

Mental Health Crisis Resources

Are you feeling overwhelmed or in a crisis?

Montana Suicide Prevention and Crisis Line: 1-800-273-TALK (8255) Available 24 /7

Do you just need someone understanding to talk to?

The **Montana Warm Line** is staffed by mental health consumers ready to listen.

Monday - Friday 4:00-10:00 PM, Saturday-Sunday 10:00 AM -10:00 PM 1-877-688-3377

<http://www.montanawarmline.org/>

Montana Warm Line is also on Facebook.

Our Warm Line web chat is available at 4pm until 10pm. Visit <http://montanawarmline.org/Open%20Chat.htm> for info

-Please note in order to access the chat you will need to use Yahoo Messenger, AIM Express, MSN messenger, or Google Talk/Hangouts clients.

Center for Mental Health Services

Open Access Clinics (no appointment required)

Great Falls Office--761-2100--915 1st Ave S: Tues: 1PM to 5PM Thurs: 8AM to 12PM

Helena Office--443-7151--900 N Jackson: Tues: 7:30AM to 12PM

Youth Crisis Number: 406-761-2100

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