

5/3/24

### **Mental Health Resource List**

- **Suicide and Crisis Lifeline - 988**
- **Montana Suicide Prevention lifeline: 1-800-273-TALK (8255)**  
This 24-hour hotline connects you to skilled, trained counselors
- **Bozeman Help Center Hotline: 406-586-3333 24-hour crisis hotline**
- **Crisis Text line: Text MT to 741-741 24/7 text line for people in crisis**

Dr. Chris Spromberg-LHC Clinical Psych (at Ranger Clinic on Mondays and Thursdays)- Call Nurse Holly at PHS 222-0448 ext. 210 or call LHC 222-3541

### **LiveWell49**

Coalition working on health and well-being and suicide prevention

[www.livewell49.org](http://www.livewell49.org)

[info@livewell49.org](mailto:info@livewell49.org)

Sign-up for weekly newsletter with mental health info & resources

### **American Foundation for Suicide Prevention (AFSP), Montana Chapter**

<https://afsp.org/chapter/montana>

### **Local Therapists:**

#### **Adamo, Caitlin, LCPC, PMH-C**

Fireweed Integrative Therapy, PLLC

Specializes in perinatal and offers Emotionally-Focused Couples Therapy.

[caitlin@fireweedintegrative.com](mailto:caitlin@fireweedintegrative.com)

406-282-1644

#### **Anderson, Julie, MSW, SWLC, LAC**

Serves youth, adolescents and adults. Specializes in depression, anxiety trauma and substance abuse

Clark City Counseling, LLC

[clarkcitycounseling@gmail.com](mailto:clarkcitycounseling@gmail.com)

406-220-6204

#### **Bandstra, Sara, MSW, LCSW**

406-223-2877

#### **Berglund, Becky, MA, LCPC**

406-599-3528

#### **Campbell, Meriweather, MA, LCPC, LAC**

Specializes in substance abuse, trauma

406-223-8773

**Egbers, Ben**

Psychiatric Mental Health Nurse Practitioner  
Ben@summitwellnesspllc.com  
(406) 506-5762

**Fettig, Megan, MA, LCPC, LPC**

Via Telehealth  
River Way Counseling  
406-220-0851

**Gentry, Sara, MA, LCSW**

406-224-0533

**Groff, Randi, MSW, LCSW**

Specializes in children and their families, trauma, sexual abuse,  
Oppositional Defiant Disorder  
916-616-0321

**Jester, Hannah: LCPC**

Squiggle Path Healing LLC  
Specializes in teens and adults that struggle with anxiety, depression, low  
confidence/self-worth, religious trauma, and LGBTQIA+  
phone: (406)220-6413  
email: squigglepathhealing@gmail.com

**Maya Howell, MSW, LCSW**

Telehealth only  
406-230-6089

**Karls, Sarah, MA, LCPC**

Specializes in working with ages 11 and up, including individual and family work.  
Experience with anxiety, depression, self-esteem, and relational difficulties.  
406-282-4670

**Jans Wortelboer, Hettie - MS, LCPC**

Youth and adults  
406-223-0206

**Jergenson, Psy. D, Rachel- Clinical Psychologist**

Military experience. Specializes in depression, anxiety, loss, and  
trauma. 406-224-0727

**Kirlin, Maggie- Psychologist, PsyD**

Specialty includes integrative psychotherapy to individuals who are motivated to make  
deep, lasting, transformational change in their lives. EMDR and Internal Family Systems  
(IFS)  
406-295-6571

**Loomis, Kris, MSW, LCSW**  
406-220-1761

**McGrath, Debra, MA, LCPC**  
Specializes in grief, loss, trauma, and life transitions.  
406-223-8205

**McNamee, Lisa, MA, LCPC**  
Specializes in Somatic Psychotherapy  
406-224-2949

**Miquelle, Dana, MA, LCPC**  
Serves youth 5-12, adolescents, and adults (can also work with families and couples) with personality issues, depression, bipolar, psychotic states, autism, and trauma (PTSD)  
406-587-8775

**Nelson, Haley, MA, LCPC,**  
406-220-2290

**Petrulis, Amy, MSW, LCSW - Specializes in EMDR and DBT- via Telehealth**  
406-223-2092

**Petrulis, Chad, MSW, LCSW - youth and adults - via Telehealth**  
406- 823-3235

**Rosenwald, Nicole, MSW, LCSW**  
Specializes in youth, individuals and families  
406-223-2019

**Seidl, Karolyn Psy. D-** Clinical Psychologist-work with adolescents, adults, older adults, and couples on issues such as anxiety, depression, relationship difficulties, self esteem, school/career and life transitions.  
443-465-1889

**Schunk, Megan, MA, LCPC**  
406-285-8898

**Talcott, Lisa, MSW, LCSW**  
406-224-7548

**Titgemeier Stevens, Amy, MSW, LCSW**  
Breathing Room Counseling, LLC  
406-224-4040

**Turner, Amy, MA, ThM**  
406-222-3541

**Kelcy Willyerd, PCLC**  
406-823-0001  
sacredwaterscounseling@gmail.com

**Community Health Partners**

Behavioral Health Services  
108 ½ Callender Street, Livingston, MT 59047  
406-222-1111  
Ana Peters, LCPC, LAC  
Linda Reinhart, LCSW  
Meredith Herzog, MSW, SWLC  
Fees based on sliding scale.

**L'esprit**- Mental Health Agency for Children, Adolescents, and  
Adults 124 South Main Street, Livingston, MT 59047  
406-222-7641

**Livingston Health Care**

406-222-3541  
Bellerive, Nicolle, LCSW  
Christophel, Kayli, Psy. PA  
Schwartzner, Sonya - LCSW  
Swarny, Bruce, MD Psychiatry  
Catherine Akin FNP, APRN  
Cary Wasko, PMHNP

**Additional Community Resources:**

**Aspen** (Abuse Support & Prevention Education Network) - Provides services to anyone  
in a situation of domestic or sexual violence.  
411 East Callender Street Livingston, MT 59047  
406-222-5902/406-222-8154 (24 Hours Crisis Line)

**Big Brothers Big Sisters**- Professionally supported mentoring for  
children and teens.  
105 S. 2nd Street Livingston, MT 59047  
406-222-1930

Child and Family Services (Park and Gallatin County)  
406-585-9984

HRDC- Housing, Vouchers, Employment  
406-585-4858

Juvenile Probation  
406-222-4162

Livingston Health Care- Financial Counselors to assist in a child/adult obtaining health insurance  
406.823.6623 or 406.823.6489  
320 Alpenglow Lane, Livingston, MT 59047

Livingston Urgent Care  
406-222-0030

Montana Peer Network- Support for individuals in recovery from mental health substance abuse and/or addiction struggles.  
406-551-1058

Southwest Chemical Dependency- Outpatient treatment for substance use disorders 430 East Park Livingston, MT 59047  
406-222-2812

Yellowstone Boys and Girls Ranch- Mental health center providing a broad range of services for children and their families. Staff currently available for services.  
5237 HWY 89 South Suite 1 Livingston, MT 59047  
406- 222 -6490

Youth Dynamics- Behavioral Health Services for Children and Families  
817 West Park Street Livingston, MT 59047  
406-222-6610

Family Outreach: Adult and Children services  
406-587-2477

CASA- Our mission in Park and Sweet Grass Counties is Advocating for Abused and Neglected Children within the Judicial System. You can help by becoming a sponsor, or by volunteering your time and becoming a Court Appointed Special Advocate! 105 N 2nd Street #227, Livingston, MT 59047  
406-222-4904

Montana Child Abuse Hotline  
1-866-820-5437

Montana Department of Health and Human Services (Children's Mental Health

Bureau) 406-444-4545  
<http://dphhs.mt.gov/amdd/Suicide>

Healthy Montana Kids- Office of Public Assistance  
888-706-1535

Center for Disease Control and Prevention (CDC)  
<http://www.cdc.gov/violenceprevention/suicide/>

**Websites:**

<http://www.suicidepreventionlifeline.org/GetHelp/LifelineChat.aspx>

<http://suicide.org>

<http://save.org>

**Most area pastors are trained in grief and offer free sessions.**

\*This is a list of known mental health providers in Park and Gallatin Counties, Montana.

\*This list is not exhaustive and is provided as a courtesy, for information only.