

# **Need Personal Help?**

Valley County is here to support you!

## ***In VC:***

**EMCMHC (Mental Health Clinic).....406-228-9349**  
**Frances Mahon Deaconess Hospital..406-228-3500**  
**Valley County Health Dept.....406-228-6261**

**Valley County Sheriff.....406-228-4333**

**Victim Witness/police .....406-228-8050**  
**(non emergency number)**

**Valley County Council on Aging.....406-228-9500**

**Valley County Food Bank.....406-263-3353**

**Tribal Health.....406-758-3491**

**(Suicide Prevention ext. 2204 or 2211)**

## ***Teleservices:***

**Montana WARMLINE.....877-688-3377**

**MT Suicide Prevention Lifeline.....800-273-8255**

**MT Crisis Text Line.....text MT to 741741**

**National Domestic Violence Hotline.800-799-7233**  
**or 800-787-3224**

**Child Abuse Hotline.....866-820-5437**

**Veterans Crisis Line.....800-273-8255**

**Poison Control.....800-222-1222**

**Human Trafficking.....888-373-7888**

Brought to you by the Valley C.A.R.E. Coalition