

**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](mailto: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 health 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.supportgroupscentral.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](mailto: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](mailto: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