

Mental Health and Wellness

Rural Resource Guide



“There is no health
without mental health.”

- US Surgeon General, David Satcher

Take the pledge

Take the pledge to speak openly and honestly about mental health and suicide. In Montana, where the suicide rate is a serious concern, our collective voice can make a significant impact. The first step towards change is simple yet powerful: talk about it. By breaking the silence, we break the stigma surrounding mental health struggles, creating a supportive environment for those in need.

Your pledge to talk about mental health contributes to a culture of empathy and understanding. Together, we can save lives by fostering connections, providing support, and erasing the fear associated with seeking help. Be a beacon of hope in someone's life — take the pledge, spread awareness, and let's create a community where no one battles alone.

Resources are available



If you or someone you know is in need of mental health support, call the Suicide and Crisis Lifeline, **dial 9-8-8 or text "MT" to 741-741**. In the event of a life-threatening emergency, dial 9-1-1.

The 988 Lifeline is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week in the United States.

Additional resources:

- Logan Health Rural Health Clinic –
Cut Bank Behavioral Health Services
226 9th Ave SE | Cut Bank, MT | (406) 873-5507

Speak with your primary care provider at any Logan Health clinic in Chester, Conrad or Shelby for mental health referrals, including telehealth options, or medication refills.

- Logan Health Behavioral Health (Inpatient)
200 Heritage Way | Kalispell, MT | (406) 756-3950
- Logan Health Behavioral Health – Whitefish
2004 Hospital Way | Whitefish, MT | (406) 862-1030
- True North Counseling – Choteau, Conrad and Shelby
(406) 369-6129 | truenorthcounselingmt.com

- Jamie Hauer, Counselor
600 Central Ave, Ste 321 | Great Falls, MT | (406) 788-9702
- Michelle L. Koppany, Family Resources
600 Central Ave. Ste 310 | Great Falls, MT
(406) 868-7388 and (406) 545-2125
- Pamela J. McFarland, LCPC
424 Montana St Ste C | Valier, MT | (406) 279-3538
- Pioneer Counseling & Community Support, LLC
600 S. Main St. | Conrad, MT | (406) 450-1685
- Marias Healthcare
1950 W Roosevelt Hwy | Shelby, MT | (406) 434-3100
- Glacier Community Health Center
519 E Main St. | Cut Bank, MT | (406) 873-5670
- Blackfeet Community Hospital
760 Blackweasel Rd | Browning, MT | (406) 338-6100
- Alissa Engle, PhD, LCPC, LMFT
1601 2nd Ave. N | Choteau, MT | (406) 466-2342
- Front Range Family Psychiatry, LLC
124 North Main Ave | Choteau, MT | (406) 466-2342
- psychologytoday.com
Search online for a therapist near you.
- manyiverswholehealth.org
Providing wellness expertise in mental health and substance abuse services.
- neighborshelping.org
People linking people with limited incomes to resources in Teton County.
- ybgr.org
Youth mental health resource.
- beyondtheweather.com
Normalizing conversations relating to mental health in rural communities through honest conversations and a sense of humor.

AA MEETINGS

Browning, MT

Crystal Creek Lodge – IHS Browning Treatment Center, Hospital Hill; 7 p.m. every day

Conrad, MT

Pondera Valley Lutheran Church – Education Building in basement; 7 p.m. Monday (AA members only); 7 p.m. Tuesday & Thursday

Cut Bank, MT

Presbyterian Church, 201 Central; 7 p.m. Mon.– Fri. 715 East Main; 12 p.m. Saturday | 10 a.m. Sunday

Shelby, MT

Lutheran Church, 222 2nd Ave South; 7 p.m. Monday

NA MEETINGS

Choteau, MT

Lutheran Church, 38 1st Ave SW; 7 p.m. Thursday

Shelby, MT

Toole Co. Sheriff's Office Board Room
235 Deer Lodge Ave; 7 p.m. Thursday

ZOOM VIRTUAL MEETINGS

MontaNA Rural Recovery Group www.namontana.org

7:30 p.m. Monday & Friday
ID: 361 489 5320 | Passcode: vennis

7 p.m. Thursday
ID: 470 423 3543 | Passcode: 473440

12 p.m. Monday, Wednesday, Friday
ID: 965 024 325 | Passcode: 239532

7 p.m. every day except Wednesday
ID: 321 529 143 | Passcode: 239532

9 a.m. Sunday
ID: 905 489 644 | Passcode: 239532