

# Mineral County Resource Guide

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*Helplines and Crisis Phone Numbers (cont. to page 2)*

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- **Suicide and Mental Health Crisis Lifeline – call or text 988**
  - 24/7 lifeline provides confidential support for people in distress. Suicide prevention and crisis resources for you or your loved ones are also available.
- **Mineral County Helpline – (406) 822-4202**
  - 24/7 Crisis Line to provide information and referral for services to people and families experiencing intimate partner, family, or sexual violence. Helpline offers emotional support and education in crisis and ongoing situations. Volunteers can help with navigating the criminal and civil justice systems, safety planning for those who stay in dangerous situations or to just listen. Depending on the individual situation, vouchers may be available to help with food, shelter, or basic needs.
- **Adult Protective Services – (844) 277-9300**
  - Helpline to protect vulnerable adults from abuse, neglect, and exploitation. A vulnerable adult is defined as a person who is 60+, or if the person has a disability and is 18+. Helpline is open Mon-Fri from 8am-5pm. If you suspect harm is occurring right now, call 911.
- **Child Abuse/Neglect Hotline – (866) 820-5437**
  - Hotline to report children who have been or are at substantial risk of abuse, neglect, or abandonment.
- **Healthy Relationships Project – (406) 822-4970 or (406) 830-4924**
  - They provide Crime Victim Advocacy services to individuals and families experiencing violence, helping them navigate the criminal justice system, find legal help, work on Parenting Plans, Orders of Protection, long and short-term safety plans, or get information/education on how to support someone experiencing violence. Healthy Relationships refers people to collateral services that may help with mental health, housing, and transportation. They are also available for In-Service presentations or Community Education.
- **Maternal Mental Health Hotline – Call or text 1-833-TLC-MAMA (1-833-852-6262)**
  - Pregnancy and a new baby can bring a range of emotions. Many new moms feel overwhelmed, sad, anxious, or exhausted at different times during their pregnancy or after the baby is born. The National Maternal Mental Health Hotline provides 24/7, free, confidential support before, during, and after pregnancy.
- **Montana 211 – call 211**
  - Provides information and connects people to resources for non-emergency needs, via an easy-to-remember phone number (2-1-1) and a website ([www.montana211.org](http://www.montana211.org)). When calling or visiting the website, callers will be connected with health and human services in their community.
- **National Domestic Violence Hotline – (800) 799-7233 or text "START" to 88788**
  - 24/7 line provides essential tools and support to help survivors of domestic violence live their lives free of abuse. Hotline offers free, confidential and compassionate support, crisis intervention information, education, and referral services.
- **National Sexual Assault Hotline – (800) 656-4673**
  - 24/7 line provides confidential support and information regarding sexual assault, as well as support finding a local health provider that is trained to care for and offer services like forensic exams of survivors of sexual assault.
- **Poison Control – (800) 222-1222**
  - 24/7 hotline that offers confidential, free advice from trained nurses, pharmacists, and toxicologists to determine if there is a possible poison exposure and what next steps should be.

- **Road Information from MT Department of Transportation – dial 511**
  - 511 is Montana's easy-to-remember traveler information service. 511 provides continual updates about weather-related road conditions, road work, commercial vehicle restrictions, road closures, chain requirements, and other travel information.
- **YWCA Crisis Line – (406) 542-1944**
  - 24-hour crisis hotline and response, emergency shelter for women and children fleeing abusive situations, transitional housing, support groups, mental health counseling, and legal support.
- **1st Step Sexual Abuse/Assault Resource Center – (406) 329-5776**
  - Provides medical evaluations, forensic interviews, mental health treatments, care coordination and referrals for child and adult victims of sexual abuse or assault.

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*Caregiving Services*

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- **Benchmark Human Services – (406) 403-0087 and [www.benchmarkhs.com](http://www.benchmarkhs.com)**
  - This program ensures that families with infants and toddlers experiencing developmental delays or disabilities have access to early intervention services in the child's natural environment. Benchmark provides guidance, education, evaluation, and developmental direction to families and their young children, along with an array of specialized therapeutic support. Benchmark Human Services are a Part C Early Intervention Provider.
- **Child Care Resources (CCR) – (406) 728-6446**
  - CCR helps people find and pay for childcare, and trains the early childcare workforce.
- **Children and Family Services (CFS) - Western Region V – (406) 523-4100**
  - CFS's mission and purpose is to protect children who have been or are at substantial risk of abuse, neglect or abandonment. They strive to ensure all children have a family to protect them from harm and incorporate family protective capabilities in assessments, decision making and actions to improve children's safety, permanency, and well-being.
- **Parents as Teachers (PAT), Home Visiting, Lactation Consulting, Birth Doula's, Free Car Seats, and Free Pack n' Play for Safe Sleep.**
  - To learn more about each of these programs, call Mineral County Health Dept. (MCHD) at (406) 822-3564, or visit website (scan QR code on page 6).

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*Clothing (cont. to page 3)*

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- **Alberton Clothing Company – (406) 880-5013**
  - Donate your pre-loved & worn clothing. Items are offered back to the community for FREE and they serve the whole county. Call or Facebook message if you need clothing.
- **Lighthouse Baptist Church – (406) 200-1600**
  - Offers clothing and food for anyone in need.
- **Two Rivers Thrift – (406) 300-3601**
  - Gently used clothing and household items.
  - See their website ([two-rivers.info](http://two-rivers.info)) or Facebook for store hours.
- **Women in Timber – (406) 822-2255**
  - Gently used clothing and household items.

- Open Tuesdays and Thursdays from 10 am to 2 pm. Hours may vary during winter months.

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*Community Support Services (cont. to page 4)*

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- **Community Resource Application – Family Connections Collaborative (FCC) – (406) 822-3564**
  - Depending on need, the FCC may be able to provide vouchers for food, gas, etc. to families with young children only. During normal business hours (Mon-Fri 9 am-4 pm), an application can be picked up from Mineral County Health Department (MCHD) or call for an emailed copy. MCHD is located at 1203 5th Ave. E. in Superior.
- **Cover Montana – (844) 682-6837 and [covermt.org](https://covermt.org)**
  - This program helps Montana residents find and enroll in health insurance (i.e. Medicaid, Healthy Montana Kids Plus, or Marketplace Health Plans. Cover Montana is a federally supported part of the Montana Primary Care Association. Visit <https://covermt.org/find-local-help/> to find a local Montana representative that can assist you.
- **Human Resource Council (HRC) – (406) 822-4251 and (406) 728-3710**
  - HRC works to advocate and identify resources to provide opportunities in housing and health to low-income individuals. They may be able to help complete certain DPHHS applications such as LIHEAP (Low-Income Home Energy Assistance Program), Medicaid, TANF (Temporary Assistance for Needy Families) and SNAP (Supplemental Nutrition Assistance Program).
  - If you meet certain requirements, including resource and income limits, **LIHEAP** can pay part of winter energy bills and may be able to assist with furnace emergencies for eligible people. You may apply for LIHEAP during the heating season, which is October 1st through April 30th of each year, by contacting the HRC (Human Resource Council) Office.
  - If certain requirements, including resource and income limits, are met, **TANF** supports many efforts that target low-income families including emergency assistance, cash assistance, work support, and assistance with childcare.
  - If certain requirements, including resource and income limits, are met, **SNAP** provides food benefits to low-income families to supplement their grocery budget so they can afford the nutritious food essential to health and well-being.
  - If criteria guidelines are met, **Energy Share** helps households facing an immediate energy emergency when they have exhausted all other resources. Energy Share can help households who have used up their energy assistance benefit or do not qualify for LIHEAP. Energy Share can also help with some furnace emergencies and refrigerator replacement, if the situation meets certain guidelines. Energy Share’s purpose is to help people facing one-time emergencies, so generally assistance is restricted to once every ten years or a recommended maximum of \$700 within that ten-year time frame. Payback to Energy Share is encouraged. The paybacks will be used to help someone else in need. Contact the HRC office for more information.
- **Kinship Caregiver Support Group – (406) 396-1937**
  - This support group was founded to offer caregivers (i.e. grandparents) support, education and access to resources so they can live happier, healthier lives. They in turn raise emotionally and physically safe children prepared to take on life’s challenges and excel in school and social situations.
- **Montana Office of Public Assistance (OPA) – (888) 706-1535 and [apply.mt.gov](https://www.dphhs.mt.gov/Assistance/index)**
  - MT OPA provides a variety of services to help individuals and families in MT, including cash assistance (TANF), enrollment with Medicaid/Healthy Montana Kids/Healthy Montana Kids Plus, supplemental nutritional assistance program/food stamps (SNAP), energy assistance and weatherization (LIHEAP), and meal reimbursement. Visit <https://www.dphhs.mt.gov/Assistance/index> for a full list of services OPA can help with.

- **Pathways to Help – (406) 531-9976**
  - This organization is funded by community support to help kids and families of Mineral County. There are two major fundraisers throughout the year, the Back-to-School and Christmas programs. For the Back-to-School program, a child will receive a backpack, all their school supplies, a new outfit/shoes, and hygiene products. For the Christmas Program, each child receives a hat, gloves, a winter coat, boots, a warm outfit, and a gift. The family will also receive toiletries (i.e. shampoo, toothpaste, deodorant, etc.). In the event of an emergency, fundraising can be done with 100% of the proceeds going directly to that family. Call to request sponsorship or application.
- **We Care – (406) 493-8667**
  - Mineral County residents in immediate crisis may apply for temporary short-term assistance for various conditions. Approval is decided on a case-by-case basis. Applications are available at the Sheriff's Office and the Mineral County Health Dept.
- **West End Community Resource – (406) 868-2817**
  - This group assists West End residents with a variety of services. They can assist with food, clothing, auto/home repair referrals, firewood, and many other services. Some services are free, and others may be on a sliding scale fee.
- **Western MT Area VI Agency on Aging – Shirley Proctor (406) 871-1149 or (406) 883-7284**
  - Mineral County's regional office is in Polson, MT.
  - The Information and Assistance (I&A) Program is designed to link people in need with services appropriate to their situation. Through state certified counselors, a database of service providers, and a statewide toll-free phone service, the I&A Program can provide comprehensive and current local resources such as:
    - Social and health services
    - Medicare assistance
    - Legal services
    - Utilities assistance
    - Meal services
    - In-home services
    - Transportation
    - Caregiving options
    - Volunteering opportunities and more

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*Death Services (cont. to page 5)*

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- **Brothers Mortuary and Crematory – (406) 363-1111 or (406) 360-1108**
  - Family owned and based in Ravalli County. They offer burial, cremation, monument, and pre-planning services.
- **Missoula-based Organizations; Each location offers a variety of services. Visit their websites or call to inquire about services.**
  - Just Cremation Montana – (406) 543-5595
  - Garden City Funeral Home – (406) 543-4190
  - Sunset Memorial Gardens – (406) 549-2857
- **Sunset Hills Funeral Home – (406) 826-5653**
  - Family owned and based in Sanders County. They offer burial, cremation, monument, and pre-planning services.
- **Western Montana End of Life Collective – [endoflifecollective@gmail.com](mailto:endoflifecollective@gmail.com)**
  - Death midwives provide practical and emotional support, working alongside professionals such as hospice care, nurses, or funeral directors. They give support to those who are dying and their families during an incredibly emotional and confusing time.

- Death midwives can help with the following services. Costs vary depending on death midwife:
  - Pre-death support, such as sitting vigil.
  - Assistance with death planning and paperwork.
  - Providing information and resources regarding standard funerals and burials/cremation as well as green and home funerals.
  - Loving support and assistance during the process of death and afterward.
  - Assisting with whatever choices the deceased or families have made regarding preparing the body for viewing, and burial or cremation.
  - Bereavement supports grieving family and friends.

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*Food, Fuel, Lodging, or Transportation (cont. to page 6)*

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- **Alberton Community Food Pantry – Contact Pat at (406) 864-2128**
  - Located at 502 5th St., Frenchtown Fire Station #8 in Alberton; Open 2nd and 4th Wednesdays from 1 pm to 6 pm. Hours can vary in November and December, but if so, the hours are posted on their door.
- **Community Food Bank of Mineral County – (406) 822-3471**
  - Located at 45 Mullan Rd. West in Superior; Open Fridays from 10 am to 12 pm and 1 pm to 3 pm.
- **Frugal Boxes Co-op – (406) 822-0236 or text (406) 304-6407**
  - This co-op brings fresh vegetables and fruit to Superior every other week. You can order half or full boxes of vegetables/fruit or just fruit, or a specialty box. A half or full box can range from \$13-\$27. The cost can increase with inflation or specialty orders (i.e. organic). Join their Facebook group to see what the boxes will include for the next delivery, prices, and pick-up times. Pick-ups will be at Superior Color & Lumber on Saturdays, generally in the morning.
- **Grocery Stores:**
  - Darlow’s Quality Foods (Superior) – (406) 822-4801 – Accepts WIC and SNAP benefits
  - Stang’s Market (St. Regis) – (406) 649-2414 – Accepts SNAP benefits
  - Valley Grocery (Alberton) – (406) 722-4946 – Accepts SNAP benefits
- **Jet Delivery – (406) 360-4076; call or text**
  - This business offers weekday delivery and pick up services from Missoula to Alberton, Superior, or St. Regis. If you live in the Westend, they can meet you in St. Regis to exchange items. They are able to deliver items such as non-perishable groceries, car parts, documents, some prescriptions, etc. If you are able to order the item online for pick up, they should be able to accommodate. Prior to purchasing your items, contact them to confirm they are able to pick up/deliver, and determine the cost to deliver said items to you.
- **Lighthouse Baptist Church – (406) 200-1600**
  - Offers clothing and food for anyone in need.
- **Medicaid Transportation Services – (800) 292-7114:**
  - Travel assistance benefits are funds that help Medicaid members (children and adults) with transportation costs. These funds help members get to and from medical appointments. When the member meets certain requirements, he/she may get help with mileage, meals, and lodging. Transportation can be in a privately-owned vehicle, specialized non-emergency transportation, or commercial transportation (i.e. taxi or bus). The Medicaid Transportation Center must approve all trips before you travel to be reimbursed.
- **Mineral County Pioneer Council – (406) 552-7003**
  - Their transportation program serves all residents in Mineral County with an emphasis on seniors, individuals with disabilities, and people who are low income or unemployed. For a nominal fee, one can take weekly rides for medical appointments, shopping, or to socialize. The main goal is to provide curbside service in clean and safe vehicles with reliable drivers.

- **Mineral County Schools**
  - If you have a child attending a Mineral County school, they may offer the backpack food program. This program provides nutritious, non-perishable, easy-to-prepare food to children to ensure they get enough food on weekends and holidays. The schools may also provide additional resources and services such as hygiene products, food pantries, or gas cards.
- **New Day Fellowship – Contact Pastor Morris Hill at (406) 830-4118**
  - Darlow’s and motel vouchers are available for emergency groceries or one-night housing needs. Both are offered on a case-by-case basis.
- **Salvation Army**
  - Vouchers for gas and food are available at the Mineral County Sheriff's Office. Vouchers are one per person and once per lifetime.
- **Senior Centers**
  - Senior Centers connect older adults to vital community services that can help them stay healthy and independent. All three Senior Centers offer fellowship and a weekly meal at little to no cost. Call individual Senior Centers for the services they offer.
    - **Alberton Senior Center – (406) 722-3372**
      - Lunch meetings at noon on Tuesday and Thursday.
    - **St. Regis Senior Center – (406) 649-2499 or (208) 659-6423**
      - Dinner meeting at 5:30 p.m. on Thursday.
    - **Superior Senior Center – (406) 822-3334**
      - Dinner meeting at 4:30 p.m. on Wednesday.
- **Senior Food Distribution in Mineral County – (406) 649-2499, (406) 269-0043, or (208) 659-6423**
  - This service, sponsored by Area VI Agency on Aging and the St. Regis Senior Center, is available to all Mineral County residents that are 60+ who meet income requirements. Food commodity boxes will be available for pick up at the St. Regis Senior Center every other month from 10:00 am to 12:00 pm. Bi-monthly check-ins are required to confirm your order request. Call for an application, confirm date of pick up, and to learn about food options available.
- **St. Regis Community Bible Church – [edpuett@gmail.com](mailto:edpuett@gmail.com)**
  - Helps with gas and lodging for emergency situations.
- **Superior Community Outreach – (406) 822-2213**
  - For Superior residents only. This organization provides low-cost, home delivered meals. Call for eligibility information and an application.
- **Superior Taxi Service – (406) 396-9530**
  - On-call from 8:00 a.m. to 3:00 a.m. Available by appointment only from 3:00 a.m. to 8:00 a.m. For a fee, the taxi service can take you to and/or from a location or they can also deliver certain items to you (i.e. groceries from the store).
- **WIC (Special Supplemental Nutrition Program for Women, Infants, and Children) – (406) 822-3564**
  - Mineral County Health Dept. offers this supplemental nutrition program for income-eligible families, pregnancy through age five. Services include healthy food, nutrition information, breastfeeding support, and connection to community resources. Call MCHD to schedule an appointment.

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*Legal Services (cont. to page 7)*

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- **Montana Fair Housing (MFH) – (406) 782-2573**
  - MFH assists in issues of illegal housing discrimination in Montana. Specifically, they evaluate potential violations of the federal Fair Housing Act and associated state & local laws that protect against discriminatory acts, statements, and differential treatment. Fair Housing laws in Montana protect against different treatment in housing based on an individual’s protected status including race, color, national origin, religion,

sex (including sexual orientation, gender identity, & domestic violence victims), familial status, disability, marital status, age, and creed.

- **Montana Law Help** – [www.montanalawhelp.org](http://www.montanalawhelp.org)
  - Montana Law Help offers free DIY (do-it-yourself) legal information, forms, advice, and representation in court by Montana Legal Services Association.
- **MT Legal Services Association – (800) 666-6899**
  - Provides legal information, legal advice, and other civil legal services free of charge to low-income Montanans. Whether it is access to housing, food, income, safety, or healthcare, MLSA works to ensure that every person, regardless of income, has equal access to legal representation and justice.
- **Self Help Law Center – (406) 258-3428**
  - This free service assists people with civil, non-criminal legal problems. The goal is to give you the information you need to understand your legal rights and responsibilities and to help you resolve your legal problems on your own if you can't afford an attorney or if you choose not to hire one. They can't give legal advice or represent you in court, however they can provide you with legal information and direct you to resources that will help you help yourself.

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*Medical (cont. to page 8)*

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- **Alcoholics Anonymous (AA) meetings**
  - The 12-step recovery program created by AA is designed to help alcohol addicts achieve and maintain sobriety.
    - Pathway to Serenity (open meeting); Monday at 6:30 pm, St. Regis Senior Center
    - Morning Star Group (closed meeting); Tuesday at 7:00 pm, Superior Methodist Church
    - Morning Star Group (open meeting); Friday at 7:00 pm, Superior Methodist Church
- **Jack Lincoln Memorial Clinic – (406) 649-7307**
  - Primary care and same-day appointments are available.
- **Mental Health Providers in Mineral County:**
  - Josie Hayes-Johnson, LCPC (Spero Counseling) – (406) 360-4592 (provides services for anyone under the age of 18)
  - Carissa Kuhl, LCPC (Kuhl Dynamics) – (406) 200-8282
  - Lawana McGuffey, LAC, LCSW (Room to Breathe Counseling) – (406) 396-8032
  - Jordann Murphy, LCSW (Dynamic Waves Psychotherapy LLC) – (406) 649-2311 ext. 207 or [jordann@dwpsychotherapy.com](mailto:jordann@dwpsychotherapy.com)
  - Stephanie Quick, LAC, LCSW (Frontier Counseling) – (406) 218-8700
  - Nancy Smith, LCSW, LAC, MHPP (Choices for Change) – (406) 822-5422
- **Mineral Community Hospital – (406) 822-4841**
  - MCH is a Level IV Trauma Facility with 24/7 emergency room care.
- **Mineral Community Hospital Clinic – (406) 822-4803**
  - Primary care and same-day appointments are available.
- **Mineral County Health Dept. (MCHD) – (406) 822-3564**
  - MCHD offers ACIP recommended childhood and limited adult immunizations. Vaccine is available for children and adults with and without insurance. Additionally, MCHD offers free and confidential sexually transmitted infection (STI) testing. Call to schedule an appointment for immunizations or STI testing.
- **Mineral Pharmacy – (406) 822-4681**
  - Offers medication synchronization, personalized care, bubble packing, diabetic supplies, seasonal vaccines and over-the-counter medications. Prescriptions can be picked up in the store, mailed, and possibly delivered to your home (contact for details on pricing.) Located in Superior. Open Monday-Friday 9:00 AM – 5:30 PM



- **Montana Tobacco Quit Line – (800) 784-8669**
  - Free tobacco cessation program that offers professional coaches, online community support, and nicotine quit medications.

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*Tech Support*

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- **Alberton Branch Library – (406) 722-3372**
  - This location offers several public computers with internet access and free Wi-Fi. The cost to print is .10¢ per black-and-white or color page. If you have a library card, there are mobile Hotspots you can check out.
  - Open Tuesday and Thursday from 11:30 a.m. to 5:30 p.m.
- **Darlow’s Quality Foods (Superior) – (406) 822-4801**
  - Offers to fax for \$2.00 or make photocopies for .25¢ per page.
- **Mineral County Library (Superior) – (406) 822-3563**
  - This location offers several public computers with internet access and free Wi-Fi. The cost to print is .25¢ per black-and-white page and \$1.00 per color page.
  - Open Monday-Thursday from 9:00 a.m. to 4:00 p.m. and Friday-Saturday from 9:00 a.m. to 2:00 p.m.
- **St. Regis Branch Library – (406) 649-2311 Ext. 215**
  - This location offers several public computers with internet access and free Wi-Fi. The cost to print is .10¢ per black-and-white page and .25¢ per color page. If you have a library card, there are mobile Hotspots you can check out.
  - Open Tuesday and Thursday from 4:30 p.m. to 8:30 p.m. and Saturday from 10:00 a.m. to 1:00 p.m.

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*QR Codes*

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1. Mineral County Health Department Services: Parents as Teachers (PAT), Home Visiting, Lactation Consulting, Birth Doula, Free Car Seats, and Free Pack n' Play for Safe Sleep. (See Family and Pregnancy Resources section on website.)



2. Mineral County End-of-Life Support (See Community Resources Section on Website. This group is not affiliated with the Mineral County Health Department.)



**Disclaimer:** This guide was created to provide community members with easy access to local resources they may need to live high-quality lives. Every effort was made to ensure the accuracy of the listed information; however, there is no guarantee on the services provided by the organizations mentioned. The incorporation of an organization in this guide does not constitute a recommendation, nor does exclusion imply dissatisfaction. Under no circumstances shall MCHD be liable for any consequential damages which may result from use of the information included in the Mineral County Resource Guide.

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