

Mental Health and Grief Resources

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.

Good Grief Groups and Camps

- Jo Ann Graves-Gill, LCPC
- PO Box 7896 Kalispell, MT 59904
- PH# 406-755-6760 Email: goodgriefcamp@gmail.com
- Website: www.goodgriefcamp.org

Nate Chute Foundation

- www.natechutefoundation.org
- Ph# 406-730-2521
- Provides community education and support to promote mental health wellness and reduce suicide. Provides group training for schools, businesses and organizations. Provides Bluebird Boxes – care package for survivors of suicide loss.

Postpartum Resource Group

- <https://www.postpartumresourcegroup.org/contact-us>
- Free monthly peer support groups for mothers who are experiencing postpartum mood disorders, including depression, anxiety and OCD and for mothers who are or have experienced loss, trauma or hardship from pregnancy into the postpartum period.
- Ph. 406-282-1160

LOGAN HEALTH

- Email. thenetwork@postpartumresourcegroup.org
- Free monthly peer support groups for mothers who are experiencing postpartum mood disorders, including depression, anxiety and OCD and for mothers who are or have experienced loss, trauma or hardship from pregnancy into the postpartum period.
- The Circle – Postpartum peer support groups offered in Kalispell, Bigfork, Whitefish and Great Falls.
- Perinatal Loss and Grief peer support group meets monthly in Kalispell.
- Medical Mamas peer support group geared towards Moms of medically complex kids meet monthly in Kalispell.
- The Network – an integrated mental health network of vetted and independently licensed providers who will provide timely and high-quality support. Includes a dedicated social worker, psychiatric nurse practitioners and mental health counselors.
- Mother In Need Fund – offers a small one-time scholarship to reduce some financial burden for things like counseling, self-care, groceries and baby supplies. Online application available.