

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 (at Poverello Center)

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

Western Montana Mental Health Center
Emergency 24-hour line with mental health
Professional, (888) 820-0083 or 532-9710

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

Child Abuse Hotline (866) 820-5437

Elder Abuse Hotline (800) 551-3191

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

Meals & Food Pantries

Missoula Food Bank - 1720 Wyoming St., 549-0543
Pantry Hours: M-F 10am-1pm
Also: M, Tu, Th 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-F, 7-8:30 a.m.; Sat: 7-9 a.m.
Lunch: M-F, 12-1
Friday Dinner: 4:30 pm to 6 pm
Food Boxes: T and F, 1-2 p.m., ID required

Clark Fork City Church - 2811 Latimer St
721-7804; Sat. 10 a.m.-12 p.m.

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

HIS Food Pantry (Foursquare Church)
1001 Cleveland, 721-6884
Last Thurs of the month 5:30-7 p.m.

River of Life Food Bank
4007 Hwy 200, E. Missoula, 282-1765
3rd and 4th Sat., 1-3 p.m.; 3d Wed., 5:30-6:30 p.m.

Monthly Assistance

Office of Public Assistance/ SNAP
2677 Palmer Suite 100, (800) 706-1535
Supplemental Nutrition Assistance Program (SNAP)
(formerly Food Stamps) provides monthly assistance for
food. Apply online at apply.mt.gov.

Healthy Montana Kids Plan (CHIP)
(855) 258-3489, free or low-cost health coverage
for children and teenagers up to age 19.

WIC (Women, Infants, and Children)
301 W. Alder, 258-4740; M-F, 8 a.m.-5 p.m.
Nutrition and supplemental food program. Also provides
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
Orientation (Tues at 5:15 pm or Wed at 12 pm) offers more
info on affordable housing and/or sign 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). **ALSO:**
Summer camp for at-risk students

Legal Assistance

Montana Legal Services - 211 N. Higgins Ste. 401.
Help Line M-F 7:30 a.m.-6 p.m. at 543-8343. Free legal
assistance and advice.

Crime Victim Advocates - 317 Woody St.
258-3830. Helps with temporary order of protection,
advocacy for crime victims.

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

Clothing and Pet Food

Clothing Free For All Center (Bethel Church)
1601 S. 6th St. W., 721-2780. Free clothing (enter from the
parking lot). Open Tuesdays 10 a.m.-1 p.m.

Salvation Army - 355 S Russell, 549-0710
Clothing vouchers (limited number avail/month),
shower/laundry facilities, some transportation services.
ALSO: Teen drop-in service

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 of Missoula - 1130 W. Broadway, 543-6691

Offers shelter, support groups, and 24-hour hotline for survivors of domestic and sexual violence (542-1944).

Emergency Shelter for Families

Rapid Rehousing and Transitional Housing through YWCA (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 at Poverello Center, 1110 W. Broadway, 549-0710. Offers emergency housing, referrals, and supportive services for homeless families and veterans.

Health Care

Partnership Health Center - 401 Railroad St.

258-4789. Primary medical care and dental. Sliding fee scale for those with Medicare, Medicaid, CHIP, and no health insurance. **Also clothing for clients in need.**
Medical Clinic: M,W,Th,F 7:30am-6:00pm; Tu 9am-6pm
Dental Clinic: M,W,Th,F 7:15am-5pm; Tu 9am-5pm
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 529-0993 for financial assistance

Poverello, Partnership Health Center

1110 W. Broadway, 728-1809.
Free healthcare for those who are homeless.
Mon-Thursday, 8 a.m.-5:30 p.m.

Missoula Urban Indian Health Center

830 W. Central, 829-9515; screening and support for diabetes, women's health, chemical dependency counseling, & HIV testing. 24-hour crisis line 240-3955.

Western Montana Mental Health Center

Adult Mental Health Services - 1315 Wyoming St.
532-9700. Case management and day treatment for adults with mental illness.

Turning Point - 1325 Wyoming St., 532-9800.

Alcohol and substance abuse treatment.

Children's Case Management - 1305 Wyoming St.

532-9770. Mental health services for children.

Veteran's Affairs Outpatient Clinic

2687 Palmer Street, Suite C.; 493-3700.
Health care services for military veterans.

Veterans' Center - 910 Brooks St., 721-4918.

Counseling/support for military veterans.

Resources for Families

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

Parenting programs and support, 9 a.m.-5 p.m.
Mon-Thurs., free respite care for children 0-10.

Child Care Resources - 500 No. Higgins, #202

728-6446. Referrals and financial assistance for childcare.

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 St., 251-9410

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

Boys and Girls Club - 1515 Fairview Ave, 542-3116

The Boys & Girls Club of Missoula County offers low cost educational out-of-school-time activities for elementary and middle school aged kids.

Flagship Program - 532-9825

Free after school opportunity for students in grades k-12. It is open to all students at Franklin, Hawthorne and Lowell, CS Porter, Meadow Hill, Washington, Hellgate and Willard.

YMCA – 3000 S Russell ST., 721-9622

The program offers after-school care as well as summer camps with financial assistance available

Seniors & People with Disabilities

Missoula Aging Services - 337 Stephens Ave.

728-7682. Meals on Wheels, Senior Help Line; info about housing, transportation, health care, 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, Jamie Breidenbach at 549-0543 ext. 213

Social Security Office - 3701 American Way

(800) 772-1213 (national).

Summit Independent Living, 728-1630.

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

Missoula Senior Citizen Center, 705 S Higgins.

543-7154. Mon. – Fri. 8 am to 4 pm. Provides services that support the physical, intellectual and emotional health and well-being of Missoula's senior population.