



College and Community Resources for Students
A Guide for Helena College and Lewis & Clark County

Helena College
Student Wellbeing and Engagement
Updated September 2024

Resources

Crisis and Emergency Services

[In an emergency, always call 9-1-1](#)

Montana Suicide Prevention Lifeline

The lifeline provides 24/7, free and confidential support for people in distress as well as prevention and crisis resources for you and your loved ones.

1-800-273-TALK (8255)

or

Text “MT” to 741-741

suicidepreventionlifeline.org

The Help Center 24 Hours Crisis Line

If you are in crisis, feeling suicidal, have been sexually assaulted, in need of resources, or just need to talk, trained staff and volunteers are ready to listen and help. All concerns are welcome and all services are free and confidential to everyone. 24 hours a day 365 days a year.

406-586-3333

bozemanhelpcenter.org

The Trevor Project

Trained counselors who understand the challenges LGBTQ+ young people face and are available for support 27/7.

1-866-488-7386

or

Text START to 678-678

Veteran’s Crisis Line

If you are a Veteran in crisis or concerned about one, connect with caring, qualified responders for confidential help. Many are Veterans themselves.

988 and select 1

or

Text 838255

St. Peters Hospital Emergency Room

2475 Broadway Ave.

406-444-2150

Academic and Student Support Services

Academic Coaching

Academic coaching will help you boost your learning potential. For more information stop by the Hub or contact Academic Coach, Kim Caldwell at kimberly.caldwell@helenacollege.edu or 406-447-6957.

Accessibility Services

Helena College supports our diverse community by providing the paths and tools necessary to assist learners in achieving their educational and career goals. If you are seeking accommodations or want to learn more about what might be possible, contact Kasandra Reddington at 406-447-6911 or hcdr@helenacollege.edu.

Advising

Advising at Helena College provides a supportive framework that empowers you to develop a successful plan to meet your academic, personal, and career goals. Unsure of who your advisor is or how to contact them? Call 406-447-6900 for assistance.

Montana 10

Montana 10 is a Montana University System scholarship and program that offers academic, social, and financial support designed to help students succeed in college. If you have questions or want to learn more, please contact Ann Willcockson at 406-447-6955 or ann.willcockson@helenacollege.edu.

TRIO

TRIO is federally funded by a grant from the U.S. Department of Education and provides assistance to 140 active students every year. To participate students must meet eligibility guidelines and be accepted through the application process. If you are interested please contact our TRIO office at 406-447-6956 or by stopping by in Donaldson Room 119.

Tutoring

Individualized tutoring services are free for Helena College students and available for most courses! Contact Tutor Coordinator, Kim Caldwell at kimberly.caldwell@helenacollege.edu or 406-447-6957 with questions or book your tutoring session at helenacollege.edu/student_support_center/advising/tutor.aspx

Wellbeing and Engagement

The Office of Student Wellbeing and Engagement offers events, resources, and trainings surrounding student wellbeing while helping students engage in the campus community. Join a club or ASHC or just come to an event! If you need resources or have questions, email Katelynn Eberhardt at katelynn.eberhardt@helenacollege.edu.

Food

Campus Pantry

We have a pantry on both campuses open to students when our buildings are open. There is no intake—simply take what you need. Located in the Student Life hallway in Donaldson and by the Dean's Office on the Airport Campus. Have questions? Contact the Director of Student Wellbeing and Engagement at katelynn.eberhardt@helenacollege.edu.

Helena Food Share

Open Monday-Friday with no income requirements. Currently located at 1616 Lewis St. in Helena. Visit their website for more information and up to date hours:

<https://helenafoodshare.org/>.

God's Love

Offers three meals per day to those in need: breakfast 6AM, Lunch 11:30AM, and Dinner 4:30PM. Please contact them with any questions at (406) 442-7000 ext. 3.

Salvation Army Food Pantry

Open Monday through Thursday 10AM-4PM and Friday 8AM-12PM. Located at 1330 Hudson St. Helena MT 59624.

SNAP and WIC Benefits

Montana's Supplemental Nutrition Assistance Program (SNAP) is a program designed to help people in Montana make ends meet and afford healthy food. Many households qualify for food assistance. The Food Bank Network can provide information about SNAP and current eligibility guidelines.

SNAP Hotline: 406-239-6475 or snap@mfbn.org
mfbn.org/snap-assistance

WIC is a nutrition program providing nutrition services and food benefits to women, infants, and children. Please contact the Helena WIC Program for more information at 406-457-8912 or 1930 9th Ave. Helena MT 59601.

Housing

Housing @ Carroll College

Helena College has a partnership with Carroll College to offer traditional college living experiences to our students on a first come first served basis. Please contact Carroll College Residence Life directly at 406-447-4532 or reslife@carroll.edu for more information.

Helena Housing Authority

Provides housing for low-income families, elderly, handicapped, and disabled persons. Rent is based on an applicant's income. Please call for more information.

406-442-7970

hhamt.org

Rocky Mountain Development Council

Provides safe, healthy homes that are affordable to those living in Lewis and Clark, Jefferson, and Broadwater counties. RMDC also offers homebuyer education classes.

406-457-7368

rmdc.net/what-we-do/housing-services

The YWCA Helena

Prevents homelessness by providing safe and supportive housing for women and children experiencing homelessness.

406-442-8774

ywcahelena.org

God's Love Inc.

Provides emergency shelter, food, clothing, and other basic necessities for those in need. The Family Transitional Center provides temporary shelter for families who are seeking permanent housing.

406-442-7000

godsloveshelter.org

Florence Crittenton

Offers family based residential transitional housing for pregnant and parenting women aged 12-21.

901 N Harris St. Helena MT, 59601

406-442-6950

florencecrittenton.org

Montana Housing Division

Montana Housing supports access to safe, affordable, and sustainable homes for Montanans whose housing needs are not met by the market. Services include rental assistance programs including: Housing Choice Voucher (HUD) Program, Project Based Section 8, and emergency rental assistance.

406-841-2840

housing.mt.gov

The Salvation Army

The Salvation Army supports homeless individuals and families in Lewis and Clark County by helping with basic needs: meal assistance, transportation, bill pay assistance, employment assistance, and housing assistance.

406-442-8244

helena.salvationarmy.org

Parenting/Childcare

Childcare Connections

Childcare Connections supports quality care through financial assistance for childcare, nutrition and wellness education, family and community outreach and referrals for childcare and community resources.

Ccmontana.org

406-587-7786 or toll free at 800-962-0418

DPHHS Childcare Provider Search

Search system to find licensed childcare services.

dphhs.mt.gov/ecfsd/childcarelicensing/providersearch

RMDC Child and Family Supports

RMDC offers services for early childhood education through Montana Head Start for low-income families.

406-457-7308

rmdc.net

AWARE Early Head Start

Offers early childhood services to families and children ages 0-8. These services are available to families of all social and economic statuses. Programs include child and family counseling, early head start, and home visiting.

406-563-8817

earlyheadstart@aware-inc.org

aware-inc.org.ecs

YMCA

Offers after school care, before school care, and other activities for children and community members.

helenaymca.org

Big Brothers Big Sisters

Supports life changing friendships between professionally screened adult volunteers and children.

406-442-7479

bbbs-helena.org

Mental Health, Counseling, and Addiction Resources

Bright App

Search for mental health professionals in Montana.

montana211.org/bright_app

Montana Mental Health Ombudsman

The office of the Mental Health Ombudsman can provide information and assistance to individuals seeking access to the public mental health services.

406-444-9669

mhombudsman.mt.gov

National Alliance on Mental Illness Montana (NAMI)

Supports, educates, and advocates for Montanans with Mental Illnesses and their families. NAMI Montana also developed Mental Health County Resources Guides as a tool for people who live with serious mental illness and their families:

<https://namimt.org/motnana-county-mental-health-resources-guides/>

406-443-7871

namimt.org

St. Peter's Hospital Behavioral Unit

St. Peter's Health Behavioral Health Unit offers short-term, live-in care services for adults experiencing a mental health crisis.

406-495-6560

St. Peter's Hospital Psychiatry Team

The psychiatry team offers one-on-one, comprehensive care for patients facing mental health issues.

406-457-4180

Helena Indian Alliance

Exists to advocate for and to responsibly serve the mental, physical, spiritual, and social welfare of the Native American population in the Helena community.

406-442-9244

AWARE Inc.

Strives to provide psychiatry to even the most rural Montana residents through telepsychiatry and video conferencing. AWARE's team of highly trained and experienced psychiatrists are available for assessments, ongoing treatment, medication management and support.

406-543-2202

aware-inc.org

Intermountain

Provides hope and healing for children, families, and adults through a variety of mental and behavioral health services across Montana.

406-442-7920

intermountain.org

Fort Harrison VA Medical Center

Fort Harrison provides addiction and substance use care as well as mental health care for veterans.

406-447-6000

va.gov/montana-health-care/locations/fort-harrison-va-medical-center

Center for Mental Health

Provides professional, comprehensive mental health and substance abuse treatment services, including care coordination, adult/youth case management, in-home therapeutic services, and outpatient therapy for adults/youth.

406-443-7151

center4mh.org

Alcoholics Anonymous

AA helps individuals struggling with alcoholism find the help they need on a local basis. Call for 24/7 addiction help.

1-800-839-1686

alcoholicsanonymous.com

Narcotics Anonymous Montana

A national peer support group for those struggling with addiction.

1-800-990-6262

namontana.com

Montana Tobacco Quit Line

Quitting tobacco is a process. Wherever you are in the process, Montana Quit Line is there to help.

1-866-787-5247

quitnowmontana.com

Montana Peer Network

Montana Peer Network provides information, education, training, support, and resources for individuals in or seeking recovery from mental health challenges, substance abuse, trauma, and/or addictions.

406-551-1058

mtpeernetwork.org

Physical Healthcare

Montana Medicaid and Healthy Montana Kids

There are multiple free or low-cost health insurance plans available which can provide a variety of services. Please contact the Department of Public Health and Human Services with questions and for eligibility requirements.

1-888-706-1535

dphhs.mt.gov/MontanaHealthcarePrograms

St. Peter's Health

St. Peter's Health serves the Helena area by providing emergency and primary care, family medicine, pediatrics, women's health, and specialty services. Find locations and more information on the St. Peter's Health website.

406-442-2480

sphealth.org

Pure View Health Center

Pure View offers medical, dental, mental health, case management and pharmacy services. Medical walk-in appointments are available on a first-come first-served basis, M-F 8am-11am.

406-457-0000

pureviewhealthcenter.org

Helena Indian Alliance

Exists to advocate for and to responsibly serve the mental, physical, spiritual, and social welfare of the Native American population in the Helena community.

406-442-9244

Planned Parenthood

Low cost reproductive healthcare. For more information on services provided visit their website at plannedparenthood.org/health-center/montana/helena

Options Clinic

Clinic offering reproductive healthcare.

optionshelena.org

406-204-5990

Fort Harrison VA Medical Center

Montana VA Healthcare System offers a wide range of health and support services to veterans.

406-442-6410

va.gov/montana-health-care/

St. Peter's Urgent Care

3330 Ptarmigan Lane

406-443-5354

2475 Broadway Ave.

406-447-2770

Transportation

Capital City Transit

Capital Transit offers affordable rates for riders and new routes with point-to-point travel to many key areas of Helena. Some of the stops are: Target, Carroll college, Downtown Helena, Montana State Capital building, St. Peter's Hospital, Wal-Mart, and the transit center.

406-447-8080

ridethecapital.org

Legal Services

Montana Legal Services Association

MTLSA provides non-criminal legal information, advice, and representation. MTLA works to provide civil legal aid to low-income individuals living throughout Montana.

1-800-666-6899

mtlsa.org

Disability Rights Montana

Disability Rights Montana's mission is to protect and advocate for the human, legal, and civil rights of Montanan's with disabilities while advancing dignity, equality, and self-determination.

1-800-245-4743

advocate@disabilityrightsMT.org

disabilityrightsmt.gov

Child Support Services Division

The Child Support Services Division pursues financial and medical support of children by establishing, enforcing, and increasing public awareness of parental obligations.

406-444-6856 or 1-800-346-5437

childsupport@mt.gov

dphhs.mt.gov/cssd

Montana Fair Housing

A private, full services, non-profit organization dedicated to the elimination of housing discrimination, and the advancement of civil rights.

406-782-2573

montanafairhousing.org

Montana Self-Help Program

The Court Help Program is a free service provided by the Montana Supreme Court to assist people with civil, non-criminal legal issues.

406-444-9300

statelawlibraryselfhelp@mt.gov

courts.mt.gov/selfhelp

Financial

Helena College Financial Aid Office

The financial aid office can assist you with FAFSA, scholarships, work study, and loans, all to help you pay for college and your living expenses while in college. If you have questions or need assistance, please schedule some time with them (in the welcome center). You can also find a list of scholarships to apply for, here:

<https://helenacollege.edu/financialaid/scholarship.aspx>

Temporary Assistance for Needy Families (TANF)

TANF Cash assistance is a program providing temporary financial assistance to needy families. The receipt of TANF cash is limited to 60 months in an adults lifetime. Apply online at apply.mt.gov or call the helpline at 888-706-1535.

Energy Assistance- Weatherization and LIEAP

The state of Montana, through the DPHHS, offers two programs aimed at helping low income individuals reduce their heating costs. Please contact the Rocky Mountain Development Council for more information.

406-447-1625

rmdc.net/what-we-do/energy-services

Energy Share

A nonprofit that helps Montanans overcome energy emergencies and move toward self-reliance.

406-442-4900

energysharemt.com

Safety and Domestic Violence

[In an emergency, always call 9-1-1](#)

National Domestic Violence Hotline

Everyone deserves relationships free from domestic violence. Call or text START to 88788 for confidential support.

1-800-799-SAFE (7233)

thehotline.org/get-help

National Sexual Assault Hotline

Get help 24/7. Call the toll free number to be connected with a trained staff member from a sexual assault service provider in your area.

1-800-656-4673

hotline.rainn.org/online

The Friendship Center

The Friendship Center is a safe haven for those affected by domestic violence, sexual assault, and stalking. Services are available to anyone regardless of gender or sexual orientation.

1430 Sanders, Helena, MT 59601

406-442-6800

thefriendshipcenter.org

Employment and Job Seeking

Helena College Work Study Opportunities

We offer Montana state and Federal work-study programs. You can search for available work study positions on the website. Be sure to check with financial aid to ensure you qualify.

helenacollege.edu/financialaid/workstudy.aspx

Helena College Career Advising

Kathy Mortimore offers career advising for students including help with resumes, interviews and navigating Handshake. Contact Kathy at kathy.mortimore@helenacollege.edu.

Helena Job Service

View current job openings, training, and tools to begin a career. File for unemployment and find training opportunities for those looking to upskill their career or make a career change.

montanaworks.gov/job-service-montana/

Looking for resources not listed here? Contact the Director of Student Wellbeing and Engagement, Katelynn Eberhardt at katelynn.eberhardt@helenacollege.edu.