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 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/hcso/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/