



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

**PONDERA 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

Center for Mental Health.....278-3205

Indian Health Services.....338-6153

Veteran’s Administration (Psychiatric and Medications).....800-827-1000

Rocky Mountain Treatment Center.....800-521-6572

**MENTAL HEALTH INFORMATION**

Center for Mental Health.....278-3205

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

The National Alliance on Mental Illness

    Montana office.....406-443-7871

    Great Falls Affiliate.....453-4185

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

Drug Abuse Hotline (24 hr).....800-311-3069

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
State Mental Health Ombudsman-(help navigating system).....	888-444-9669
Veterans Family Assistance Centers.....	877-706-7598
Montana Warm Line.....	877-688-3377
Mental Health Access Plan.....	888-599-2233
Montana Health Services Plan .....	406-444-9330
Addictive Mental Disorder Division (State Agency for Adult Mental Illness).....	406-444-3964
Mental Health America of Montana.....	877-927-6642
Alcoholics Anonymous (statewide).....	888-607-2000

**MEDICAL ASSISTANCE**

Health Department.....	271-3247
Pondera Medical Clinic.....	271-4189
Pondera Medical Center.....	271-3211
Indian Health Services.....	338-6153
Ask-a-Nurse.....	800-542-0259
Big Sky Rx (Medicare Prescription assistance).....	866-369-1233
Medicaid.....	271-4020
Healthy Montana Kids Health Coverage.....	877-543-7669 or 271-4020

**LEGAL ASSISTANCE**

County Sheriff.....	271-4060
Police Department ( non-emergency).....	271-5723
Public Defender’s Office.....	770-3200
Montana Legal Services.....	800-666-6899

County Attorney.....	271-4050
Disability Rights Montana.....	800-245-4743
Help Network- Crisis Referral.....	800-332-8425
Child and Family Services.....	727-7746
Child and Elder Abuse Help Line.....	800-332-6100
Protective Service for Adults.....	278-9117
Montana Mental Disabilities Board of Visitors (for complaints about facilities).....	406-444-3955

**FINANCIAL ASSISTANCE**

Office of Public Assistance (DPHHS).....	271-4020
Social Security Administration.....	800-772-1213
Disability Determination Services.....	800-545-3054
Community Food Pantry.....	228-3960
Food Stamps (SNAP).....	271-4020
WIC Program (food assistance).....	271-3247
Temporary Assistance for Needy Families (TANF).....	271-4020

**HOUSING ASSISTANCE**

Housing and Rental assistance.....	271-7553
Energy Assistance.....	271-7553
Section 8 Housing Authority.....	761-0310
Montana Fair Housing.....	800-929-2611
Montana Home Choice.....	406-444-3120 ext 11