WHEN YOU REACH OUT

You decide what happens next.

- ✓ Services listed here are **free and confidential**.
- ✓ You **do not have to report to police** to get help, shelter or a medical exam.
- ✓ You can call **even if you're not sure** what you need yet, or just to talk.
- ✓ An advocate can help with a **safety plan**, shelter, an **Order of Protection**, court and paying crime-related bills.

Phone & computer safety

- Use a phone or computer the abuser can't check, like a friend's or the library's.
- Use private browsing, or clear your history after looking up help.
- Check your phone for location sharing and apps you didn't install.

See the insert for a step-by-step safety plan and signs of abuse.

NEED MORE HELP?

Scan for the full Community Resource Directory

Housing, food, health care, counseling, legal help, child care, disability, veterans, students, Tribal resources and shelters across Montana.

Not sure where to start?

Dial 211

Free, 24/7 referrals near you

You are not alone.

Free, confidential help for survivors in Missoula and surrounding areas.

YWCA 24-HOUR CRISIS LINE

(406) 542-1944

Shelter, counseling & safety planning

In danger right now?

Call or text 911

1 · TALK TO SOMEONE NOW

24/7 crisis lines

YWCA Missoula
(406) 542-1944
Toll-free (800) 483-7858
Domestic & sexual violence crisis support, pet-friendly emergency shelter, safety planning, counseling.

First STEP Resource Center
(406) 329-5776
At St. Patrick Hospital. Sexual assault exams by specially trained nurses, any age. **No police report needed.** Evidence can be collected up to 5 days after.

The Network/La Red (LGBTQ+)
(800) 832-1901
Support for LGBTQ+ community survivors of partner abuse.

National Domestic Violence Hotline
(800) 799-7233
Or text START to 88788. Spanish available.

RAINN Sexual Assault Hotline
(800) 656-4673

988 Suicide & Crisis Lifeline
Call or text 988

2 · GET AN ADVOCATE

Advocacy & your rights

Missoula County Crime Victim Advocates
(406) 258-3830
317 Woody St · Mon–Fri 8:30–4:30 (Wed until 3). Orders of Protection, reporting, court. Spanish & rural program.

CSKT Tribal Crime Victim Advocates
(406) 675-2700
Toll-free (877) 231-5173.
Serves the Flathead Reservation.

UM Student Advocacy Resource Center
(406) 243-4429
For UM students. Walk in Mon–Fri, 12–3.

For your pets

YWCA's emergency shelter is pet-friendly, so you don't have to leave them behind. Ask your advocate about protecting pets, too.

Did you know?

Crime Victim Compensation can pay up to $25,000 for medical bills, counseling & lost wages. (800) 498-6455

Address Confidentiality Program: moved somewhere the abuser doesn't know? Get a free substitute address to use instead of your real one, with your mail forwarded confidentially. (406) 444-3653

VINE alerts you when an offender is released: (800) 456-3076

3 · NEXT STEPS

Legal, housing & health

LEGAL HELP

Montana Legal Services
(800) 666-6899 · Free civil legal help: family law, housing, benefits.

Missoula Self-Help Law Center
(406) 258-3428 · Courthouse, Room 206. Free forms & guidance.

MontanaLawHelp.org · Guides & court forms, in English & Spanish.

HOUSING

Coordinated Entry (406) 552-6392
Missoula's front door for housing help.

Urgent tonight? Families: **YWCA (406) 543-6691** · Adults: **Poverello Center (406) 728-1809**

HEALTH CARE

Partnership Health Center (406) 610-8181
Medical, dental & counseling. Sliding-scale fees.

FOR YOUR KIDS

Child Care Resources (406) 728-6446
Free help finding and paying for child care.

An **Order of Protection** can cover your children, keep the abuser away from their school or daycare, and limit visits to supervised ones. It's free to file.