## Crisis Hotlines

### Homeless Outreach Team (HOT) Line

**(406) 493-7955** (at Poverello Center)

### Suicide/Crisis Hotline - 1-800-273-TALK

### Western Montana Mental Health Center

Emergency 24-hour line with mental health

Professional, (888) 820-0083 or (406) 532-9700

### YWCA Domestic Violence 24-Hour Crisis Line

542-1944 or (800) 483-7858

**National Domestic Violence Hotline**

Text “START” to 88788

1(800) 799-SAFE (7233)

TTY: 1(800) 787-3224

Hotline.org to chat with live support

### Child Abuse Hotline (866) 820-5437

### MT Adult Protective Services Hotline 1-(844) 277-9300

### Missoula Police/Sheriff’s Department: 911

24-hour non-emergency: 552-6300 or 258-4810

## Meals & Food Pantries

### Missoula Food Bank & Community Center

### 1720 Wyoming St., (406) 549-0543

Pantry Hours: Mon-Tue-Thurs. 10:00 am – 7:00 pm,

Wed & Fri 10:00 am – 1:00 pm.

**Lolo Pantry:** Lolo Community Center

1st and 3rd Wednesday of the month, 4:00 pm – 6:00 pm.

**Potomac Pantr**y: Potomac Greenough Community Center

2nd to last Thurs. of the month, 3:00 pm – 5:00 pm.

**Bonner Pantry:** Our Savior Lutheran Church, 1st and 3rd Wednesday of each month, 4:00 pm – 6:00 pm.

**Clinton Pantry:** Clinton Fire Station, 1st and 3rd Wednesday of each month, 4:00 pm – 6:00 pm.

### Poverello Homeless Center - 1110 W. Broadway, (406) 728-1809

Breakfast Daily 6:00 am - 7:30 am
Lunch Daily 11:30 am - 1:00 pm
Dinner Daily 5:00 pm - 6:30 pm
Food Pantry M-W-F 5:30 pm - 7:00 pm

24 hours sack lunches available

Day Services Daily 6:00 am – 8:00 pm

### ****Christian Assembly 4 Square Church - 406-721-6884****

### ****1001 Cleveland Street –**** Tues thru Thurs 10 am to 2 pm, by appointment. Food, clothing, and supplies.

### ****Christian Life Center - 3801 Russell, (406) 542-0353****

**2nd and 4th Mon of every month 4:30 pm - 6:00 pm**

**Around the very back of the church.**

## UM Food Pantry (406) 243-5125

Room 119, University Center

Tuesdays 12 pm to 5 pm; Fridays 10 am to 5 pm

Summer: Mondays & Thursdays 10 am to 4 pm

# First Call for Help (406) 549-5555 or 211 24-hour Help Line - With Complete Listing of Community Resources

### ****REVIVE Church - 2811 Latimer St****

**(406) 721-7804; Sat. 10:00 am – 12:00 pm**

### ****River of Life Food Bank - 4007 Hwy 200 E. Missoula, (844)447-6568 or (406) 214-3803,** Sat., 1:00 pm – 3:00 pm; 3rd Wed., 5:30 pm - 6:30 pm. Food and clothing.**

**Feed the Need Food Truck; free kid lunches in Jun, Jul & Aug**

**766 Michigan Ave, East Missoula, M-F, 11:00 am – 12:00 pm**

**Bonner Hellgate Lion Park, Bonner, M-F, 12:15 pm – 1:15 pm**

**Monthly Assistance**

### ****Office of Public Assistance/ SNAP****

**2677 Palmer Suite 100, (888) 706-1535
Supplemental Nutrition Assistance Program (SNAP) (formerly Food Stamps) provides monthly assistance for food. Apply online at apply.mt.gov.**

### ****Healthy Montana Kids Plan (CHIP)****

(855) 258-3489, free or low-cost health coverage for children and teenagers up to age 19.

### ****WIC (Women, Infants, and Children)****

301 W. Alder, (406) 258-4740; M-F, 8 a.m.-5 p.m.
Nutrition and supplemental food program. Also provides breastfeeding support and formula as needed. Available to pregnant **women and children under 5.**

## Employment & Rental Assistance

### Missoula Job Service - 539 S. 3rd St. W., (406) 728-7060

### Job placement, training, and employment counseling.

### Missoula Housing Authority - 1235 34th St., (406) 549-4113

Orientation (Tues at 5:15 pm or Wed at 12 pm) offers more info on affordable housing and/or sign up for public housing and rental assistance, and coordinated housing.

### Human Resource Council - 1801 S. Higgins

### (406) 728-3710. LIEAP (energy/heat assistance), Section 8 and rental assistance, employment and training opportunities.

**Missoula Works – 2205 34th St – (406) 926-3400**

Supportive employment for people wanting to get back in the workforce. M – F: 9 am – 5pm.

## Legal Assistance

### Montana Legal Services - 211 N. Higgins Ste. 401.

Help Line M-F 7:30 a.m.-6 p.m. at 543-8343.  Free legal assistance and advice.

### Crime Victim Advocates - 317 Woody St.

258-3830. Help with temporary order of protection, advocacy for crime victims.

### Missoula Self-help Law Center

Missoula County Courthouse, 200 W. Broadway,

Rm 271. 258-3428**.** M-TH 8:30 am to 4:30 pm. Directs individuals to legal information and proper forms.

## Clothing

### Salvation Army – 355 S Russell, 549-0710

Clothing vouchers (limited number avail/month), shower/laundry facilities, some transportation services. **ALSO: Teen drop-in service.**

### Hope Thrift Boutique – 728-5538

**702 SW Higgins** – Hope Thrift Boutique has clothes for all member so the family. Call for assistance.

Clothing continued on next page

### ****Christian Assembly 4 Square Church - 406-721-6884****

### ****1001 Cleveland Street –**** Tues thru Thurs 10 am to 2 pm, by appointment. Food, clothing, and supplies.

## Emergency Shelter for Individuals

### Poverello Center - 1110 W. Broadway, (406) 728-1809

**Emergency housing for homeless adults. Supportive services 6am–8pm; nightly check-in 8:45 pm, Showers and Laundry also available.**

### ****YWCA of Missoula – 1800 S 3rd St W, (406) 543-6691****

**Offers shelter, support groups, and 24-hour hotline for survivors of domestic and sexual violence (406-**542-1944). Walk-in services M-F, 9 am–12 pm to meet with case manager

## Emergency Shelter for Families

### Rapid Rehousing and Transitional Housing through YWCA (406-543-6691); offers rent and deposit assistance and support services for homeless families or survivors of domestic violence.

### Gateway Program & Emergency Housing

Gateway Assessment Center at YWCA, 1800 S 3rd St W,
(406) 543-6691. Offers emergency housing, referrals, and supportive services for homeless families & veterans.

## Health Care

### ****Partnership Health Center - 401 Railroad St.****

**Primary medical care and dental. Sliding fee scale for those with Medicare, Medicaid, CHIP, and no health insurance. Also clothing for clients in need.**Medical Clinic: M,W,Th,F 8:00am-6:00pm;Tu 9am-6pm. **Medical: (406-258-4789),** Dental Clinic: M,W,Th,F 7:15am-5pm;Tu 9am-5pm. Walk-in for emergencies. Dental: (406-258-4185)

**PHC Clinic @ Missoula Food Bank, 1720 Wyoming Street, Ste. 201.** (406)258-3663. Mon, Tues, Thurs: 10 am to 7 pm. Wed, Fri: 10 am to 3 pm. Walk-ins welcome and accepting new patients. Providing medical and dental services.

### ****Poverello - Partnership Health Center****

**1110 W.** Broadway, (406) 728-1809.

Free healthcare for those who are homeless.

Mon, Wed, Thursday, 8 am - 6 pm. Tues 9 am to 6 pm.

### Nurse on Call (Community Medical) 327-4770.

Free hotline to speak to a registered nurse to determine if symptoms require immediate or emergency care.

### All Nations Health Center

### 830 W. Central, 829-9515; screening and support for diabetes, women’s health, chemical dependency counseling, & HIV testing. 24-hour crisis line 240-3955.

### Western Montana Mental Health Center

### Adult Mental Health Services - 1315 Wyoming St.

(406) 532-9700. Case management and day treatment for adults with mental illness.

### Turning Point - 1325 Wyoming St., (406) 532-9800.

Alcohol and substance abuse treatment.

**Children’s Case Management** - 1305 Wyoming St.
(406) 532-9770. Mental health services for children.

### Veteran’s Affairs Outpatient Clinic

3885 W Broadway; (406) 493-3700.

Health care services for military veterans. M-F - 8 am to 4:30 pm.

### Veterans’ Center - 910 Brooks St., (406) 721-4918.

Counseling/support for military veterans. M- F 8 am to 6 pm.

**SHIP Counselor through Missoula Aging Services**

(800) 551-3191 specialists trained in Medicare eligibility, benefits and options including health insurance counseling.

## Immigration & Refugee Services

**Soft Landings - 939 Stephens Ave, (406) 493-0504**

Offers resources for families and individuals new to Missoula to help with adjustment and accessibility. M-F 10am-4pm.

## Resources for Families

### Parenting Place - 1644 S. 8th W, (406) 728-5437

Parenting programs and support, 9 a.m.-5 p.m.

Mon-Thurs., free respite care for children 0-10.

### Child Care Resources - 500 No. Higgins, #202728-6446 Referrals & financial assistance for childcare.

### Planned Parenthood - 219 E. Main St., 728-5490

Female and male annual exams, pregnancy & STD testing, birth control info/supplies on sliding fee scale.

### Early Head Start - 2121 39th St., (406) 251-9410 ext. 323

### Parenting and child care support from birth to three years old. Call for more information.

### Boys and Girls Club - 1515 Fairview Ave, 542-3116

The Boys & Girls Club of Missoula County offers low cost educational out-of-school-time activities for elementary and middle school aged kids.

### Flagship Program - 532-9825

Free after school opportunity for students in grades k-12. Open to all students at Franklin, Hawthorne and Russell, CS Porter, Meadow Hill, Washington, Hellgate, and Willard schools.

### YMCA – 3000 S Russell ST., 721-9622

The program offers after-school care as well as summer camps with financial assistance available

### Hope Rescue Mission – 549-HOPE (4673)

2811 Latimer St. - Hope Rescue Mission provides services of all kinds to families and individuals; fuel, repairs to vehicles and homes, short-term cash assistance, etc. By application only.

**Families First Learning Lab – (406) 721-7690**

455 E Main St. 2nd Floor of Missoula Public Library.

Free programming & consultations to strengthen family bonds through education, connection, play & partnership.

## Seniors & People with Disabilities

### Missoula Aging Services - 337 Stephens Ave.

### (406) 728-7682; M-F 8 am – 5 pm Meals on Wheels, Senior Help Line; info about housing, transportation, health care, and legal issues. Also, farmer’s market vouchers, meal vouchers, and meals for homebound elderly and disabled.

### ROOTS Program through Missoula Food Bank

Provides food to low-income, homebound seniors (60+). For more info, call Senior Nutrition Coordinator, Jess Harrell at 406-549-0543 ext. 216; jharrell@missoulafoodbank.org

### Summit Independent Living, (406) 728-1630.

700 SW Higgins Ave, #101. Support, such as peer advocacy, skills training, and benefit assistance, for people with disabilities.

### Missoula Senior Citizen Center, 705 S Higgins.

(406) 543-7154. Mon. – Fri. 9 am to 4 pm. Provides services that support the physical, intellectual and emotional health and well-being of Missoula's senior population.