Gardiner-Mammoth area residents, do not suffer, go hungry or feel alone. Through this time of physical isolating, remain connected to your community. For more area-specific resources, see the Gardiner Chamber Newsletter at https://www.visitgardinermt.com/ and Park County Community Foundation at https://www.pccf-montana.org/.

**Mental Health and Abuse Resources**

**Montana Suicide Prevention LifeLine**
https://suicidepreventionlifeline.org/
(800)-273-TALK (8255)

**Montana Crisis Text Line**
https://www.crisistextline.org/
Text MT to 741741 anytime, about any type of crisis. A live, trained Crisis Counselor receives the text and responds, and will help you move from a hot moment to a cool moment.

**Western Montana Mental Health  406-556-6500  https://www.wmmhc.org/**
Provides mental health and substance use treatment, community-based services, outpatient services, inpatient addiction recovery services and housing options. Virtual appointments are available and will connect you to the most local assistance, depending on need.

**Montana Warmline 877-688-3377  http://www.montanawarmline.org/  M-F 4-9pm Sat-Sun 12-9pm**
Provides a friendly and understanding person for those who just need someone to talk to after hours. For Montanans who live far away from services, there are few options for receiving support for mental illness without traveling long distances. This non-crisis Recovery Line is for people who want to talk to a local peer (someone in recovery for his or her own mental illness) or therapist about issues they face.

**Montana Department of Public Health and Human Services**
To report child abuse and neglect call 1-866-820-5437.

**ASPEN  406-222-5902  24 Hours Crisis Line: 406-222-8154**
Abuse Support & Prevention Education Network
Provides services to anyone in a situation of domestic or sexual violence.
320 North Main Street Livingston, MT 59047

**Bozeman Help Center** Call 2-1-1 or 406-586-3333  https://www.bozemanhelpcenter.org/
Available 24/7/365 for crisis counseling, advocacy, information, outreach, and support in a safe, confidential environment.

**Kelly McGovern, local therapist for children**  480-310-0531 or 406-222-6490 scheduling most appts Th/ Fri, Yellowstone Boys and Girls Ranch https://www.ybgr.org/

**Kris Loomis**, local therapist providing tele-medicine. 406.220.1761
Food Security
Gardiner Food Pantry
307-250-5853 or 307-344-9006
Pickups on Tuesday 1-6 pm or receive food boxes delivered to your home (including medications).

Meals On Wheels: Seniors, volunteers will bring lunch straight to your door Monday-Friday.
Any child under the age of 18, enrolled in school or not, can receive a free breakfast and lunch (not able to assist with infants). Four drop off sites: Mammoth, Gardiner, Corwin and East River Rd . M-F, Noon-12:30. Each day the child will receive a lunch and breakfast for the next morning.
To sign up for either service, call or text Anna at 406-223-2751 or email aholloway@gardiner.org.

Addiction and Recovery
Montana Peer Network  406-551-1058   https://mtpeernetwork.org/
Online and virtual peer support for people in recovery, also offering Facebook lives, webinars, connection to community, and support for anyone struggling with mental heath or addiction issues.

Narcotics/Alcoholics Anonymous and Al-anon/Alateen local virtual meetings
https://thehallbozeman.org/

Alcoholics Anonymous  24 hour counselor hotline  833-800-8553
https://www.aa-montana.org/

Support Groups Central  https://www.supportgroupcentral.com/
Offering online, live group support meetings on a range of topics including addiction and recovery, depression, chronic illnesses, parenting, women’s issues and more.

Other Resources
The Yellowstone Community Fund
Funds available to help with gas, groceries, and medicine for any Gardiner area employee or business owner effected by ramifications of the COVID-19 crisis.
--For help with gas please inquire at the Gardiner Town Station Conoco or Yellowstone Dino Lube
--For help with groceries or costs related to medicine please contact the Gardiner Chamber of Commerce at 406-848-7971 or email executivedirector@gardinerchamber.com
--For other help please contact Jim Halfpenny at 406-223-1579

Be-a-Buddy: People Helping People in Livingston/Park County (MT)
Matching a healthy and able volunteer with anyone in Park County who is sick, at high risk and/or self-isolating. Volunteers do a daily check-in with their person: making sure they are physically and mentally okay, and that they have, at the very least, sufficient food and prescription medications.
Email: livingstonbuddies@gmail.com or find us on Facebook.

For the most up-to-date Covid19 information for Park County:
Park County Health Department on Facebook and
https://www.parkcounty.org/Government-Departments/Health-Department/
Daily COVID Update Message: 406-922-5690
Country and State Covid 19 statistics, updated daily 9am

General Information Hotline: 406-222-4131
Resources and Community Information related to Covid 19 contagion

Healthcare Hotline: 406-922-5685  M-F 8am-4pm
Medical questions related to Covid 19 or testing info