

# Mental and Behavioral Health Resources

## Abbie Shelter

- <https://www.abbieshelter.org/>
- Phone: [\(406\) 752-7273](tel:(406)752-7273) | Flathead County
- Helpline, counseling and court services for all survivors of domestic and sexual violence.

## Cedar Creek Integrated Health

- <https://www.aclumontana.org/>
- Phone: (406) 890-2570 | 2282 US Hwy 93 S, Kalispell MT
- Outpatient mental health and addiction recovery services.

## Child Development Services

Benchmark Human Services – Children aged 0 to 3 years

- Phone: [\(406\) 403-0087](tel:(406)403-0087) | [\(406\) 204-3054](tel:(406)204-3054) | 1728 9th Ave, Helena MT

Empowering Abilities, Building Community – Children aged 3 to 16

- Phone: [\(406\) 443-3083](tel:(406)443-3083) | 1236 Helena Ave, Helena MT
- Both programs provide services that support children with developmental delays or disabilities.

## Greater Valley Behavioral Health

- <https://greatervalleyhealth.org/behavioral-health>
- Phone: [\(406\) 751-8113](tel:(406)751-8113) | 1035 1st Ave W, Kalispell MT
- Adult, teen and child mental health services.

## Intermountain

- <https://www.intermountain.org/home/>
- Phone: [\(406\) 755-4022](tel:(406)755-4022) | 322 2nd Ave W, Ste A, Kalispell MT

- Child and family mental health services.

## **Logan Health Behavioral Health**

### **Kalispell**

- <https://www.logan.org/location/logan-health-behavioral-health/>
- Phone: [\(406\) 756-3950](tel:4067563950) | 200 Heritage Way, Kalispell MT
- Adult and adolescent services.

### **Whitefish**

- <https://www.logan.org/location/logan-health-behavioral-health-whitefish/>
- Phone: [\(406\) 862-1030](tel:4068621030) | 2004 Hospital Way, Whitefish MT
- Adult, teen and child services.

## **Many Rivers Whole Health**

- <https://manyriverswholehealth.org/>
- Phone: [\(406\) 756-6453](tel:4067566453) | 418 Windward Way, Kalispell MT
- Outpatient mental health and addiction recovery services.

## **Logan Health Newman Center**

### **Adult Services**

- <https://www.logan.org/location/logan-health-newman-center-adult-services/>
- Phone: [\(406\) 758-3244](tel:4067583244) | 160 Heritage Way Suite 102, Kalispell MT
- Outpatient mental health and psychiatric services.

### **Pediatric Services**

- <https://www.logan.org/location/logan-health-newman-center-pediatric-services/>
- Phone: [\(406\) 758-5155](tel:4067585155) | 75 Claremont St, Kalispell MT
- Outpatient mental health and psychiatric services.

## **Oxytocin**

- <https://www.oxytocinclinic.com/>
- Phone: [\(406\) 314-6565](tel:4063146565) | 1203 US HWY 2 W Entrance D – East Side, Kalispell MT

- Adult and adolescent mental health and addiction recovery services.

#### **PATH - Project for Assistance in Transition from Homelessness**

- <https://dphhs.mt.gov/BHDD/Prevention/ProjectsforAssistanceinTransitionfromHomelessnessPATH>
- Address: 410 Windward Way, Kalispell MT
- Assistance with mental health stabilization services and housing for homeless or at-risk for homelessness individuals with serious mental illness.

#### **VA Clinic**

- <https://www.va.gov/montana-health-care/>
- Phone: [\(406\) 758-2700](tel:4067582700) | 31 Three Mile Dr, Kalispell MT
- Veteran outpatient health care services.

#### **Vet Center**

- <https://www.vetcenter.va.gov/>
- Phone: [\(406\) 257-7308](tel:4062577308) | 690 N Meridian Rd, Ste 101, Kalispell MT
- Outpatient mental health services and support for veterans and families.

#### **Western Montana Mental Health Center**

- <https://www.wmmhc.org/mental-health>
- Phone: [\(406\) 257-1336](tel:4062571336) | 410 Windward Way, Kalispell MT
- Outpatient mental health services and support for adults.

#### **Youth Dynamics**

- <https://www.youthdynamics.org/>
- Phone: [\(406\) 751-8017](tel:4067518017) | 450 Corporate Dr, Ste 105 & 106, Kalispell MT
- Mental and behavioral services for Montana children and families.

### **Logan Health – Let's Talk About It**

- <https://www.logan.org/services/behavioral-health/lets-talk-about-it/>
- Information and resources about suicide prevention and mental health.

### **Nate Chute Foundation**

- <http://www.natechutefoundation.org/>
- Phone: [\(406\) 730-2521](tel:4067302521)
- Provides community education and support to promote mental health wellness and reduce suicide. Provides group trainings for schools, businesses and organizations. Provides Bluebird Boxes – care package for survivors of suicide loss.

### **NAMI Flathead**

- <https://namimt.org/nami-montana-affiliates/#namiflathead>
- Phone: [\(406\) 854-2323](tel:4068542323) | (406) 250-3795 | Email: [namiflathead@gmail.com](mailto:namiflathead@gmail.com) | 1203 Hwy 2 West, Kalispell MT
- Mental health education and support groups.

### **Psychology Today**

- <https://www.psychologytoday.com/us/therapists>
- Search for mental health therapists by location and specialty.

### **Tamarack Grief Resource Center**

<https://www.tamarackgrc.org>

Missoula Office – 405 South 1st Street West - Ph. 406-541-8472

Kalispell Office - 17 Second Street East #203 - Ph. 406-261-0724/406-998-6383

Browning Office - Ph. 406-239-8472

Tamarack Grief Resource Center provides counseling, support groups and camps for youth, teens, adults, couples, and families. Treatment to stabilize, strengthen, and support individuals and families living with a wide variety of challenges, including bereavement, family or relational distress, work changes, suicide support, mental health challenges, and more. Offer counseling for individuals across Montana using telehealth counseling and in-person counseling at Kalispell, Missoula and Browning offices.