FREE HELP NEAR YOU

Western Montana · Missoula, Kalispell, Hamilton & Polson

Missoula · Kalispell · Whitefish · Columbia Falls · Polson · Ronan · Hamilton · Stevensville · Libby · Thompson Falls · Superior · Bigfork

Not sure where to go?
Tell us what's going on and where you are. We'll point you to the right place.

REAP AMERICA · 24 HOURS
1-877-341-REAP
(1-877-341-7327) · Text: 775-235-8765

911 Police · Fire · Ambulance

988 Mental health crisis call or text

211 Montana 211 · dial 2-1-1

Food, Bills & Emergencies

District XI Human Resource Council
Missoula · energy help, Missoula, Ravalli & Mineral
406-728-3710

Community Action Partnership of NW Montana
Kalispell · energy help, Flathead, Lake, Lincoln & Sanders
406-758-5433

Missoula Food Bank
Missoula · food
406-549-0543

Shelter

Poverello Center
Missoula · shelter & meals
406-728-1809

Hope Rescue Mission
Missoula
406-549-4673

Samaritan House
Kalispell
406-257-5801

Flathead Warming Center
Kalispell · winter
406-885-3042

Veterans

Missoula VA Clinic
VA health care
406-493-3700

Kalispell VA Clinic
VA health care
406-758-2700

Health Care

Partnership Health Center
Missoula · sliding fee, with or without insurance
406-258-4789

Safety From Abuse (24 hours)

YWCA Missoula
Missoula · 24 hours
406-542-1944

Abbie Shelter
Kalispell · 24 hours
406-752-7273

SAFE in the Bitterroot
Hamilton · 24 hours
406-363-4600

Safe Harbor
Ronan · 24 hours
406-676-0800

POLICE, FIRE & GAS · Emergency? Call 911 · Smell gas? Get out first, then call

Missoula Police
406-552-6300

Flathead County Sheriff / Dispatch
406-758-5610

Kalispell Police
406-758-7780

Whitefish Police
406-863-2420

Ravalli County Sheriff
406-375-4060

NorthWestern Energy · gas leak
1-888-467-2669

NATIONAL HOTLINES · FREE · 24/7

Poison Help
1-800-222-1222

Suicide & Crisis Lifeline
Call or text 988

Veterans Crisis Line
Dial 988, press 1 · Text 838255

Crisis Text Line
Text HOME to 741741

Domestic Violence Hotline
1-800-799-7233 · Text START to 88788

Sexual Assault Hotline (RAINN)
1-800-656-4673

Child Abuse Hotline (Childhelp)
1-800-422-4453 · call or text

Drug & Alcohol Help (SAMHSA)
1-800-662-4357

Human Trafficking Hotline
1-888-373-7888 · Text 233733

Runaway & Homeless Youth (Safeline)
1-800-786-2929