

INDIVIDUAL RESOURCES

The following is a comprehensive list of resources and opportunities for individuals including and not limited to:

- Gardiner Mammoth based resources
- Community outreach and assistance
- Health and security resources
- Addiction resources
- Unemployment resources
- Volunteering and donating recommendations
- Park County COVID19 Response

If you have any questions or believe you have information that should be included on this page please call 406-848-7971 or email Executivedirector@GardinerChamber.com.

Please visit www.VisitGardinerMT.com for information including business resources, printable resources, state information, and more.

GARDINER/MAMMOTH BASED RESOURCES

Gardiner Food Pantry - Linda Grey, Director 307-250-5853

Open every Tuesday 1-6 pm.

- Adhering to our personal space issues and beefing up an already stringent cleaning routine.
- Offering delivery to all those people that can't get out for fear of exposure or are sick in any way.
- For those that need an Emergency Food box delivered to their home call Linda Gray at 307-250-5853.
- How you can help - the most impactful action you can take is to make either a food donation (which can be dropped off at the Gardiner Market) or a monetary donation at: PO Box 459, Gardiner, MT 59030. If you have any questions please call Linda Gray, Director 307-250-5853.

Gardiner Meals On Wheels

Seniors can have meals delivered to their house through our senior's meal program (Lunch4U). Those interested can call Anna Holloway at 406-223-2751 at the Tumbleweed for Meals. 406-223-2751; Email aholloway@gardiner.org
At home meal delivery, Monday - Friday, to seniors is available.

Gardiner School District - FREE BREAKFAST & LUNCH

While schools are closed the Gardiner School District invites you to join us for free lunch and breakfast.

- Monday - Friday for any child under 18 regardless of being enrolled in school. However, not able to assist with infants.
- March 30 - until school are open.
- Drop off sites are Mammoth Community Center, Corwin Springs bus stop, East River Road bus stop, and the Gardiner School.
- Time is Noon-12:30.
- Each day the child will receive a lunch and breakfast for the next morning.

Any child under 18 is able to participate. Please contact Anna to sign up: aholloway@gardiner.org

The Yellowstone Community Fund

The *Yellowstone Community Fund* has funds available to help with gas, groceries, and medicine for any Gardiner area employee or business owner effected by ramifications of the COVID-19 crisis. *Yellowstone Community Fund* funds are being disturbed by:

- For help with gas please inquire at the Gardiner Town Station Conoco or Yellowstone Dino Lube
- For help with costs related to groceries or medicine please contact the Gardiner Chamber of Commerce at 406-848-7971 or via email at executivedirector@gardinerchamber.com
- For other help please contact Jim Halfpenny at 406-223-1579

COMMUNITY OUTREACH & ASSISTANCE

Be-a-Buddy: People Helping People in Livingston/Park County (MT) - 406-570-5367

Matching a healthy and able volunteer with anyone in Park County who is sick, at high risk and/or self-isolating. Volunteers do a daily check-in with their person: making sure they are physically and mentally okay, and that they have, at the very least, sufficient food and prescription medications. Email: livingstonbuddies@gmail.com or find us on Facebook

Park County Community Foundation - For a comprehensive list of resources and contact info for local nonprofits working to address essential needs while we mitigate the spread of the virus please visit www.pccf-montana.org

Park County Ministerial Association - We will deliver necessities to your home if you are unable to leave home because of the virus. To sign up to volunteer to help delivery groceries or to ask for help please visit www.coronahelplivingston.com

HEALTH, WELNESS, ABUSE & RECOVERY RESOURCES

Dial 2-1-1, the Gallatin & Park Counties Help Center - Staffed 24/7 with individuals trained to respond to individuals who are suicidal or are experiencing any type of mental health emergency.

Alcoholics Anonymous - 24 Hour Hotline 833-800-8553; www.AA-Montana.org

ASPEN Abuse Support & Prevention Education Network - 406-222-5902; 24 Hour Crisis Line 406-222-8154
www.ASPENMT.org

Provides services and shelter to anyone in a situation of domestic or sexual violence.

Bozeman Help Center - 406-586-3333; www.BozemanHelpCenter.org

Available all hours for crisis counseling, advocacy, information, and support in a safe, confidential environment.

Community Health Partners - 406-222-1111 Mental health resources also available.

L'esprit - Mental Health Agency for children and adolescents- 406-222-7641; www.LespritMT.com

L'esprit accepts Medicaid, Medicare and most insurance providers along with a generous sliding scale! If you are interested in any of the following services, please contact the L'esprit main office at (406)222-7641 or at info@lespritmt.com.

Live Well 49 - Health and wellness resources in Park County www.Livewell49.org

Livingston HealthCare - 406-222-3541; Mental health resources also available [Livingston HealthCare COVID-19 Website](http://LivingstonHealthCareCOVID-19Website)

ManTherapy - www.ManTherapy.org Take a free online "20 point head check" to get tips on strengthening your mental health

Mental Health Support - A [comprehensive list](#) of behavioral health resources available in Park and Gallatin counties.

Montana Crisis Text Line - Text MT to 741741; www.CrisisTextLine.org

Access a licensed counselor to be there for you through any crisis.

Montana Department of Public Health and Human Services - 1-866-820-5437; www.DPHHS.MT.gov

Report child abuse and neglect.

Montana Peer Network - 406-551-1058; www.MTPeerNetwork.org

Provides virtual peer support via Facebook lives, webinars, local contacts, and support for mental health and addiction.

Montana Suicide Prevention LifeLine - 800-273-TALK (8255); www.SuicidePreventionLifeLine.org

Montana Warmline - 877-688-3377; www.MontanaWarmline.org Mon. - Fri. 8am-9pm, Sat. - Sun. 12-9pm

A non-crisis recovery line providing local peer and therapist support after hours in remote areas.

HEALTH, WELNESS, ABUSE & RECOVERY RESOURCES CONT.

Narcotics/Alcoholics Anonymous and Al-anon/Alateen - www.TheHallBozeman.org

Local virtual meetings

Support Groups Central - www.SupportGroupsCentral.com

Online crisis counseling, live group support meetings for addiction, recovery, depression, chronic illnesses, parenting, women's issues and more.

Therapy Resources

- Nicole Slayhofer (SLSW) Under the Supervision- Licensed Social Worker - In Livingston 406-224-0533
- Donna Delich - LCSW/LAC- In Livingston 406-223-3104 www.DelichCounseling.com/about-me.html
- Haley Nelson - LCPC- In Livingston 406-220-2290
- Kelly McGovern - 480-310-0531 or 406-222-6490 www.YBGR.org Yellowstone Boys and Girls Ranch Local therapist for children.
- Kris Loomis - 406-220-1761 Local therapist available for tele-medicine.

THRIVE - www.ThriveForMontana.com Free online self-behavioral health therapy

Western Montana Mental Health - 406-556-6500; www.WHMMCH.org

Provides mental health and substance use treatment, community-based services, outpatient services, inpatient addiction recovery services and housing. Virtual appointments and local assistance are available.

UNEMPLOYMENT INFORMATION

Montana Department of Labor & Industry - 406-444-0532 www.MontanaWorks.gov

Montana Pandemic Unemployment Insurance: Self-Employed, Independent Contractors, & Others - www.dli.mt.gov/self-employed-contractors

Montana Unemployment Insurance Division - 406-444-2545 [Montana Unemployment Assistance](http://MontanaUnemploymentAssistance)

VOLUNTEERING & DONATING

Park County COVID-19 Resilience Fund - "In response to the anticipated health and economic impacts of the COVID-19 pandemic, the Park County Community Foundation has launched the Park County COVID-19 Resilience Fund. Local organizations will be the backbone of the response to this unprecedented crisis. Please consider making a gift today to support their work." To donate and learn more please go to www.PCCF-Montana.org

Yellowstone Community Fund

A 501 (c)(3) non-profit organization, please drop off checks and/or cash to the Drop Box located at the Gardiner Chamber of Commerce 216 Park St. Please make checks payable to *Yellowstone Community Fund*. If you would like a 501 (c)(3) donation receipt for tax purposes please include your name and address with your donation upon drop off.