance facility  
(406) 994-7069 (24-hour crisis line)  
(406) 994-7142 (main office)

*Livingston*

---

### **ASPEN HOME**

411 E CALLENDER ST, LIVINGSTON, MT 59047  
(406) 222-8154 (24-hour crisis line)  
(406) 222-5902 (main office)  
<https://www.aspenmt.org>  
[Info@aspenmt.org](mailto:Info@aspenmt.org)

24-hour, 10-bed emergency shelter for individuals seeking advocacy, support, safety planning assistance and education regarding abuse they are experiencing. Stays can be up to 45 days dependent on individual needs

## **School-Based Support & Programs**

*Big Sky*

---

### **BIG SKY SCHOOL DISTRICT**

45465 GALLATIN RD, GALLATIN GATEWAY

(406) 995-64281

[www.bssd72.org](http://www.bssd72.org)

### **Erika Frounfelker, Ophir Elementary School Counselor**

[efrounfelker@bssd72.org](mailto:efrounfelker@bssd72.org)

### **Janet Martinez, Ophir Middle School Counselor**

[jmartinez@bssd72.org](mailto:jmartinez@bssd72.org)

### **Abby Wright, Lone Peak High School Counselor**

[awright@bssd72.org](mailto:awright@bssd72.org)

### **Renata Garrett, ELL Community Liaison**

[Rgarrett@bssd72.org](mailto:Rgarrett@bssd72.org)

### **Thrive Child Advancement Project**

#### **Lindsey Herring, CAP Coordinator**

[lherring@allthrive.org](mailto:lherring@allthrive.org)

### **Big Brothers Big Sisters of Gallatin County**

#### **Amy Hunter, Coordinator**

[amy@bbbs-bigskycountry.org](mailto:amy@bbbs-bigskycountry.org)

- Bigs and Littles (Mentorship) Program
- STEM Sisters
- Beyond School
- Youth Mental Health First Aid Training

## **Social Services**

*Big Sky*

---

### **BIG SKY COMMUNITY FOOD BANK**

47995 GALLATIN RD. GALLATIN GATEWAY, MT  
(406) 995-3088

[bigskyfoodbank.org](http://bigskyfoodbank.org)

**Utilize the Food Bank for grocery shopping as a budgeting strategy**

**Emergency Food Box Program:** 5-7 day supply of food if in need due to an emergency.

**Senior Grocery Program:** Supplemental service for older adults 60+; monthly deliveries made by volunteers

**\$10 Vouchers to Country Market**

**Community Coatroom:** Offering a variety of warm winter coats, hats, gloves, towels, bedding and toiletries to aid seasonal workforce or those in need.

**Social Services:** applications for SNAP (food assistance), energy assistance, tax preparation, healthcare insurance applications,

COVID-related emergency financial assistance applications, assistance with resumes and job applications, and referrals to low-cost legal assistance

**Healthy Kidspack Program:** Provides nutritionally balanced, kid-friendly foods on Fridays during the school year

**Kids Summer Lunch**

**Laundry Facility**

**Computer Lab**

**Healthcare Enrollment Navigator** ([with CoverMT](#)) at the food bank 11am-3pm on alternating Fridays through open enrollment. Nov. 4th and 18th, to start. Contact Tierney Strandberg or Sarah Gaither Bivins to make an appointment. Otherwise, Tierney will be available in Big Sky on a drop-in basis.

Tierney Strandberg: [tstrandberg@mtpca.org](mailto:tstrandberg@mtpca.org)

Sarah Gaither Bivins: [sgaither@thehrdc.org](mailto:sgaither@thehrdc.org)

## TRANSPORTATION

### Skyline Bus

<http://skylinebus.com/>

(406) 995-6287

[info@skylinebus.com](mailto:info@skylinebus.com)

### Mountain and Canyon Cab Co.

(406) 551-3553

<https://www.mountainandcanyoncab.com/>

## BIG SKY COMMUNITY HOUSING TRUST

[david@bigskyhousingtrust.com](mailto:david@bigskyhousingtrust.com)

[bigskyhousingtrust.com](http://bigskyhousingtrust.com)

Provides affordable housing and homeowner assistance in Big Sky

## Mind/Body Wellness

*Big Sky*

---

### BASE COMMUNITY CENTER *\*Scholarships available*

BSCO.org

406-993-2112

285 Simkins Dr. Big Sky, MT 59716

40+ weekly programs for all ages focused on mind/body wellness and a community-centered space to connect.

- Climbing and bouldering walls
- Art studio
- Full gymnasium
- Workout facility
- Fitness and wellness programs

- Diverse programming by BSCO and local community partners
- Meeting and classroom space
- Kids play area
- Open gathering space

### Scholarship Application

#### Hours of Operation:

Monday - Friday: 6am - 8pm

Saturday + Sunday: 9am - 6pm

**SANTOSHA WELLNESS CENTER** \*donation-based classes (Community Yoga) and local rates available

169 SNOWY MOUNTAIN CIRCLE

406) 993-2510

[callie@santoshabigsky.com](mailto:callie@santoshabigsky.com)

[santoshabigsky.com](http://santoshabigsky.com)

TREATMENT & SERVICES: massage, far-infrared sauna, acupuncture, Thai massage, Ayurvedic body therapies, Ayurvedic consultations, yoga classes & private sessions, and more

### BIG SKY NATURAL HEALTH

87 LONE PEAK DR.

(406) 993-9647

[bigskynaturalhealthmt.com](http://bigskynaturalhealthmt.com)

TREATMENTS & SERVICES: IV Nutrient Therapy, Naturopathic Medicine, Nutritional Counseling and more, as well as Acupuncture and other bodywork services.

### HEALING HANDS CHIROPRACTIC

145 CENTER LANE UNIT B

(406) 641-0932

<https://drandreawick.com/>

TREATMENTS & SERVICES: Comprehensive kinesiology exam, body reading, flower essence vibrational therapy, energy clearing, foot bath detox, chiropractic work and more