

MENTAL HEALTH RESOURCES

Consider this list as a starting place for getting connected.

Prepared especially for
your organization by:

Suzanne Pearlman, MA

NATIONAL RESOURCES

988 SUICIDE & CRISIS LIFELINE

Call or Text 988

Chat 988lifeline.org/chat

988 is the new, easy to remember three-digit dialing code connecting people to the 988 Suicide & Crisis Lifeline (formerly known as the National Suicide Prevention Lifeline), where support from trained crisis counselors is available 24/7 nationwide for anyone experiencing a mental health or substance use crisis or any other emotional distress.

Note: The pre-existing Lifeline number, 800-273-8255 (TALK), will continue to function indefinitely. If a life-threatening crisis is underway (such as a suicide attempt in progress), call 911.

988 Suicide and Crisis Lifeline Expanding to Include ASL Services

The U.S. Department of Health and Human Services (HHS) announced that the 988 Suicide and Crisis Lifeline is expanding to include American Sign Language (ASL) services. This addition will increase accessibility to behavioral health care for the Deaf and Hard of Hearing community by making the 988 Lifeline available to the millions of Americans who use ASL. To connect to a trained 988 Lifeline counselor in ASL, callers can click the "ASL Now" button on 988lifeline.org.

In the coming weeks, direct dialing 988 from a videophone will be also available, and in the meantime ASL services can be reached by calling 1-800-273-TALK (8255) from a videophone. For more information about these services, [click here](#).

SAMHSA's Disaster Distress Helpline

Call 1-800-985-5990 or text TalkWithUs to 66746

<https://www.samhsa.gov/find-help/disaster-distress-helpline>

SAMHSA's Disaster Distress Helpline provides 24/7, 365-day-a-year crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters.

SAMHSA's Find a Provider Directory

<https://www.samhsa.gov/find-help>.

SAMHSA provides information on mental health services and treatment centers through an online service locator. You can search by your location, whether or not they provide services for youth, payment options (private insurance, cash, or something else), languages spoken, etc.

National Alliance on Mental Illness

nami.org

NAMI is the National Alliance on Mental Illness, the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.

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MENTAL HEALTH AMERICA

mhanational.org

Mental Health America (MHA)'s work is driven by its commitment to promote mental health as a critical part of overall wellness, including prevention services for all; early identification and intervention for those at risk; integrated care, services, and supports for those who need them; with recovery as the goal.

NATIONAL COUNCIL FOR MENTAL WELL BEING: FIND A PROVIDER

<https://www.thenationalcouncil.org/providers/?region=>

Search for organizations that are committed to providing mental health services to anyone in the community who needs it regardless of their ability to pay.

SAMHSA OPIOID OVERDOSE PREVENTION TOOLKIT

<https://www.samhsa.gov/resource/ebp/opioid-overdose-prevention-toolkit>

This toolkit offers strategies to health care providers, communities, and local governments for developing practices and policies to help prevent opioid-related overdoses and deaths.

National Domestic Violence Hotline

800.799.7233

TTY: 1800.787.3224

Text START to 88788

24 hours a day, seven days a week, 365 days a year, the National Domestic Violence Hotline provides essential tools and helps establish safety plans and connect to local domestic violence recourses.

INTERNATIONAL:

- Australia: Lifeline on 13 11 14
- Canada: National Suicide prevention Lifeline on 1800 273 TALK (8255)
- Denmark: Suicide hotline 70 201 201
- Finland: SOS Crisis Centre 010 195 202
- France: Suicide Écoute 01 45 39 40 00
- Germany: Telephone Seelsorge 0800/111 0 111
- The Netherlands: Suicide hotline 113Online
- New Zealand: Lifeline Aotearoa on 0800 543 354
- Republic of Ireland: Samaritans on 116 123
- Sweden: Suicide hotline 020 22 00 60
- Switzerland: PARSPAS 027 321 21 21
- UK: Samaritans on 08457 909090

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MONTANA RESOURCES

MONTANA COUNTY MENTAL HEALTH RESOURCE GUIDES

<https://www.namimt.org/montana-county-mental-health-resource-guides>

STATEWIDE REOURCES:

Montana 211 (information for nearby services) - 211 or 406-586-3333

Frontier Psychiatry - 406-200-8471

Veteran's Administration Montana Health Care - 406-442-6410

Charlie Health (Online care for teens, young adults and families) - 406-510-2118

Montana Healthcare Programs Help Line - 800-362-8312

Montana Medicaid - 406-683-3773

Addiction Treatment Help Line - 877-887-5016

Drug Abuse Hotline (24 hrs) - 866-872-6790

Alcoholics Anonymous - 833-800-8553

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

Montana Child and Family Ombudsman - 844-252-4453

Montana Warm Line (general mental health support line) - 877-688-3377

NAMI Montana (support education and advocacy) - 406-443-7871

Drug Abuse Rehabilitation and Treatment Information - 866-872-6790

Addictive and Mental Disorders Division (State Agency for Adult Mental Illness) - 406-444-3964

Montana Children's Mental Health Bureau - 406-444-4545

Vet Center - 877-927-8387

Montana National Guard Family Programs - 877-706-7598

Mental Health America of Montana - 877-927-6642

Veterans Administration - 800-827-1000

Montana Brain Injury Alliance Help Line - 800-246442

Montana Peer Network - 406-551-1058

Warrior Care Network - 904-405-1213

Montana Suicide Support Group (H.O.P.E.) - 406-543-2890

The Bright App - Locate a Behavioral Health Provider in Montana

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MENTAL HEALTH RESOURCES: QUEER, TRANS, BLACK, INDIGENOUS, PEOPLE OF COLOR COMMUNITIES

ASIAN MENTAL HEALTH COLLECTIVE

<https://www.asianmhc.org/apisaa>

The Asian Mental Health Collective is an organization focused on de-stigmatizing mental health within Asian communities. They provide the APISAA Therapist Directory, a directory of therapists located in most states + Washington, DC who specialize in serving Asian American, South Asian American, and Pacific Islander communities.

AYANA THERAPY

ayanatherapy.com

Mental healthcare for marginalized and intersectional communities

(BEAM) BLACK EMOTIONAL AND MENTAL HEALTH COLLECTIVE

<https://www.beam.community/whatwebelieve>

Group aimed at removing the barriers that Black people experience getting access to or staying connected with emotional health care and healing. They do this through education, training, advocacy and the creative arts.

BLACK FEMALE THERAPISTS

<https://www.blackfemaletherapists.com/directory/>

This platform was created to promote, inspire, and elevate other black female therapists and create a safe space for black mental health.

BLACK MEN HEAL

<https://blackmenheal.org/>

Aimed at providing access to mental health treatment, psycho-education, and community resources to men of color.

BLACK MENTAL HEALTH ALLIANCE

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

This organization aims to develop, promote and sponsor trusted culturally-relevant educational forums, trainings and referral services that support the health and well-being of Black people and their communities.

LOVELAND FOUNDATION

<https://thelovelandfoundation.org/loveland-therapy-fund/>

Loveland Therapy Fund recipients will have access to comprehensive lists of mental health professionals across the country providing high quality, culturally competent services to Black women and girls.

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MELANIN AND MENTAL HEALTH

<https://www.melaninandmentalhealth.com/about-us/>

Connects individuals with culturally competent clinicians committed to serving the mental health needs of Black & Latinx/Hispanic communities. Promotes the growth and healing of diverse communities through its website, online directory and events

NATIONAL ASIAN AMERICAN PACIFIC ISLANDER MENTAL HEALTH ASSOCIATION

<https://www.naapimha.org/aanhpi-service-providers>

This resource provides mental health and behavioral services for Asian Americans, Native Hawaiians, and Pacific Islanders.

NATIONAL QUEER ASIAN PACIFIC ISLANDER ALLIANCE

<https://www.nqapia.org/wpp/>

This organization's goal is to help local groups by providing education, leadership development, collaboration, and visibility to help challenge racism and anti-LGBTQ bias. They also provide a directory of Asian and Pacific Islander healers and therapists.

NATIONAL QUEER & TRANS THERAPISTS OF COLOR

<https://nqttn.com/en/>

The National Queer and Trans Therapists of Color Network (NQTTN) is a healing justice organization that actively works to transform mental health for queer and trans people of color in North America. Together we build the capacity of QTPoC (queer and trans people of color) mental health practitioners, increase access to healing justice resources, provide technical assistance to social justice movement organizations to integrate healing justice into their work.

ONE SKY CENTER

<https://www.oneskycenter.org/>

One Sky Center is a National Resource Center for American Indian and Alaska Native Health, Education and Research. It is dedicated to quality health care across Indian Country.

SOUTH ASIAN MENTAL HEALTH INITIATIVE & NETWORK

The South Asian Mental Health Initiative & Network (SAMHIN)

Description: A non-profit that works to address the mental health needs of South Asian folks living in the United States. They provide a list of mental health providers who specialize in offering services to the South Asian community. Their provider directory allows you to search by languages spoken, location, and service type.

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THERAPY FOR LATINX

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

Therapy for LatinX serves as a database of therapists who either identify as LatinX or have worked closely with LatinX communities and understands their needs.

THE STEVE FUND

<https://www.stevefund.org/About/>

Organization focused on supporting the mental health and emotional well-being of young people of color

THERAPY FOR BLACK GIRLS

<https://therapyforblackgirls.com/>

Online space dedicated to encouraging the mental wellness of Black women and girls. Offers listing of mental health professionals across the country who provide high quality, culturally competent services to Black women and girls, an informational podcast and an online support community

THE TREVOR PROJECT

<https://www.thetrevorproject.org/about/>

The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer & questioning (LGBTQ) young people under 25.

STRONGHEARTS NATIVE HELPLINE

(1-844-762-8483) is a 24/7 confidential and anonymous culturally appropriate domestic, dating and sexual violence helpline for Native Americans. StrongHearts offers services at no cost.

NATIONAL INDIAN HEALTH BOARD

<https://www.nihb.org>

Established by the Tribes to advocate as the united voice of federally recognized American Indian and Alaska Native Tribes, NIHB seeks to reinforce Tribal sovereignty, strengthen Tribal health systems, secure resources, and build capacity to achieve the highest level of health and well-being for our People.

US DEPARTMENT OF HEALTH & HUMAN SERVICES: ADMINISTRATION FOR CHILDREN & FAMILIES - RESOURCES SPECIFIC TO AMERICAN INDIAN/ALASKAN NATIVE COMMUNITIES

<https://www.acf.hhs.gov/trauma-toolkit/american-indian-alaskan-native-communities>

The Administration for Children & Families (ACF) is a division of the Department of Health & Human Services. ACF promotes the economic and social well-being of families, children, individuals and communities.

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MENTAL HEALTH RESOURCES: RURAL COMMUNITIES

RURAL HEALTH INFORMATION HUB

<https://www.ruralhealthinfo.org/>

Provides information by individual state and topics.

MENTAL HEALTH IN RURAL COMMUNITIES TOOLKIT

<https://www.ruralhealthinfo.org/toolkits/mental-health>

RURAL SUICIDE PREVENTION TOOLKIT

<https://www.ruralhealthinfo.org/toolkits/suicide>

RURAL RESPONSE TO THE OPIOID CRISIS

<https://www.ruralhealthinfo.org/topics/opioids>

SUBSTANCE USE AND MISUSE IN RURAL AREAS

<https://www.ruralhealthinfo.org/topics/substance-use>

2-1-1

<https://www.211.org/>

AMERICAN FOUNDATION FOR SUICIDE PREVENTION

<https://afsp.org/>

PSYCHOLOGY TODAY

<https://www.psychologytoday.com/us>

MENTAL HEALTH CLINICS.ORG

<https://www.mentalhealthclinics.org/>

SPRC'S RURAL AREAS SPECIFIC INFO

<https://www.sprc.org/settings/rural-areas>

OREGON SUICIDE PREVENTION FIRE ARM SAFETY

<https://www.oregonsuicideprevention.org/zero-suicide/firearm-safety/>

NATIONAL HEALTH SERVICE CORPS

<https://nhsc.hrsa.gov/>