

# APPLY FOR ASSISTANCE AND MENTAL HEALTH RESOURCES

DEPARTMENT OF PUBLIC HEALTH  
AND HUMAN SERVICES

## **HOW TO APPLY FOR MEDICAID, OTHER ASSISTANCE:**

Public Assistance Helpline at **1-888-706-1535**. There, clients are able apply for SNAP food assistance, TANF cash assistance or health care coverage. Call scheduling is a convenient feature that allows clients to make an appointment for a call back instead of waiting on hold.

The **website [apply.mt.gov](http://apply.mt.gov)** is also another option. By opening an online account, clients can apply for, renew, report changes and check their benefits online 24 hours a day, 7 days a week. To date, about 20,000 clients already have active online accounts.

Clients can also submit applications via the OPA fax number at 1-877-418-4533 or by mail at Field Offices of Public Assistance, PO Box 202925, Helena MT 59620.

Montanans are also encouraged to reach out to OPA office staff through email. A list of OPA office email contact information can be found here:

<https://dphhs.mt.gov/hcsd/OfficeofPublicAssistance>

## **MENTAL HEALTH RESOURCES**

The following crisis resources are available for all Montanans.

If you or someone you love is at risk of harm to self:

The Montana Suicide Prevention Lifeline, 800-273-8255 (TALK) or go to <https://suicidepreventionlifeline.org/>

The Montana Crisis Text Line, text MT to 741741 or go to <https://www.crisistextline.org/>

If you need someone to talk to:

The Montana Warmline at 877-688-3377

If you are working to manage anxiety and depression during this time:

Montana THRIVE (computerized cognitive behavior therapy) at <https://thriveformontana.com/>