

Big Sky Resource Connections

- Are they alone?
- Have they left the building?
- Have you not heard from them?
- Are they armed or considering hurting themselves or others?



Person in Need
Are they in immediate danger?

Questions to consider:

- Have they expressed suicide ideation and a plan with means?
 - Are they experiencing withdrawal from alcohol or substances?
 - Are they displaying unsettling or unusual behavior?
- *When in doubt, please contact emergency services at 911.

If they are not in crisis but could benefit from formal support:



YES

Call 911
Gallatin County officers are all CIT (crisis intervention trained) and can dispatch mobile crisis who is available via telehealth



NO

Support in moment using HEFA tools and refer to appropriate local supports
bewellbigsky.org

If you are with them or know they are with a safe person:

UNSURE?

Reach out to **local counseling resources** to set up formal support
www.bigskywia.org
Big Sky Medical Center Behavioral Health - 406-995-6995 (psychiatry services available)
psychologytoday.com
Help Center Mental Health provider directory

Call 211
(Help Center Info Line)
If support is beyond what you can provide or you are not sure which resource would be a best fit.


Bienvenidos **Spanish-speaking** Resource Coordinator
On call everyday
In-person at Big Sky Food Tues & Thurs 4-7pm
elcentro59718@gmail.com
406-223-0625




Call Rimrock Peer Support if primary presenting issue is related to **substance use.**

in-person
7 days/week
406-876-4580

24/7 on call support available at
406-876-1623



Active **Alcohol Withdrawal** is a medical emergency. If actively withdrawing, get to the Emergency Department. Big Sky Medical Center's phone number is 406-995-6995. Call 911 if assistance is needed to get to the Emergency Department.




Call Help Center
406-586-3333 or 211 available 24/7
Trained to conduct risk assessment, complete safety plans, set-up with follow-up care, and refer to local supports. Can dispatch mobile crisis who is available via telehealth.

translation services available



Call Wellness in Action's **Community Health Worker (CHW)** if the individual needs further support connecting with a therapist, medical providers, financial or social supports, navigating resources, or other social services.



available Mon-Thurs 8am-6pm
406-640-0534
for new clients: please follow QR and fill out the referral form



This information is a general summary for public use and does not replace professional medical advice, diagnosis, or treatment.

Big Sky Resource Connections

Questions to consider if a person is in need:

- Have they expressed suicide ideation and a plan with means?
- Are they experiencing withdrawal from alcohol or substances?
- Are they displaying unsettling or unusual behavior?

*When in doubt, please contact emergency services at 911.

Are they alone?

- Call 911

Have they left the building?

Have you not heard from them?

Are they armed or considering hurting themselves or others?

If you are with them or know they are with a safe person:

- Call 211 of 406-586-3333 for 24/7 support from the Help Center
- Active Withdrawal is a medical emergency - transport to hospital or call 911 for assistance

If they are not in crisis but could benefit from formal support:

- Support in the moment using HEFA tools and refer to local supports - bewellbigsky.org
- Call 211 - Help Center's Info Line - for assistance determining appropriate resources
- Reach out to local counseling supports:
 - www.bigskywia.org
 - Big Sky Medical Center (psychiatric services available) - 406-995-6995
 - www.psychologytoday.com
 - Help Center Mental Health Provider Directory
- Wellness In Action Community Health Worker - 406-640-0534 - Monday-Thursday 8am-6pm
- Bienvenidos Spanish-speaking Resource Coordinator - 406-223-0625 - in-person Tuesday & Thursdays at Big Sky Food Bank and on-call everyday
- Rimrock Peer Support for substance use and recovery support - 406-876-4580 (24/7 on-call line is 406-876-1623)