A Family Guide for Mental Health Services in Missoula County



A photograph of a lone tree on a snowy surface by Dave Bell

NAMI – National Alliance on Mental Illness

Missoula, Montana – Affiliate

YOU ARE NOT ALONE

Are you in a state of crisis because you or someone close to you may be mentally ill? You don’t know what to do or where to go for help. You are not alone; we have been there and know how helpless you may feel.

This guide is for you. We hope to help you understand that mental illness is a brain disorder that it is treatable and there is hope. There is nothing to be ashamed of if you or a love one is suffering. Getting into the system can be hard, keep asking questions, don’t give up seeking help, things can improve.

**CRISIS NUMBERS**

* EMERGENCY 911- Police/medical emergency service (If you or your loved one is in immediate danger)
* Mental Health Crisis Team 532-9710 (Primarily for Current Clients of WMMHC)
* Suicide Hotline 1 800-273- TALK

# Understanding Mental Illness

Mental illnesses (also called mental disorders or psychiatric disorders) are biologically-based brain disorders.  They cannot be overcome through "willpower" and are not related to a person's "character" or intelligence.  They are illnesses just like heart disease or diabetes.

Mental disorders can profoundly disrupt a person's thinking, feelings, perceptions, moods, ability to relate to others, and capacity for coping with the demands of life.

## Major Mental Illnesses

Schizophrenia, bipolar disorder, major depression, panic disorder, obsessive-compulsive disorders, and generalized anxiety disorders are the most common mental illnesses.

Mental disorders fall along a continuum of severity from mild to moderate to severe.  The most serious and disabling conditions affect about 5% of adults and children in the United States but more than 25% of people experience a mental illness at some time in their lives.

Mental illnesses tend to strike individuals in the prime of their lives, often during adolescence and young adulthood.  All ages are susceptible, but the young and the old are especially vulnerable.

Mental illnesses are treatable.

Most people with serious mental illness need medication to help control symptoms, but also rely on supportive counseling, self-help groups, assistance with housing, vocational rehabilitation, income assistance, and other community services to achieve their highest level of recovery.

Without treatment, the consequences of mental illness for the individual, the family, and society are staggering: unnecessary disability, unemployment, substance abuse/addiction, homelessness, inappropriate incarceration, suicide, and wasted lives.  The economic cost of untreated mental illness is more than $100 billion a year.

Treatment for serious mental illness today can be highly effective.  Between 70-90% of persons treated have significant reduction in symptoms and improvement in the quality of life.

Early identification and treatment is of vital importance.  By getting people the treatment they need early, recovery is accelerated and the brain is protected from further harm.

What are Co-occurring Disorders?

A person who has a mental disorder AND a substance dependence (addiction) disorder is said to have co-occurring disorder.  Although they are separate conditions, they can interact in many ways and complicate the diagnosis and treatment of each.

Addiction can directly contribute to the onset of mental disorders or cause existing ones to worsen.

Addiction can sometimes mask a mental illness. Some mental illnesses may make a person more vulnerable to using substances and hence to developing an addiction.

Addiction can interfere with recovery from mental illness; likewise untreated mental illness can interfere with recovery from addiction.  Relapse in one disorder can lead to relapse in the other.

It is important that healthcare providers understand the treatment needs of both disorders so the most effective treatment can be provided.  Integrated treatment that focuses on both psychiatric and addiction issues is recommended.For the Family: What to do when someone you love is mentally ill

*“I know of no more encouraging fact than the unquestionable ability of man to elevate his life by conscious endeavor.” Henry David Thoreau*

## Destigmatize the illness—Understand these basics:

Mental illnesses are physical disorders of the brain that result in disturbed brain functioning, thinking and behavior.

The person who is ill is not to blame, is not bad, is not someone to be ashamed of, is not weak and is not a failure.

The family of a person who is mentally ill is not at fault, did not cause it, could not have prevented it, has not failed, and does not need to feel ashamed.

Respond to this illness as you would for any other disease.

## Educate yourself about Mental Illness

Ask healthcare providers for information.

Access websites for current mental health information.

Go to libraries and bookstores.

Attend your local NAMI support meeting and ask for information.  NAMI (The National Alliance on Mental Illness) is dedicated to dispelling the stigma and misconceptions of mental illness through support, education, training, and advocacy.  Access the national NAMI website at [www.nami.org](http://www.nami.org/) or call 1-800-950-6264. For information in Montana call 1-406-443-7871 or go to [www.namimt.org](http://www.namimt.org).

Attend a NAMI Family-to-Family educational program.  This is a 12-week course that provides current and detailed information about the major mental illnesses and how to best cope with them.

You will find there are numerous resources with current information.  What is known is changing rapidly and the medications available to treat mental illnesses are becoming increasingly effective.  Stay as up-to-date as possible!

## Don’t go it alone – get support for yourself

The stigma and shame about mental illness that is still so prevalent in our society often keeps us isolated and alone in trying to cope with the illness of our loved one.  It is helpful to reach out to others who know what we are going through and can understand our feelings and concerns.

Consider counseling for yourself with a trained professional.

Ask your local mental health program/care provider or hospital about their family support services or other groups such as NAMI.

## Get involved in your loved one’s healthcare

Because of the disordered and dysfunctional thinking that is part of mental illness, it is especially important that we be involved in our loved one's care and treatment.  Our loved one is not always able to communicate clearly or report accurately about what is going on.  We need to be his/her advocate and voice when that is necessary.

Encourage your loved one to sign a release of information so that you can communicate and consult with his/her health care providers when necessary. If consent is not given, you can always provide written communication to these providers about your observations.

Become familiar with the medications your loved one is taking so you can report on their level of effectiveness and side effects.

Help your loved one keep current and accurate written records including dates and kinds of symptoms experienced, medications taken, and names of current or past health care providers.

Do not be afraid to be assertive if you feel a health care provider is not adequately attending to your loved one's health care needs.Treatment Services

## Mental Health and Addiction Services

**Western Montana Mental Health Center:** 1315 Wyoming, 532-9700. Programs include medication clinic, substance abuse treatment, case management, outpatient therapy for adults and children, Day Treatment services for adults, adolescents and children, crisis intervention, PACT. Emergency services are available 24 hours a day by calling 532-9710 or 1-888-820-0083.

* **Outpatient Services:** Assessment and referral, medication clinic, psychiatric nursing services and outpatient therapy. This includes a contract to provide services to veterans.
* **Rehabilitation Services:** Adult Day Treatment and Vocational Services provide skill training, psycho-educational groups, and social support groups.
* **Case Management:** Provides assistance in the community in accessing resources, including housing and medical care, provides advocacy and support through outreach, coordination or care. Payee Services. Applicants are prioritized by clinical need.
* **Dakota Place and Stephens House**: Short-term residential crises stabilization facilities. Typically clients are referred by treatment staff or mental health professionals.
* **Genesis House**: An eight bed women’s therapeutic group home providing rehabilitation and training toward the goal of independent living.
* **PACT:** A program of assertive community treatment that provides intensive wraparound service through a treatment team.
* **Turning Point**: 1325 Wyoming St, 532-9800. Provides out-patient counseling for people who are abusing drugs and/or alcohol. Individual, group, family, and case management services are available. Services are provided on a sliding fee schedule.
* **Share House**: Therapeutic group home for persons in recovery and with co-occurring disorders, non-hospital detox program for men and women. Priority is given to individuals who are homeless or have co-occurring mental illness.

**Winds of Change Mental Health Center:** 2200 Grant Street, 721-2038. Services include adult case management, community based rehab and support, out-patient therapy and 24 hour crisis line.

**J’s House:** 543-4055 A 34 bed assisted living home for adults, staffed 24 hours daily. Services provided are meals, laundry, light house-keeping and medication monitoring.

**St. Patrick Hospital**

* **Providence Center Neurobehavioral In-patient Unit:** 902 N. Orange Street 327-3200. St. Patrick Hospital offers acute inpatient treatment for psychiatric and/or addiction issues. Adolescents and adults receive treatment under the direction of a Psychiatrist, and services are provided by Clinical Social Workers, Licensed Addiction Counselors, Nurses, Occupational Therapists, Pharmacists, Dieticians, and other health care professionals. Treatment is short-term and directed toward evaluation, stabilization of symptoms, and referral to outpatient services as needed. Admission is by referral and must meet admission criteria. Private insurance, Medicaid and Medicare are accepted.

The hospital no longer offers a traditional 28 day inpatient Chemical Dependency treatment program. Detox is provided if medically necessary.

* **Adolescent Partial Hospitalization Program:** 327-3182

This program is an outpatient service for 12-18 year olds with a psychiatric diagnosis, emotional difficulties, or maladaptive behaviours. Treatment includes a psychiatric evaluation by a Child and Adolescent Psychiatrist; medication management; individual group and family therapy, nursing management and academics.

The treatment team provides assessment, crisis stabilization, and treatment for the adolescent and their family. Partial hospitalization may be utilized to prevent an inpatient admission or as a step-down from inpatient or residential treatment.

**Private Practice Counseling**

Treatment can be provided by psychiatrists, psychologists, counselors and social workers who are trained to treat mental illness, work with families, and address co-occurring disorder issues.  There are many therapists in the Missoula area.  Ask your health care providers for referrals or ask around for "word of mouth" recommendations.  In the Yellow Pages look under headings for:

* Mental Health Services
* Social Services
* Physicians – Psychiatry
* Psychologists
* Counsellors -- Marriage, Family, Child and Individual
* Alcoholism Information and Treatment
* Drug Abuse Information and Treatment

**Other Programs:**

**University of Montana-Counseling and Psychological Services of the Curry Health Center**: 243-4711 Counseling services and “self over substances programs” for UM students.

**Vet Center:** 500 N. Higgins, 721-4918 or 1-800-626-8686 Provides counseling for veterans and their families. Open 8-4pm, M-F.

**Warm Springs State Hospital:**1 406 693-7000 Admission by involuntary court commitment or voluntary commitment by a screening from the Western Montana Mental Health Center*.*

**Missoula Indian Center**: Building 33, Fort Missoula Rd, 829-9515. This program offers intensive out-patient counseling and a chemical dependency program.

## Senior Citizen Mental Health Issues

* **Missoula Aging Services**: 337 Stephens Avenue: 728-7682
* [senior@missoulaagingservices.org](mailto:senior@missoulaagingservices.org).  Professionally trained helpline operators answer questions on all aspects of senior citizen care, including mental health issues. Literature is also available.
* **Caregivers Support Group:** Third Thursday of month, Missoula Aging Services. Caregivers need to take care of themselves and the Missoula Aging Services offers an educational program for family caregivers called "Powerful Tools for Caregivers
* Good mental health is ageless but with the elderly, special attention needs to be given for signs of chronic depression and dementia.

Housing and Meals and Assistance

* **Missoula Food Bank**: 219 S. 3rd, 549-0543. Open M-F from 10a.m.-1p.m. and Monday and Tuesday from 5-7pm. Emergency supply of food. Must bring ID. Brief screening interview for information and referral.
* **Missoula Housing Authority**: 1235 34th St. Missoula 549-4113. Provides housing for low-and moderate-income families. (Public housing and tax credits and Section 8) plus Shelter Plus Care for homeless with certain disabilities and case manager. Person must attend orientation to get on waiting list.
* **Human Resource Council**: 1801 S. Higgins 728-3710
* Provides housing for low and moderate income families and helps with low-interest loans for home repairs and help with down payments for qualified families.
* **LIEAP(Low Income Energy Assistance Program)**: Qualified households can get emergency heating assistance and/or energy conservation help.
* **Missoula 3:16 - Day Center**: 506 B Toole Ave., 549-4673. Provides basic needs to homeless and needy. Breakfast and lunch are served daily as well as a Saturday evening meal. . A 12-step addiction program is offered.
* **Poverello Center:** 535 Ryman Street, 728-3710. Poverello provides emergency housing and free breakfast, noon and evening meals year-round. Nurse on site M-F and some case management available.
* **Valor House:** 2820 Great Northern Loop. 829-3928. Offers transitional housing for homeless veterans.
* **Missoula County Office of Public Assistance**: 2677 Palmer St., Suite 100 329-1200. Hours 7 a.m. to 5:30 p.m. M-Th and 7 to 5 on Friday.
* **Food Stamps:** Supplements food budget for low income persons. 1-800-332-2272
* **Medicaid:** 329-1200

# Legal Services

Unfortunately, the legal system is often the first point of contact for many persons with a mental illness. There may be a co-occurring problem with drugs and/or alcohol or other behavior problems that cause the criminal justice system to intervene. It helps for families and friends to get involved and become advocates for their loved ones.

* **Bail Bondsman**: If a family member is in custody and you want to post bail, you can post it yourself, or go to a bondsman (look in the yellow pages under bail bonds).   A private person is normally required to post the entire amount, but should get it all back if the person makes his or her court appearances.  Hiring a professional bondsman requires paying a fee, which may be around 10% or more, and is not returned.
* **Missoula City Municipal Court**: 435 Ryman 552-6170. Primarily handles misdemeanor charges within city limits. It is always a good idea to speak with the judge.
* **Missoula County Justice Court**: 200 W. Broadway, 258-4780.  
  Justice Court does use the Mental Health Court staff when appropriate.
* **Missoula County Mental Health Court** 258-4641 MCMHC diverts from jail to treatment people with serious mental disorders charged with misdemeanors and nonviolent felonies.
* **Missoula County Detention Facility (Jail):** 2340 Mullan Road, 258-4000. If your loved one is on prescribed medication you may take it to the jail in its labeled container. Inmates must request their medications while in jail. The following website includes the jail roster and visitation information. http://www.co.missoula.mt.us/mcsheriff/aboutusMCDF.htm
* **Missoula Public Defenders Office**: 610 Woody 523-5140. Lawyers for indigent persons, mental health commitments.
* **Montana Legal Services:** 304 N. Higgins, 543-8343. Hotline 543-8344

**Involuntary Hospital Admissions**: Involuntary Mental Health Commitments are initiated by the Missoula County Attorney’s Office if a mental health professional recommends involuntary treatment because a person with a mental illness has become dangerous to self or to other persons. Individuals may be detained and evaluated at the Montana State Hospital or other recommended facility. Daytime phone: 258-4737; in emergencies contact 911.

# Other Support Agencies and Support Groups

*“We can live three weeks without food, three days without water, and, yes, we can even live three minutes without air, but we cannot live without hope.” Lewis Mumford*

* **Missoula Suicide Prevention Network**: Missoula City-County Health Department, 301 West Alder, 258-3881. The program works throughout the county to reduce the number of suicides through community education, awareness, stigma reduction, and working with community partners to improve access to mental health services. The project website is: [www.co.missoula.mt.us/Measures](http://www.co.missoula.mt.us/Measures). Click on: “Children, Youth, and Families” and then click on “Suicide”. A number of helpful links are available on the website. Annual events open to the community are the Suicide Summit in April and Suicide Prevention and Awareness Week in October. Prevention trainings are available to interested groups and can be scheduled by calling the office. The National Suicide Prevention (24-hr.) Hotline is 1-800-273-TALK. <http://www.stopasuicide.org/>
* **2-1-1 First Call for Help**: A free service that connects people with local resources that can meet their needs. All calls are confidential. Call between 10-5, Mon-Fri.
* **Montana Mental Health Ombudsman:** 1-888-444-9669. Office is open from 8-5, Monday through Friday. The Mental Health Ombudsman provides information and advocacy to help individuals and families access community mental health services. The ombudsman can act as a liaison to clarify eligibility for services and assist in exploring available mental health services resources.
* **Adult Protective Services:** 329-1309.
* **Mental Disabilities Board of Visitors:** 1 406 444-3955. Call regarding State Hospital issues. The Board of Visitors provides oversight for the established mental health agencies including all the public mental health centers, the Montana State Hospital, and the therapeutic programs such as Arcadia, Yellowstone Boys and Girls Ranch. It is focused on folks already in treatment.
* **Montana Job Service:** 539 S. 3rd Missoula, 728-7060.
* **Montana Mental Health Association:** 1 406-587-7774, http://www.montanamentalhealth.org/links.htm
* **NAMI (National Alliance on Mental Illness):** Provides support and advocacy for family and friends of the mentally ill. For information, write P.O. Box 5413, Missoula 59807, or call 543-3055 or 721-1621
* **NAMI State Office**: 406 443-7871 or 404-458-9738
* **Naturopathic Physicians** in yellow pages.
* **Partnership Health Center**: 323 S Alder, 258-4789. Provides medical and dental assistance even if you don’t have insurance. No one is turned away.
* **Police – Non Emergency**: 523-4777.
* **Non Emergency Sheriff:** (County) 523-7200.
* **Salvation Army**: 339 W. Broadway, 549-0710. Provides free clothing and some medication assistance.
* **State Division of Addictive and Mental Disorders**: 406-444-3964
* **Social Security:** 700 SW Higgins, Suite 5, 542-1580. People who have been in the work force and have earned at least 40 credits, but are currently diagnosed with a severe mental disorder that limits employment, may be eligible for Social Security Disability Insurance (SSDI) and / or Supplemental Security Income (SSI). Call or visit Missoula’s local office (M-F, 9-4 PM) or call 1-800-772-1213 for general information. Obtaining Social Security benefits is often a long process. Patience and persistence are needed.
* **Veterans Resource Center:** 703-312-7893 Nationwide.
* **Veteran’s Center:** 500 N. Higgins Ave., M-F 8-4:30, 721-4918. Mental Health counseling and support from peers.
* **Vocational Rehabilitations**: 2675 Palmer, “Ste A, 329-5400, Assessment and assistance in job placement for persons with disabilities. Support Groups   Call for meeting times and locations.  Go to websites for additional information.

**Support Groups**

* Alcoholics Anonymous:  543-0014, [www.alcoholics-anonymous.org](http://www.alcoholics-anonymous.org/)
* Al-Anon and Alateen (for family and friends of alcoholics): 721-5818.  [www.Al-AnonFamilyGroups.org](http://www.al-anonfamilygroups.org/)
* Narcotics Anonymous: 1-800-990-6262, [www.na.org](http://www.na.org/)
* Narc Anon (For family and friends of those using narcotics), www.narc-anon.org
* Gamblers Anonymous.: 327-3043, 549-9579, [www.gamblersanonymous.org](http://www.gamblersanonymous.org/)
* Reformers Unanimous:  Christ-centered addiction program.  327-7428, 240-2897.
* Recovery, Inc: 825-3063 Mental health award-winning self-help group.  Meetings: Missoula Public Library Board Room 1:30 p.m. Friday and at River House. [www.recovery-inc.org/](http://www.recovery-inc.org/)

**NAMI Support Classes:**

* Family to Family class, (for family and friends of the mentally ill) 12 week class offered in Fall/Spring
* Peer to Peer Class (for consumers).
* Family Support Groups: Thursday 10-12 Providence Center, Thursday, 6:30-8:00 p.m. Spirit of Peace Church 506 Toole.

**Medication Assistance**

* Montana Mental Health Association – lots of information on this website, <http://www.montanamentalhealth.org/>
* NAMI Drug Patient Assistance Program – [www.nami.org/helpline/freemed](http://www.nami.org/helpline/freemed)
* Drug Patient Assistance Programs, www.rxhope.com/programinfo/main.asp

# Path to Recovery

“Recovery is being fully engaged in life regardless of what you’re living with.” - Dr. Ken Duckworth, Medical Director for the National Alliance on Mental Illness (NAMI)

## The Path to Recovery is a Process and Requires Time

Whether we are the ones suffering from mental illness or have a loved one with a mental illness, most people experience a similar progression of challenges.

* **Dealing With the Catastrophic Event**

Coping with mental illness is a process of grieving the loss of potential and dreams that were present before the onset of the illness. An initial reaction of shock and denial is usually experienced by the one suffering from a mental illness as well as the family members. We may find ourselves thinking, “This is not what I think it is.”

* **Learning to Cope**

Expect strong emotions of fear, anger, guilt, resentment, despair and anguish. Rather than “stuffing” these emotions or acting out in ways that would be harmful to yourself or others, learn to cope and work through these emotions by practicing the self care suggestions listed in this pamphlet and getting help from a mental health professional.

* **Moving Into Recovery**

Gradually, recognition, understanding, and acceptance emerge as we embrace the reality of our illness or the illness of our loved one, and choose to live again. When hope is rekindled, a willingness to try emerges and a new and valued sense of self and purpose is the result.

## Self Care Can Help Us Move Closer to Recovery

Practicing good self care habits improves our ability to cope as we work through our difficult challenges.

* **Act upon Areas You May Have Neglected**

Implement a change in a physical area of your life. Obvious basic needs such as, sleeping well, eating nutritious food and exercise are easy to neglect while going through a tough time.

* Stay connected socially to friends. Some suggestions might be to plan an outing such as going on a walk with someone, or going out to dinner, to a movie, concert, or other enjoyable event. Perhaps play games and allow yourself to laugh out loud. Join a support group such as NAMI Family to Family or Peer to Peer. Do an act of kindness for someone else.
* Express emotions to a trusted friend, counselor, support group, or in a journal or letter. “People must be given the opportunity to hurt out loud.” – Lady Bird Johnson
* Set aside time for your **spiritual** longings. Some quiet times may include listening to soothing and / or worshipful music, praying, meditating, or reading inspirational material. Look for and think about intangible tokens of grace through what you observe in creation and in what you hear or receive from strangers and other supportive people in your life.
* Keep mentally active. Pursue knowledge of your or your loved one’s mental illness (see suggestions made in the Family Section of this pamphlet). Have a good book on hand. Work on a puzzle or play a board game that requires some concentration.

# RECOMMENDED READING/WEB SITES

**General Interest**

* 50 Signs of Mental Illness by James Whitney Hicks, MD
* The American Academy of Child and Adolescent Psychiatry. [www.aacap.org](http://www.aacap.org)
* Alzheimer’s Association. [www.alz.org](http://www.alz.org)
* When Someone You Love Has a Mental Illness: A Handbook for Family Friends and Caregivers by Rebecca Woolis
* I Am Not Sick, I Don't Need Help!  How to Help Someone with Mental Illness Accept Treatment  by Xavier Amador, PHD
* The Essential Guide to Psychiatric Drugs by Jack M. Gorman
* Extensive Mental Health Information. www.PsychoEducation.org

**Anxiety Disorder and Obsessive Compulsive Disorder**

* Anxiety Disorders Association of America. www.adaa.org
* Anxiety and Panic Attacks: Their Cause and Cure by  Handly and Neff
* Freeing Your Child from Obsessive-Compulsive Disorder by Tamar Chansky, Phd.
* Rewind, Replay, Repeat: A Memoir of Obsessive Compulsive Disorder   by Jeff Bell

**Mood Disorders – Depression and Bipolar Disorder**

* Bipolar Significant Others-Internet support group. www.BPSO.org
* Overcoming Depression  by Demitri Popolos and Janice Popolis
* When Someone You Love is Depressed:  How to Help Your Loved One without Losing yourself   by Rosen and Amador
* Bipolar Disorder: A Guide for Patients and Families by Frances M. Mark
* The Bipolar Child by Demitri Popolos and Janice Papolis
* The Bipolar Disorder Survival Guide: What you and Your Family Need to Know by David J. Miklowitz, Ph.D.
* The Many Faces and Facets of Bipolar Disorder a quarterly magazine bphope.com
* Unquiet Mind by Kay Redfield Jamison
* Obsessive Compulsive Foundation. www.ocFoundation.org

**Schizophrenia and Schizoaffective Disorder**

* The Center Cannot Hold by Elyn R. Saks
* Coping with Schizophrenia: A Guide for Families by Kim Muester, PhD. And Susan Gingerich, M.S.W.
* Surviving Schizophrenia:  A Manual for Families, Patients and Providers by E. Fuller Torrey, MD
* Schizophrenia Digest (quarterly magazine about schizophrenia with information about living with schizophrenia, current treatment, newest research, and medications)  1-888-834-5537 or [www.szdigest.com](http://www.szdigest.com/)
* National Schizophrenia Foundation. [www.nsfoundation.org](http://www.nsfoundation.org)

**Co-Occurring Disorders**

* At Wit's End:  What You Need to Know When a Loved One is Diagnosed with Addiction and Mental Illness by Jeff Jay and Jerry A. Boriskin, PhD
* Co-Occurring Disorders Series - Hazelden Publications (booklets about specific mental illnesses and addiction as co-occurring disorders)     1-800-328-9000 or [www.hazelden.org/bookstore](http://www.hazelden.org/bookstore)
* Dual Diagnosis: [www.dualdiagnosis.info](http://www.dualdiagnosis.info)

The concept of ‘choosing to live again’ is as meaningful for family members as it is for consumers. It asks us to give up unrealistic expectations, and put away our shattered dreams of what might have been. It tells us to surrender the fiction that we can hide mental illness through denial and silence. It demands that we replace loss and grief with action; it insists that we embrace the people we love the way they are now and work to give them brighter hope for the future.” Patricia E. Deegan, Ph.D. – Clinical Psychologist and consumer

NAMI is the National Alliance on Mental Illness, the largest grassroots mental health organization dedicated to improving the lives of persons living with serious mental illness and their families. A nationwide organization founded in 1979, NAMI has become the nation’s voice on mental illness, with affiliates in very state and in more than 1,100 local communities across the country, including Missoula, Montana.

NAMI is dedicated to the eradication of mental illnesses and to the improvement of the quality of life of all who are affected by these diseases.

National Alliance on Mental Illness

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* Web site (National): [www.nami.org](http://www.nami.org)
* Telephone (National): 1-800-950-NAMI (6264)
* Montana Web site (State): [www.namimt.org](http://www.namimt.org)
* Telephone (State): 1-406-443-7871
* Telephone (Local): 543-3055 or 721-1621