



Please call (406) 443-7871 or email info@namimt.org with any necessary changes.

MISSOULA COUNTY MENTAL ILLNESS RESOURCE GUIDE

PSYCHIATRIC HELP

If you are not able to access a psychiatric specialist, consider asking your primary doctor to utilize the Texas Medical Algorithm Project (TMAP) as a tool to determine effective medications and doses. Contact NAMI for more information on this program.

Montana-211 (information for nearby services).....	211
St. Patrick’s Hospital	
Providence Center (In-patient Unit).....	327-3200
Adolescent Partial Hospitalization Program.....	327-3182
Psychiatry-Private Practice	
Mary Bassingthwaigthe.....	549-7325
Blair Davison.....	327-3362
Nanette Dowling.....	493-4574
Torgeir Finsaas.....	532-9770*
Phillip Holman.....	327-3880
William Stratford Jr.....	327-4075
Jane Wells.....	541-6220
Veteran’s Administration (Psychiatric and Medications).....	800-827-1000
3 Rivers Mental Health Solutions.....	406-830-3294
Western Montana Mental Health Center.....	532-9700
Winds of Change Mental Health Center (and crisis line).....	721-2038

MENTAL HEALTH INFORMATION

Western Montana Mental Health Center (adult and child)532-9700

Montana-211 (information for nearby services).....211

The National Alliance on Mental Illness

 Missoula affiliate.....Mary at 728-4319 or Marty at 251-2754

 Montana office.....443-7871

Missoula Aging Services (senior mental health issues).....728-7682

Missoula Indian Center.....829-9515

Montana Warm Line.....877-688-3377

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

National Suicide Prevention crisis line.....800-273-8255

State Mental Health Services Bureau (info only).....888-866-0328

Medicaid Help Line.....800-362-8312

Medicare Part B (Medical, not Hospital) information.....800-332-6146

Montana Health Services Plan406-444-9330

Addictive Mental Disorder Division (State Agency for Adult Mental Illness).....406-444-3964

Mental Health America of Montana.....877-927-6642

Turning Point (out-patient drug, alcohol, and co-occurring disorder counseling).....532-9800

Vet Center.....721-4918 or 800-626-8686

Youth Counseling Connections.....449-3038 or 443-2145

3 Rivers Mental Health Solutions.....406-830-3294

Winds of Change Mental Health Center (and crisis line).....721-2038

Alcoholics Anonymous (statewide).....888-607-2000

MEDICAL ASSISTANCE

Medicare Prescription Drug Program.....	800-633-4227
Partnership Health Center (medical and dental).....	258-4789
Health Department.....	258-4770
Medicaid.....	329-1200
Healthy Montana Kids Health Coverage.....	877-543-7669 or 329-1200

LEGAL ASSISTANCE

Missoula County Sheriff (non-emergency).....	258-4810
Police Department (non-emergency requiring assistance).....	523-4777
Missoula Public Defender’s Office.....	523-5140
Montana Legal Services (Missoula).....	543-8343
Helpline.....	1-800-666-6899
County Attorney.....	258-4737
Disability Rights Montana.....	800-245-4743
Help Network- Crisis Referral (8:00 am to 5:00 pm).....	800-332-8425
Child and Family Services.....	523-4100
Child and Elder Abuse Help Line.....	800-332-6100
Mental Illness Court.....	258-4641
Missoula Suicide Prevention Network.....	258-3881
Protective Service for Adults	
Mary Spoja.....	329-1311
Don Thompson.....	329-1308
Montana Mental Disabilities Board of Visitors (for complaints about facilities).....	406-444-3955
YWCA Crisis Line.....	542-1944
People’s Law Center (for social security disability issues).....	800-406-5567

FINANCIAL ASSISTANCE

Office of Public Assistance.....329-1200

Social Security Administration.....800-772-1213

Applications for Disability Assistance

 Summit Independent Living Center.....728-1630

Missoula Food Banks

 Food Bank.....549-0543

 Salvation Army.....549-0710

 Poverello Center.....728-1809

 MSLA 3:16 Rescue Mission.....549-4673

 Christian Life Center.....542-0353

 City Food Bank (Clark City Church).....721-7804

Food Stamps (SNAP).....329-1200

WIC Program (food assistance).....258-4740

Temporary Assistance For Needy Families (TANF).....329-1200

HOUSING ASSISTANCE

Housing and Rental assistance.....728-3710

Energy Assistance.....728-3710

J’s Place (12-bed assisted living home for adults).....543-4055

Share House (therapeutic recovery home).....532-9830

Poverello Center (emergency housing and food).....728-1809

Valor House (transit housing for homeless vets).....829-3928

Next Step Housing (transitional drug & alcohol recovery home for men).....728-4535

The Salvation Army (Emergency Welfare).....549-0710

Missoula Housing Authority.....	549-4113
Section 8 Housing Authority.....	728-3710
Human Resource Council (low income housing).....	728-3710
Missoula 3:16 – Day Center (provides basic needs for homeless).....	549-4673
Missoula County Office of Public Assistance.....	329-1200
Montana Fair Housing.....	800-929-2611
Montana Home Choice.....	406-444-3120 ext 11
YWCA: Domestic Violence Shelter.....	543-6691
Watson Children’s Center (emergency shelter for children, ages infant to 14).....	549-0058

TRANSPORTATION

Eagle Transit- Bus Service.....	758-5728
Classy Cabs- Columbia Falls.....	862-9551
Missoula Aging Services (elder transportation).....	728-7682
Medicab.....	327-1510
Mountain Lion local bus service.....	721-3333
Mountain Lion special needs bus service.....	543-8386