

MENTAL HEALTH RESOURCES



St. Peter's Health



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Please note, the information in this guide is for general reference. It is not an endorsement of any service or provider. Updates are made regularly but information is subject to change.





Crisis Numbers

Suicide and Crisis Lifeline

988

SPH Mobile Crisis Team (MCRT)

911 ask for SPH MCRT

Crisis Text Line:

Text “MT” to 741-741

The Crisis Text Line provides free, 24/7 support via text message for distress including anxiety, depression and suicide.

National Suicide Prevention Lifeline:

1-800-273-8255 (Available 24 hours)

The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones and best practices for professionals in the United States.

SAMHSA’s National Helpline:

1-800-662-HELP (4357)

SAMHSA’s National Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders.

TrevorLifeline:

1-866-488-7386 or text START to 678-678 thetrevorproject.org

The Trevor Project is the world’s largest suicide prevention and crisis intervention organization for LGBTQ (lesbian, gay, bisexual, transgender, queer, and questioning) young people.

Mobile App

MY3 or Safety Plan

MY3 is a free mobile safety planning app that allows you to create a virtual safety plan. You can email your plan to share with others. MY3 allows you to define your network and your plan to stay safe. It helps you prepare to help yourself and reach out to others when you are having thoughts of suicide.



Tips to Help Find a Local Therapist or Counselor

Therapist Directories:

Search online provider directories for local providers. These databases are often easy to navigate and you can search by insurance type to quickly see who is accepting new patients.

Psychology Today ([psychologytoday.com](https://www.psychologytoday.com))

A comprehensive directory of therapists, psychiatrists and treatment facilities.

The Bright App 2.0 ([wimtracking.com/bright_app_page_one](https://www.wimtracking.com/bright_app_page_one))

The Bright App 2.0 is a Montana mental health directory.

Health Insurance:

Call your insurance provider or visit their website for a list of mental health providers who accept your insurance. Your employee benefit plan (EAP) may also have a list of local providers. Check your coverage carefully by asking the following questions:

- Does my health insurance plan include mental health benefits?
- What is my deductible and has it been met yet?
- How many sessions per year does my health insurance cover?
- Do I need prior authorization from my primary care provider to have these services covered?

Virtual Care:

Virtual care is another option if you would like to quickly establish care. Many Montana-based mental health clinicians will provide virtual or in-person therapy. A variety of organizations offer virtual therapy, including:

Virtual Therapy:

TalkSpace ([talkspace.com](https://www.talkspace.com))

BetterHelp ([betterhelp.com](https://www.betterhelp.com))

Medication Services:

Cerebral ([cerebral.com](https://www.cerebral.com))

Frontier Psychiatry ([frontier.care](https://www.frontier.care))

Be Persistent:

Keep in mind that it can take multiple attempts to find a provider. Many people find they need to contact 5 to 10 mental health providers to find someone accepting new patients. It is OK to request to be put on a waitlist or to ask for a consultation with a provider to help determine if they're the right provider for you.



Local Mental Health Provider Listing

Please note, this list is not intended to be a comprehensive list of all providers and is not an endorsement of any provider. Updates are made regularly but information is subject to change.

License acronyms for mental health providers:

LAC = Licensed Addiction Counselor (May be Bachelor's or Master's-level)

LCSW = Licensed Clinical Social Worker

LCPC* = Licensed Clinical Professional Counselor

LMFT* = Licensed Marriage and Family Therapist

APRN = Advanced Practice Registered Nurse

*Please note LCPC and LMFT cannot accept Medicare.

Local Counselors

Adult and Child Counseling Services

406-443-1990; adultandchildcounselingservice.webstarts.com

111 N. Last Chance Gulch, Arcade building, Suite 2A

Bill Evans, LCSW, LMFT

Anger management, couples therapy, depression, anxiety, families and elderly.

Kathleen Curtis, LCPC

Therapeutic approaches using dance/movement, art, drama, music, storytelling and writing. Adults, children and groups.

Paul McCormick, MSW, LAC, NCAC II, SAP

Chemical dependency evaluations for CDL Drivers and other Safety Sensitive Position workers who have tested positive for alcohol or drugs on a pre-employment, random or reasonable suspicion urine screen. Recovery work.

Travis Myers, LCPC

406-461-6902

Diane Page, LCSW

Adolescents and adults. Mood disorders, PTSD, domestic violence and dual diagnosis.

Justin Evans, LCSW, DBH

406-334-2633; justinevanscounseling.com

Addiction, Cancer, Anger Management, Grief, Divorce, OCD, Men's Issues

Custer Avenue Counseling

406-442-3869; custeravenuecounseling.com

104 West Custer Ave.

Jamie Rodriquez, LCSW

Jason Peccia, LCPC

Kathy Edwards, APRN, FNP

Kathleen Curtis, LCPC

Tina Morrison, LCPC

Arlena Crandell, LCSW

Stuart Klein, LCPC

Specialties include: Attachment disorders, depression/grief, anxiety disorders, posttraumatic stress disorder, ADHD/ADD, Autism spectrum disorders, mood swings and bipolar disorders, abuse, foster/adoption issues, marriage and family therapy, child-parent relationships, anger management. Individual, couple and family therapy.

South Hills Psychotherapy Associates

southhillstherapy.com

535 Saddle Dr.

Carol Frazer, LCPC

406-439-0055

Serves adults and couples. Specialties: Anxiety, depression and other mood disorders, grief and loss, CBT, SFBT.

Charlotte Fuson, LCPC

406-449-3949

Serves adults, couples and older adolescents. Specialties: Marriage & family systems, trauma, grief and healing, CBT, depression and anxiety.

Erin McMahon, LCPC, LAC

406-558-9062

Serves adults. Specialties: Trauma, co-occurring disorders, anxiety, depression.

Karrie Bird, LCPC

406-465-5938

Serves adults and older teens. Specialties: Eye Movement Desensitization and Reprocessing (EMDR).

Kim Jones, LCPC

406-438-5437

Serves adults. Specialties: SFBT, CBT, Mindfulness, Changing Patterns.

Kristina Pritchard, LCSW

406-459-3410

Serves older adolescents and adults. Specialties: Anxiety, depression, mood issues, life transitions, grief and loss.

The Family Psychological Center

406-431-4627; familypsychcenter.com

48 Medical Park Dr.

Joan FitzGerald, LCSW

406-431-4627

Serves individuals, couples and families. Specializes in trauma, relational trauma (divorce, death and separation), attachment, foster and adoptive issues.

Adria Willis, LCSW

307-851-3832

Serves children, adolescents, teens and young adults. CBT, play therapy, psychodynamic therapy. Specializes in self-esteem, trauma, attachment/relational problems, grief and loss, peer issues, gender identity and sexual orientation.

Crystal Ross, LCSW

573-694-9805

Serves all ages. Specialties: Children who have experienced trauma, caregiver burnout, grief and loss, life transitions and chronic illness. Working towards becoming a Registered Play Therapist.

Ivy Rennfield-Bryce, LCSW

406-490-5889

Serves children, adolescents and families. Specializes in psychodynamic and CBT.

Spring FitzGerald, LCSW

406-459-8831

Serves children, adults and families. Specializes in psychodynamic therapy, narrative-based intervention and play-based interventions.

Tami Darlow, LCPC

406-431-3992

Serves children and adolescents. Specializes in students struggling in the educational setting, mood disorders, anxiety and stress, grief and loss, and divorce.

Wendy Cook, LCSW

406-461-4727

Serves all age groups. Individual, couples and family therapy. Approaches include psychodynamic, solution-focused brief therapy, goal setting.

Mount Helena Counseling

mounthelenacounseling.com

2728 Colonial Dr., Suite 202

Anna Rolando, LCSW

406-594-2321

Specializes in grief and loss, medical issues and chronic pain (including palliative care), depression, anxiety and normal life challenges.

Kyrie Russ, LCPC

406-438-6439

Accepts Tricare- does not accept Montana Medicaid. Specializes in obsessive-compulsive disorder (OCD), body-focused repetitive behaviors (hair pulling & skin picking), depression and anxiety, eating disorders, normal life challenges.

Rivers & Mountains Consilience Institute

riversandmountains.org

825 Helena Ave.

Ali Lunnon, LCSW

406-437-3305

Specialties: Acceptance Commitment Therapy.

Edward Gray, LCPC

406-439-5468

Individual, couples and families. Specialties: Depression, grief, anxiety, PTSD, autism, ODD, ADHD.

Greig Hern, LCPC, LMFT

406-422-8023

Children, adolescents, adults, couples, individuals and families. Specialties: Christian counseling.

Kathryn Trucano, LCPC, NCC

406-992-4082; ktrucanolcpc.com

Children ages six through teens, adults, individual and families. Specialties: Depression, anxiety, PTSD, behavioral issues, ADHD, autism, trauma, relationship issues.

Pat VanWyke, PhD

406-475-4075; helenapsychotherapy.com

Adults. Specialties: Acceptance and Commitment Therapy, anxiety, depression, workplace burnout. Private insurance only.

Whitney Donohoe, LCSW

610-297-2476

Children age 6-18. Specialties: Trauma-focused cognitive behavioral therapy, relationship issues, anxiety, family systems and depression.

Montana Psychotherapy Clinic

406-449-4623

1125 Missoula Ave. Suite C

Carl Rosston, LCSW

Eating disorders, workplace issues, trauma, custody evaluations.

Elizabeth Allen, LAC

James R. Seymour, LCPC, LAC

Shannon Stevens, LCPC

Kid Worx Counseling: Child and adult. School issues, behavioral issues, SI, women's issues, trauma.

Cornerstone Counseling

cornerstonecounselinghelena.com

516 Fuller Ave., Suite 1

Cheryl Bouvier, LCSW

406-800-1824

Children, families and adults. Specialties: Trauma-Focused CBT and play therapy.

Kelly Killham, LCSW

406-282-1910

Children, families and adults. Specialties: ADHD, anxiety, trauma and depression.

Terri Williams-Murray, LCPC

406-290-8340

Children age two through adolescents and adults. Specialties: EMDR, trauma, adoption, autism, behavioral problems, issues related to fetal alcohol spectrum disorders, Theraplay, Parent-Child Interaction Therapy.

Terry Tollakson, LCPC, LMFT

406-499-4800

Children, teens and adults. Specialties: Play therapy, relationship issues, trauma, autism spectrum disorders, behavioral problems, school issues, grief.

Tess Horenblas, LCSW

503-887-1133

Adolescents, individuals, couples and families. Specialties: Relational difficulties, attachment disorders, anxiety, depression, self-image issues and trauma.

Counseling Associates

helenacounseling.com

25 S Ewing St., Suite 511

Andrew Edgar, LCPC

406-202-3554

Teens and adults. Specialties: EMDR, trauma, developmental disabilities, depression, anxiety, mood disorders, stress management, trauma and abuse, sexual offending behaviors, life transition issues and grief.

Kyle Ann Johnson, LCPC, LAC

406-579-5039

Age five through adulthood. Specialties: Trauma-focused CBT, Co-occurring substance misuse.

Tracy Vaughn, LCPC

406-996-1034

Other Private Practice Counselors

Helena

Adrian Sagan, LCSW, LAC

406-438-3480

Age 15+. Specialties: Substance use, relationship issues, thought related disorders, sexual identity, grief, mood related disorders.

Alece Berg, LCSW, LAC

406-431-2908

Children and adults. Specialties: Perinatal mental health, trauma, depression parenting, substance use.

Amy Traynham-Feragan, LCSW

406-594-7109; newgrowthandhealingtherapy.com

Children, adults, couples and families. Specialties: Divorce, grief, women's issues, depression, anxiety, school issues, chronic pain, anger management.

Amy Youngblood,SWLC

406-558-9464

Toddlers-adults. Specialize in Solution Focused Therapy, Trauma Focused CBT and Trauma-informed therapy. Certified in DBT

Ann Truesdell, LCSW

406-980-0198

Anxiety, Body Positivity, Burnout, Open Relationships Non-Monogamy, Trauma, PTSD

Anne Murfitt, LCPC, LMFT

406-443-8855

Individuals, couples and families. Specialties: Depression, anxiety, stress management, workplace issues, grief, parenting, life transitions and meditation.

Ashley Brown, LCSW

406-461-9353

Preteen-adult. Focus of work is through a relational lens, family systems, etc. Also has expertise in death, dying, grief, and loss.

Barbara DeBree, LCSW

406-465-7650; barbara@healingmountainmentalhealth.com

Preteen, teen and adults. Specialties: Mood disorders, trauma, chronic illness, military and veteran specific issues, domestic abuse, borderline personality, substance use, relationship issues.

Becky Oss, LCSW

406-594-9926; beckyosslcsw.com

Adults and teens. Specialties: Dialectical Behavioral Therapy, bipolar, borderline personality disorder, trauma and relationship issues.

Brian Huff, LCSW

406-461-4437; campcreekcounseling.com

Teens, adults, elders and couples. Specialties: CBT, Narrative Therapy, Commitment Therapy. Experienced in working with addiction, codependency, men's issues, domestic abuse, anger management and depression. Virtual visits only.

Carol Josephson, LCSW, LAC

406-465-7650

Emphasis on mindfulness-based practices, CBT for SUD and depression, acceptance commitment therapy, and DBT. Specialties include working w/ veterans, chronic illnesses/pain, anxiety disorders, major depression PTSD, SUD, older adults, and LGBTQIA2S+

Cassie Estelle, LCPC

406-461-2782

Experience working with family separation, foster care/adoption, trauma, life transitions, depression, anxiety, anger, self-esteem issues, school issues along a verity of emotional/behavioral concerns. I have worked with children from age 5-18 years.

Cathryn English-Straub LCSW, LAC

406-202-2433

Cristina Fowler, LCSW

406-603-0211

Perinatal mental health.

David Wojciechowski, LCSW

406-475-2060; syn10.net

Adults, children and families. Specialties: Family systems, child therapies, CBT, existential theory and behavioral. Experienced in working with veterans.

Debbie Micu, LCPC

406-283-4751; deb@equanimitymt.com

Children, teens and adults. Specialties: Trauma, relationship issues, mood disorders, OCD, parenting, self-esteem, and spiritual abuse

Duane Cordiner, LCPC

406-558-9464

SFBT, CBT, DBT, trauma-focused cognitive behavioral therapy (TF-CBT), experience working with adolescents, adults, couples, and families in the areas of anxiety, depression, PTSD, bipolar, grief, loss, relationship issues

Ellen VanDeKop, LCPC

406-936-3593

Preteen through adults. Individual, couples and family counseling. Specialties: Anxiety, parental concerns, relationship issues. LGBTQ+ allied.

Emilie Graham, LCSW

720-451-2396; emiliegrahamtherapy@gmail.com

Relationship issues, Depression, Anxiety, Addiction, Bipolar, LGBTQ+

Emily Wish (Alexis)

406-952-3372

Compassionate care for people struggling with eating disorders and body dissatisfaction, treats children, adolescents, and adults

Eric Wahler, LCPC

406-457-0579

Fatima Amelkin, LCSW

406-449-4623

Perinatal mental health, eating disorders, workplace issues, depression, anxiety, family issues.

Genevieve Massey, LCPC

406-313-3709

Gianna Lishman, LCSW-C

406-272-2511

Children through adults. Individuals and family. Specialties: Trauma, family conflict, parenting, ADHD. LGBTQ+ allied.

Gregory Kolwicz, LCPC

406-313-8528

Specialties: Life transitions, Relationship Issues, Anxiety

Heidi Palmquist-Scanlon, LCPC

406-594-5139; therapy@heidipalmquistscanlon.com

Adults. Specialties: Eating disorders, OCD, grief, trauma, perinatal mental health, women's issues.

Hannah Dellwo, LCSW

406-439-4156

Child Centered Play Therapy. Neurofeedback for all age ranges.

Hanna Reis, LCPC

406-282-8412; stridebystridecounseling.com

Adults. Specialties: Anxiety, mood, trauma, family conflict and adjustment related disorders. Private insurance only.

J. Olivia Drumm, LCPC

505-592-2656

Specialties: Anxiety, LGBTQ+, Women's Issues, Depression

Jadin Van Steenvort, LCPC

406-296-5375

Jayme Hill, LCSW

406-763-6454; jmountaincurrents@gmail.com

Parenting support and parent managements. Sees children over 8 years old with parents.

Jen Mittelstadt, MSW, SWLC

406-345-6604

Specialties: Trauma, grief, women's issues, domestic abuse, relationship issues, substance use, depression.

Jenna Moore, LCPC

406-350-7712; couragecounselingmt.org

Adults, individuals and couples. Specialties: Perinatal mental health, relationship issues, family conflict, women's issues.

Jessica Hayes-Cook, LCPC

406-475-1022

Teens and adults. Specialties: EMDR, eating disorders, trauma, stress, behavioral issues.

Joelle Johnson, LCSW, LAC

406-201-1308

Adolescents and adults. Specialties: Perinatal mental health, trauma, co-occurring substance misuse, criminal justice involved.

Julie Turman, LCSW

406-461-7327

Trauma, PTSD, Anxiety, Addiction, ADHD, Domestic Violence, Domestic Abuse, Alcohol Use, Veterans, LGTQ+

Kelly Ackerman, LCPC- Wellspring Counseling and Family Services

406-306-1607

Kevin Shon, LCSW

406-344-4037

Cognitive approaches to therapy, Dialectical Behavioral Therapy skills, mindfulness, and Somatic Experiencing to offer multiple different angles in approaching therapy goals

Kiki Zafiridou, LCSW

406-202-3286

Adults. Specialties: Trauma, depression, anxiety, OCD, CBT and EMDR. Bilingual-Greek and Spanish.

Kim Waples, LCSW, LAC

406-290-7825

Adults and individual. Specialties: Depression, anxiety, grief, Elderly Persons disorders, trauma, substance use, life transitions. Telehealth only.

Kobi Schaff, LCSW

406-860-0660; mysoulements.com

Trauma, grief and loss, Reiki, meditation, phobias, emotionally-focused therapy.

Kody Ramler, LCSW

406-729-4985

Domestic Abuse, Sexual Abuse, Trauma, PTSD, and Grief

Kristin Enblom, LCPC

406-465-9990; mrcounselingmt.com/services

Ages 16+. Specialties: Perinatal mental health, disordered eating, anxiety, mood disorders and women's issues.

Kristina Gillispie, LCSW

406-459-9584; changingcurrentsmt.com

Adults and individual therapy. Specialties: Perinatal mental health, first responder trauma, grief, PTSD, mood disorders, relationship issues.

Krystle Gawel-Kulesa, LCSW

406-641-5987

Anxiety, Depression, Family Conflict, Trauma, PTSD, Women's Issues, Grief

Dr. Laura Lopach

406-209-8905; based in Missoula; Laura@insighpsychologymt.com

Child ADHD assessments (2-3 week waitlist). Specializes in serving children aged 2-21 in neurodivergence, including autism, ADHD, learning differences, and intellectual disabilities.

Lauren Leslie, LCPC

406-641-7045

Ages six through adulthood, individual and families. Specialties: Depression, SI, self-harm, family conflict, depression and anxiety. LGBTQ+ allied.

Lee Holmes, LCPC

406-439-0756

Adolescents through adulthood. Specialties: Grief, loss, anxiety and depression.

Lyndsay Smith

406-272-2511

Trauma, PTSD, Depression, Anxiety

Marli Taylor, LCSW

406-459-7532

Toddler through teen. Specialties: PCIT, trauma, behavioral issues. Bilingual-Spanish.

Marah Connole, LCPC, LAC

406-518-1165; elementcounselingandwellness.com

Nutrition therapy and substance misuse. Experienced in ACT, trauma focused CBT, and MI. Private insurance only.

Meighan Robbins, LCPC, LAC (MT)/ LPC-MH (SD); ADHD-CCSP

406-224-4002; swevals@outlook.com

Codependency, Chronic Pain, Addiction, Adult ADHD one-time screening, ongoing therapy for ADHD

Megan Wheeler, PCLC, MA, MFTC

406-225-7988

Preteen, teen and adults. Specialties: Trauma, relationship issues, domestic abuse, grief, spirituality, substance use, codependency. LGBTQ+ allied.

Melanie Ames

406-212-2144; based in Missoula, can do telehealth

Cancer

Michael Petaja, LCPC

406-461-0551; michaelpetaja.com

Families, couples and individuals. Specialties: Trauma focused and family systems approach.

Michelle Hines, LCSW

406-415-2158

Toddlers through adults. Specialties: Women's issues, life transitions, domestic violence, grief, trauma, chronic illness.

Michelle Marshal, LCPC

406-202-3824

Ages 5+, adults and families.

Miri'kai (Kai) Walter, LCPC, LAC, NPC-T EMDRPT-, ADHD-CC

406-919-6466

Trauma, PTSD, Dual Diagnosis, Co-parenting counseling, Addiction, ADHD, Mood Disorders

Monica Glueckert, LCPC

406-936-3090

Toddler through adults. Specialties: Play therapy, depression, family conflict, men's issues, behavioral issues. LGBTQ+ allied.

Nikki Hamilton, LCPC, Cohesion Through Compassion Counseling, LLC

406-916-1441

EMDR therapy with Veterans and First Responders

Pamela Ponich, LCPC

406-623-5568

Perinatal mental health, parenting, PCIT, family conflict, adoption.

Patrick Newby, LCPC

406-413-9627

Ages six through adulthood. Specialties: Anxiety, irritability, insomnia, depression, PTSD, trauma, ADHD, traumatic brain injury, substance use, Neurofeedback.

Randi Levin, LCSW
406-443-8780

Randy Fuhrman, LCPC
406-412-6573

Adolescents, adults and families. Specialties: EMDR, trauma, veterans, relationship issues, grief, spirituality.

Rebecca Jones, LCSW
406-449-7677

Children, adolescents and adults. Specialties: Relationship issues, chronic pain, grief, trauma, women's issues.

Rebecca Troianos, LCPC
406-334-2503

Adults, couples and individuals. Specialties: Perinatal mental health, trauma, parenting, marital issues, career counseling. LGBTQ+ allied.

Rebekah Price-Orr, PCLC
406-417-1812

Preteen through elders, individuals and couples. Specialties: Perinatal mental health, chronic pain, parenting, relationship issues, grief, mood disorders, trauma. LGBTQ+ allied.

Robie Marcoux, LCSW
406-412-2797

Teens and adults. Specialties: Work/life stressors, trauma, grief, anxiety, depression. LGBTQ+ allied.

Sarah Bigley, LCSW
406-642-0581, online only*

Anxiety, Depression, Trauma, Suicidal Ideation, Coping Skills, Safety Planning

Shari Morin Degel, LCPC
406-459-4958

Individuals and families. Specialties: Secondary trauma impacting human service workers, grief, burnout and marital issues. Virtual sessions only (lives in AZ). Private insurance only.

Stevi Scott, LAC, Sober Solutions Counseling and Lifestyle Coaching
406-219-8714

Preteen-Adults. Alcohol Use, Drug Abuse, Life Coaching, and Substance Use.

Stuart Klein, MA, LCPC
406-449-7531

Adolescents, adults and couples. Specialties: Anger management groups, depression, anxiety, grief, work difficulties, relationship problems.

Susan A. Anderson, LCSW
406-646-2211

Toddler through pre-teen. Specialties: Play therapy, trauma, behavioral issues.

Tyler Halford, PhD

406-296-5546

Adults and couples. Specialties: Trauma, substance use, relationship issues, anger management, eating disorders, veterans, testing and evaluations. Private insurance only.

Dr. Zaluski

406-201-1717

ADHD screening and testing up children, teens, and young adults up to age 24

Montana City

David Patrick, LCSW

406-461-1656

Adults. Specialties: Depression, anxiety, relationships, trauma, adult ADHD, chronic pain, grief, divorce.

Michael Kalous, LCPC

406-437-1910

Adolescent, adults, couples, families and individual therapy adults. Specialties: Relationship issues, veterans, parenting, self-esteem, spirituality/faith, trauma, anger management.

Dr. Michael Emerson, PhD, LCPC

406-459-8260

Adult, adolescent and families. Specialties: Depression, anxiety, life transitions, mood disorders, relationships, parent effectiveness training.

Thomas Carlin, LCPC

406-449-5555

Adult and adolescent. Specialties: Relationships, depression, anxiety, trauma, grief.

Townsend

Jennifer Beatty, LCPC

406-980-0672; Infinitehopellc.com

Ages five through adults. Specialties: Depression, mood disorder, anxiety and stress management, life transition, trauma, women's issues, Christian counseling.

Mandi Waters, LMFT

406-465-4323

Adults, teens and couples. Specialties: Anxiety, self-esteem, relationships, trauma. Trained in mindfulness-based ecotherapy, EMDR, Emotionally-Focused Therapy, Solution-Focused Brief Therapy, Experiential, client-centered and Brain Spotting. Call to discuss insurance.

LaReissa Swenson, LCSW

406-908-0101; lswensonsbhoffice@gmail.com

Adult and child. Specialties: Early childhood interventions, perinatal mental health, couples counseling, adult and child counseling, depression, anxiety, trauma.

Aubrey Hancock, MSW, LCSW

406-813-1559; eldertree@gmail.com

Elders and adults. Telehealth and face-to-face in Bozeman, Townsend and Helena. Specialties: Care management services for individuals with memory loss, life transitions, care giving, Alzheimer's, chronic illness. Call to discuss insurance.



Substance Use Support

Helplines:

Substance Abuse and Mental Health Services

1-800-662-HELP (4357)

American Addiction Centers

866-343-4521

Boyd Andrew Community Services

406-443-2343; boydandrew.com

60 S Last Chance Gulch; Satellite offices: Helena, Boulder, Townsend, and Whitehall

Chemical dependency assessments and evaluations, outpatient treatment for adults and caregivers, peer support, Prime for Life and Batters' Intervention Program. Can refer patients for medical detoxification and/or Level 3 inpatient facilities.

Helena Valley Addiction Services

406-422-4933; helenavalleyaddictionservices.com

833 N Last Chance Gulch

Chemical dependency evaluations, addiction counseling (outpatient and intensive outpatient), anger management evaluations, anger management classes, PRIME for Life and relapse prevention class (Moral Reconciliation Therapy).

Instar Community Services

406-422-4828; instarhelena.com

1824 N Last Chance Gulch

Substance use disorder outpatient treatment for individuals, families and groups. Chemical dependency assessments and evaluations, referrals to inpatient treatment, Prime for Life class, peer support specialists, relapse prevention education and gambling disorder counseling.

Helena Indian Alliance

406-449-5796; www.hia-mt.org

501 Euclid Ave.

Outpatient mental health services including counseling, psychiatric medication management, addiction recovery, ACT (DUI assessment, course and treatment) and MIP (Minor in Possession) services, anger management classes and peer support specialist.

Addiction Medicine Clinic St. Peter's Health

406-457-4180

2550 Broadway St.

Assist in diagnosis and management of chemical and behavioral addictions in a safe, supportive and confidential environment. Evidence-based techniques and open communication emphasized by the care team. Common substances include alcohol, tobacco, opioids, amphetamine, benzodiazepines and cannabis/marijuana among others. Referrals appreciated; however self-referrals are accepted.

Kyle Moore, DO

Megan Zawacki, PA

Other Private Practice Substance Misuse Specialists

Art Becker, LAC

406-475-4508

Elizabeth Allen, LAC

406-449-4623

Paul McCormick, LAC

406-443-1990

Stevi Scott, LAC

406-219-8714; ssc.lc@outlook.com

Miri'kai (Kai) Walter, LCPC, LAC, NPC-T EMDRPT-, ADHD-CC

406-919-6466



Community Mental Health Agencies

Center for Mental Health

center4mh.org

Satellite Locations: Helena (406-443-7151), Boulder (406-443-7151), Townsend (406-443-7151), and more.

Behavioral health including multiple modalities of treatment, psychiatric medication management, addiction recovery, adult therapeutic group homes for developmental and intellectual disabilities and case management. Online application available.

Florence Crittenton

406-442-6950; florencecrittenton.org

901 N Harris St

Florence Crittenton is a trauma responsive, relationship-based organization that provides family-centered support during critical times. Through a comprehensive continuum of services our programs include mental health services, substance use recovery, parenting education, childcare and preschool and access to community supports.

Intermountain

406-442-7920; intermountain.org

3240 Dredge Dr.

Child and family therapy (ages 3-26), family therapy, skills groups for teens, Circle of Security, co-occurring substance use and emotional distress therapy, youth case management, occupational therapy, therapeutic education services, child, adolescent and adult psychiatry.

Pure View Health Center

406-457-0000; pureviewhealthcenter.org

1930 9th Ave.

Behavioral health care providers work as a member of the primary care team and provide mental health services including counseling, screening and assessment, individual therapy, group therapy, case management and peer support.

Shodair Children's Hospital

406-444-7500; shodair.org

2755 Colonial Dr.

Shodair's outpatient services include therapy and medication management. They have an acute psychiatric inpatient program, adolescent residential treatment programs, a therapeutic group home and therapeutic education services. Shodair also provides medical genetic services.

The Friendship Center

406-442-6800; thefriendshipcenter.org
1430 Sanders St.

Domestic violence issues. They can help with shelter, counseling and temporary restraining orders.

Youth Dynamics

406-245-6539; youthdynamics.org
Various locations (including Helena & Boulder)

Child and youth-based services. Caregiver Support and Education, respite care, youth case management, therapeutic mentor program, substance use treatment, therapeutic group homes, therapy services, equine therapy, transitional living skills, foster care, day treatment and services for youth with highly sexualized behaviors.

Youth Homes

406-443-4730; youthhomesmt.org
2001 11th Ave. Building A, Suite 6

Child and family therapy (toddler through young adulthood), youth case management, therapeutic group homes, Circle of Security Parenting Training, Parent Management Training and In-Home Support.



Psychiatric Providers

St. Peter's Health Medical Group – Psychiatry & Clinical Psychology

406-447-5901
2550 Broadway

Andrea Mow, DO
Brigid Crowley, MD
Mark Mozer, MD
Kaile Ross, PhD

Big Sky Psychiatry

406-204-2151; bigskypsychiatry.com
2620 Colonial Dr., Suite B

TMS therapy uses magnetic pulses to heal the brain from serious depression without medication. Also provides medication management. Private insurance only.

Krista David, MD
Leonard Lantz, MD

MT Telepsych Solutions

406-442-2032; mtpsych.com
4185 N Montana Ave.

Kristy Boese, PMHNP

Mental health evaluations and medication management in Helena and throughout the state using telehealth.

Frontier Psychiatry, LLC

406-200-8471; frontier.care
Montana Based Virtual Telepsychiatry

Adult and child psychiatry, addiction treatment, neuropsychiatry and memory care. Online referral.

Other Private Practice Psychiatry Providers

Dana Hillyer, PMHNP

406-495-1515

Maternal mental health

Jiff McAnally, DNP, PMHNP-BC

406-431-1336

Child and adult psychiatric provider virtual visits.

Kathy T Edwards, APRN/FNP-C

406-442-3869

Susan Hemion, APRN

406-439-3339

Eileen Robbins, APRN

406-830-3149

(Ages 5-18)

Susan DePasquale, FPMHNP

406-443-6108

Erin Huston, PMHNP

406-996-1076

Kate Scheil, APRN (Intermountain)

406-442-7920

Michael German, APRN (Intermountain)

406-442-7920

Heather Zaluski

406-201-1717

ADHD screening and testing up children, teens, and young adults up to age 24



Montana Neuropsychologists

Big River Psychology

Dr. Hannah. Nixon, PsyD, MP

406-296-5393; 314 North Last Chance Gulch Helena, MT

Testing related to Autism, ADHD, Dyslexia, Depression, Anxiety, Bipolar Disorder, ODD, OCD, trauma, etc.

Dr. Heather Zaluski

406-201-1717

ADHD screening and testing up children, teens, and young adults up to age 24

Insight Psychological Services

Dr. Laura Lopach

406-209-8905; 825 West Kent Ave, #9 Missoula Laura@insighpsychologymt.com

Child ADHD assessments (2-3 week waitlist). Specializes in serving children aged 2-21 in neurodivergence, including autism, ADHD, learning differences, and intellectual disabilities.

Montana Neuropsychological Associates

406-543-9700; 406-459-8109; www.mtneruo.com

1610 S. Ave. West, Missoula

Kelly Pearce, PhD

Robert Velin, PhD

Mountain West Psychological Resources

406-646-2470

209 S. Montana St., Butte

Loretta Bolyard, PhD

Benefis West Campus

406-455-2760

400 15th Ave. S., Great Falls

Mark Johnson, PhD

John Hamilton, PhD

Cory Hessel, PhD,

Thomas Krajacich, PhD

Bozeman Deaconess Neurosciences

406-455-2760

931 Highland Blvd., Bozeman

Jeffrey Cory, PhD

Lee Perry, PhD

Dr. Eric Aune

406-442-7920