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Mental Health Resources & Hotlines

Montana



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Mental Health Resources & Hotlines: Montana

Montana State University Extension Ag Producer Stress Resource Clearinghouse: This is a free, statewide compilation of stress reduction and mental health resources for agricultural producers in Montana, available online [here](#).

Montana Farm Bureau Federation Resources for Rural Mental Health and Suicide Prevention: This compilation of mental health and suicide prevention resources includes hotlines, treatment locators, resources for rural leaders and more. Find the resource page [here](#).

National Alliance on Mental Illness Montana Resources: NAMI Montana has developed a county-by-county mental health resource guide, available for free [here](#).

Voices of Hope Crisis Hotline: Trained crisis intervention specialists are available to provide supportive counseling, outreach, assessment and referral information to those struggling with an emotional crisis at (406) 453-4357.

Montana Suicide Prevention Lifeline: Available 24/7 to those experiencing an emotional crisis. To contact this service, text MT to 741-741.

The Help Center: This service provides free and confidential crisis counseling, outreach and support for those experiencing an emotional crisis. This service is available 24/7 at (406) 586-3333. The Help Center also provides a Montana Mental Healthcare Provider Directory [here](#).