

Pondera County Mental Health Resources

Crisis Contact Information:

Nationwide 24 hour Crisis Line: **1.800.273.TALK (8255)** (Veterans, press #1)

www.veteranscrisisline.net (chat option) Text support: **8382555**

Voices of Hope: **406.453.HELP (406.453.4357)** or call **911**

Teen Help (text): “teen2teen” to **839863** (5pm-11pm) or call **1.877.968.8491** (24hrs/7days)

Montana Crisis Text Line: text ‘mt’ to 741-741 (free service available 24/7)

www.postpartum.net **1.800.944.4773** (help and support, not a crisis line)

Montana Child Abuse Hotline (toll-free, 24 hours) **1.866.820.5437**

Community Support:

Adult Protective Services **406.278.9117**

AA Tues/Thurs 8pm and Wed 6:30 am (St Michael's Catholic Church) **406.278.7517**

AA/Serenity Sisters (**women only**) Mon 5:30pm (Conrad Baptist Church) **406.271.3145**

Altacare at Utterback School **406.278.3227**

Benefis Peace Hospice **406.455.3040** (free grief counseling for anyone & a children’s bereavement camp)

Big Sky Special Needs Co-Op **408.271.7558**

Child & Family Services **406.278.5142**

Celebrate Recovery (Tuesdays, 6:30pm, Conrad Mission Church) **406.671.9792**

Dept of Public Health & Human Services **406.271.4020**

Front Range Court Appointed Special Advocates (CASA) **406.576.7041**

Grief Share Group (Pondera Valley Lutheran Church, **406.271.3934**)

Hi-Line's Help for Abused Spouses **406.278.3342** - **Crisis Line: 1.800.219.7336**

Indian Health Services (Heart Butte) **406.338.2151**

Pondera Medical Center **406.271.3231** (24-hour Emergency Room)

Pondera County Health Department **406.271.3247**

Pondera County Sheriff **406.271.4060**

Valier Clinic **406.279.3771**

Valier Public School Counselor **406.279.3613**

Youth Connect 406: find them on Facebook or **406.788.2914**

Counselors and Mental Health Support Services:

Center for Mental Health www.center4mh.org **406.278.3205**

Steve Baliko, LCPC - *Pioneer Counseling & Community Support* - Conrad, MT **406.450.1685**

Lisa Ellis, LCSW - Pondera Counseling Conrad, MT **406.289.1999**

Pam Mc Farland, LCPC - *Counseling Connections* – Valier **406.279.3538** Conrad **406.271.2834**

Larry and Roberta Powell, LCPC - *A Better Way Counseling* - Conrad, MT **406.761.3218**