

## Emergency and After-Hours Counseling Resources

If you are experiencing an emergency, please reference the list of resources below for help with immediate situations.

### LOCAL SERVICES

- **Alcohol and Drug Services:** 406.586.5493
- **ASPEN (Abuse, Support Prevention Education Network),** Livingston: 406.222.5902
- **Big Sky Medical Center:** 406.995.6995
- **Bozeman Health Emergency Room:** 406.585.1000
- **HAVEN (Domestic Violence Shelter),** Bozeman: 406.582.2038
- **Hope House:** 406.585.1130
- **Law Enforcement/EMS:** Dial 911- Ask for a CIT Officer
- **Livingston Healthcare:** 406.222.3541
- **SW Chemical Dependency,** Park County: 406.222.2812
  
- **The Help Center:** Dial 211 or 406.586.3333 **AWARE** – Adult & Children’s Behavioral Health Services: 406.587.1181
- **Community Health Partners** – Counseling & Behavioral Health: 406.585.1360
- **Eating Disorder Center of Montana:** 406.451.7270
- **Gallatin Mental Health Center,** Out Patient Services, Day Treatment, Drop-in Center: 406.556.6500
- **Greater Gallatin United Way** – Variety of Services : 406.587.2194
- **Help Center** – 24 Hour Crisis Line and Suicide Outreach: 406.586.3333
- Information & Referral Network, dial 211
- **Hope House Crisis Stabilization** Inpatient Crisis Stabilization: 406.585.1130
- **HRDC** – Housing and Energy Help, Various Train Programs: 406.587.4486
- **Mental Health America of Montana:** 877.927.6642
- [Montana Mental Health \(montanamentalhealth.org\)](http://montanamentalhealth.org)
- **Montana Independent Living Project:** 406.522.7300
- **Montana Peer Network:**406.551.1058
- **Montana Suicide Prevention Lifeline:** 800.273.8255
- **Montana Warm Line,** Non-crisis support line, M-F 4pm-10pm & Sat-Sun 10am-10pm: 877.688.3377

### NATIONAL SERVICES

- **Emergency:** 911
- **Referral services:** 211 | [211.org](http://211.org)
- **Suicide Prevention (United States):** 1-800-273-TALK (8255) | [suicidepreventionlifeline.org](http://suicidepreventionlifeline.org)
- **Suicide Prevention (International):** [befrienders.org](http://befrienders.org)
- **Self-Injury/Cutting:** 1-800-366-8288 | [selfinjury.com](http://selfinjury.com)
- **Eating Disorders:** 1-800-931-2237 | [nationaleatingdisorders.org](http://nationaleatingdisorders.org)
- **Runaway Hotline:** 1-800-231-6946 | [1800runaway.org](http://1800runaway.org)
- **Child Abuse Hotline:** 1-800-422-4453 | [childhelp.org/hotline/](http://childhelp.org/hotline/)
- **Sexual Assault Hotline:** 1-800-656-4673 | [rainn.org](http://rainn.org)

- **Domestic/Relationship Violence Hotline:** 1-800-799-7233 | [thehotline.org](https://thehotline.org)
- **Trevor Hotline for LGBTQ Youth:** 1-866-488-7386 | [thetrevorproject.org](https://thetrevorproject.org)
- **Substance Abuse and Mental Health Services Administration (SAMHSA) National Helpline** | [samhsa.gov/find-help/national-helpline](https://samhsa.gov/find-help/national-helpline)
- **Other resources for developing healthy lifestyles, including mental and emotional help:** [helpguide.org](https://helpguide.org)