

Community Resource Guide

First Call for Help

549-5555 or 211
24-hour Help Line - With Complete Listing
of Community Resources

Crisis Hotlines

Homeless Outreach Team (HOT) Line
(406) 493-7955

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

Western Montana Mental Health Center
Emergency 24-hour line with Mental Health
Professional 1-800-820-0083 or 532-9710

YWCA Domestic Violence 24-Hour Crisis Line
542-1944 or 1-800-483-7858

Child and Elder Abuse Help 24-Hour Line
1-800-332-6100 or 444-9810

Missoula Police/Sheriff's Department: 911
24-hour non-emergency line: 552-6300 or
258-4810

Meals & Food Pantries

Missoula Food Bank 219 S 3rd St W, 549-0543
Pantry Hours: Monday-Friday 10am-1pm
Monday, Tuesday, Thursday 5pm-7pm

Poverello Center 1110 W. Broadway, 728-1809
Breakfast Daily 4am-7:30am
Lunch Daily 11:30am-1:45pm
Dinner Daily 5:30pm-6:30pm
Food Pantry Daily 1pm-2:30pm
24 hours sack lunches available

Union Gospel 506 B Toole Ave, 549-4673
Breakfast: M-Sat, 7 am – 8:30 am,
Friday Dinner, 4:30 pm to 6 pm

Clark Fork City Church 2811 Latimer St, 721-7804
Saturday 10am-12pm

Christian Life Center 3801 Russell, 542-0353
2nd and 4th Monday of every month 4:30pm-6pm
Around the very back of the church

HIS Food Pantry (Foursquare Church)
1001 Cleveland, 721-6884
Last Thursday of the month 5pm-7pm

River of Life Food Bank
4007 Hwy 200, East-Missoula, 282-1765
3rd and 4th Saturdays 1pm-3pm

Monthly Assistance

Office of Public Assistance/ SNAP
2677 Palmer Suite 100, 1-800-332-2272
Supplemental Nutrition Assistance Program (SNAP)
formerly known as the Food Stamp Program provides
monthly assistance for food. Apply online at
apply.mt.gov.

Healthy Montana Kids Plan (CHIP)
1-877-KidsNow (1-877-543-7669). Free or low-cost
health coverage for children and teenagers up to age 19.

WIC (Women, Infants, and Children)
301 W. Alder, 258-4740
Nutrition and supplemental food program. Also provide
breastfeeding support and formula as needed. Available
to pregnant women and children under 5.

Employment & Rental Assistance

Missoula Job Service 537 S. 3rd St. W.
728-7060. Job placement, training, and employment
counseling.

Missoula Housing Authority 1235 34th St. 549-4113.
Come to an orientation Tues. 5:15pm or Wed at 12pm to
get more info on affordable housing and/or signed up for
public housing and rental assistance.

Human Resource Council 1801 S. Higgins, 728-3710.
LIEAP (energy/heat assistance), Section 8 and rental
assistance, employment and training opportunities.

**WORD (Women's Opportunity & Resource
Development.) 2405 McIntosh Loop, 543-3550**
Limited rental assistance, renter education, parent
program for parents under 22 years (not just for women).

Legal Assistance

Montana Legal Services 211 N. Higgins Ste 401.
HelpLine M-F 7:30 a.m. to 6:00 p.m. at 1-800-666-
6899. Free legal assistance and advice

Crime Victim Advocates 500 N Higgins, Suite 201.
258-4630. Helps with temporary order of protection,
advocacy for crime victims.

**Missoula Self-help Law Center Missoula County
Courthouse, 200 W. Broadway, RM 271. 406-258-
3428.** M-W-TH-F 8:30 am to 4:30 pm. Directs
individuals to legal information and proper forms.

Clothing and Pet Food

Clothing Free For All Center
1601 S. 6th St. W, 721-2780. Free clothing (around the
back of) the church. Open Tuesdays 10am-1pm.

Union Gospel 506 B Toole Ave, 549-4673
Pick up a clothing voucher at the mission to use at their
thrift store, Daily 7:00 am to 8:30 am.

Clothing and Pet Food, continued

Salvation Army – 355 S Russell, 549-0710

Clothing vouchers, shower/laundry facilities, some transportation services.

Humane Society of Western Montana

5930 Highway 93 South. 549-4796

Pet Food Pantry, call for availability.

Emergency Shelter for Individuals

Poverello Center 1110 W. Broadway, 728-1809

Emergency housing for homeless adults.

Intake and Referrals Daily: 9am-4pm

Showers and Laundry also available.

YWCA Pathways Program

Offers shelter, support groups, and 24-hour hotline for survivors of domestic and sexual violence

542-1944 or 1-800-483-7858

Emergency Shelter for Families

Rapid Rehousing and Transitional Housing through YWCA, 11130 W. Broadway, or call Melissa at 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 inside the Poverello 1110 W. Broadway, 549-0710. Offers short-term motel stays or 50-day emergency housing, referrals, and supportive services for homeless families.

Health Care

Partnership Health Center 401 Railroad St,

258-4789. Primary medical care and dental. Based on a sliding fee scale for those with Medicare, Medicaid, CHIP, and no health insurance.

Medical Clinic - 7:30am-6:00pm Mon, Wed, Thurs, Fri; 9am-6pm Tues

Dental Clinic - 7:15am-5pm Mon, Wed, Thurs, Fri; 9am-5pm Tues. Walk-in for emergencies.

Nurse on Call (Community Medical) 327-4770.

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

Free Eyeglasses/Hearing Aids: Lion's Club

Call 346-1488 for financial assistance

Poverello, Partnership Health Center

1110 W. Broadway

Free healthcare for those who are homeless.

Mon-Thursday, 8am-5:30pm

Missoula Indian Center 830 W. Central, 829-9515

Screening and support for diabetes, screening for women's health, chemical dependency counseling, & HIV testing. 24-hour crisis line 240-3955.

Adult Mental Health Services 1335 Wyoming.

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

Turning Point - 1325 Wyoming. 532-9800.

Alcohol and substance abuse treatment.

Children's Case Management/Western Montana

Mental Health Center 1305 Wyoming Street. 532-9770. Mental health services for children.

Veteran's Affairs Outpatient Clinic

2687 Palmer Street, Suite C. 829-5400.

Health care services for veterans.

Veterans' Center 500 N. Higgins Ave, 721-4918.

Counseling/support for military veterans.

Resources for Families

Parenting Place 1644 S. 8th W, 728-5437

Parenting programs and support. Linens by request.

4-7pm Mon-Thursday free respite care for children 0-10.

Child Care Resources 105 E. Pine St, 728-6446.

Referrals and financial assistance for child care.

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 Street, 251-9410

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

Resources for Seniors &

People with Disabilities

Missoula Aging Services/Meals on Wheels/ Senior Help Line

337 Stephens Ave, 728-7682, 1-800-551-3191

Info about housing, transportation, health care, clothing 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 information call the ROOTS Coordinator, Jessy Lee at 549-0543 ext 107

Social Security Office 3701 American Way

1-866-931-9029 (local) 1-800-772-1213 (national)

Summit Independent Living 728-1630.

Support, such as peer advocacy, skills training, and benefit assistance, for people with disabilities.