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