



RICHLAND COUNTY BEHAVIORAL HEALTH PROVIDERS

CRISIS LINE – 988 / TEXT “HELLO” TO 741-741



For more information

Providers	Specialties	Information	Contact
Emmaus House Sr. Regina Murray, LCSW Sr. Rita Rauschendorfer	Mental Health and Grief Recovery Areas of Specialty: Grief Recovery, and Spiritual Counseling Ages: Adults and adolescents	Hours of operation: By appointment. Cost: Donation	Location: 316 9 th St SE, Sidney MT 59270 Phone: (406) 480-4562 Email: home@emmaushouse.co Website: emmaushouse.co
Sarah Perrault, MS, LCPC, LAC	Mental Health and Addiction Counseling Areas of Specialty: Eye Movement Desensitization and Reprocessing, and ACT requirements. Ages: Adults and adolescents <i>*Telehealth option available</i>	Hours of operation: By appointment. Tuesday – Thursday, 9am – 3pm Insurances accepted: Montana Medicaid, HMK/HMK Plus, BCBS, Aetna, EBMS, United Healthcare, Employee Assistance Programs, Cigna, and Allegiance. Medicare accepted after Jan 1, 2024. Cost: \$300 initial assessment, \$180 for 60 min, \$135 for 45 min, \$90 for 30 min, \$180 for family session.	Location: 1405 4 th St SW Suite 2, Sidney MT 59270 Phone: (406) 643-4095 Fax: (406)433-3586 Mailing: PO Box 362, Sidney, MT 59270 Email: sarah@sunrisewellnessmt.com
Jessie McDonald, LCSW	Mental Health Counseling Areas of Specialty: Cognitive Behavioral Therapy and Eye Movement Desensitization and Reprocessing. Ages: Adults and adolescents <i>*Telehealth option available</i>	Hours of operation: By appointment. Tuesday – Thursday, 9am – 3pm Insurances accepted: Medicare, Montana Medicaid, HMK/HMK Plus, BCBS, Aetna, EBMS, United Healthcare, Employee Assistance Programs, Cigna, and Allegiance. Cost: \$300 initial assessment, \$180 for 60 min, \$135 for 45 min, \$90 for 30 min, \$180 for family session.	Location: 1405 4 th St SW Suite 2, Sidney MT 59270 Phone: (406) 643-4095 Fax: (406) 433-3586 Mailing: PO Box 1405, Sidney, MT 59270 Email: jessie@sunrisewellnessmt.com

<p>Kysa Rasmussen, LCSW</p>	<p>Mental Health Counseling</p> <p>Areas of Specialty: Eye Movement Desensitization and Reprocessing, Cognitive Behavioral Therapy, Play therapy.</p> <p>Ages: Children 3+, adolescents, and adults</p> <p><u>*Telehealth option available</u></p>	<p>Hours of operation: By appointment. Monday – Thursday, 9am – 3pm</p> <p>Insurances accepted: Medicare, Montana Medicaid, HMK/HMK Plus, BCBS, Aetna, EBMS, United Healthcare, Employee Assistance Programs, Cigna, and Allegiance.</p> <p>Cost: \$300 initial assessment, \$180/60 min, \$135/45 min, \$90/30 min, \$180/family.</p>	<p>Location: 1405 4th St SW Suite 2, Sidney MT 59270</p> <p>Phone: (406) 643-4095 Fax: (406) 433-3586</p> <p>Mailing: PO Box 362, Sidney, MT 59270</p> <p>Email: kysa@sunrisewellnessmt.com</p>
<p>Barbara Nelson, LCPC</p>	<p>Mental Health Counseling</p> <p>Areas of Specialty: Individual therapy, anxiety and depression, PTSD and trauma, relationship issues</p> <p>Ages: 6 – 65+</p> <p><u>*Telehealth option available</u></p>	<p>Hours of operation: Monday – Friday, 8 am- 5pm</p> <p>Insurances Accepted: Most insurances.</p> <p>Cost: Sliding fee scale option. Contact provider for individual quote.</p>	<p>Location: 112 2nd St. SE Sidney, MT 59270</p> <p>Phone: (406) 433-0242</p> <p>Email: scounselingsolutions@hotmail.com</p>
<p>Charlotte Carlson, MS, LCPC</p> <p><i>Carlson Counseling Center</i></p>	<p>Mental Health Counseling</p> <p>Areas of Specialty: Individual therapy, depression, anxiety, ADHD, relationship concerns, stress management, goal setting, anger management, trauma</p> <p>Ages: Adults</p> <p><u>*Telehealth option available</u></p>	<p>Hours of operation: Tuesday- Friday, first appt starts at 9 am, last appt starts at 4 pm</p> <p>*Please call to schedule appt.</p> <p>Insurances accepted: Montana Medicaid, BCBS, Cigna, Allegiance, EBMS, United Healthcare, Kepro, Pacific Source. (Medicare not accepted).</p> <p>Cost: \$180 for individual session (50 minutes)</p>	<p>Location: 1405 4th St SE, Sidney MT 59270</p> <p>Phone: (406)480-1734</p> <p>Email: ccarlson.counseling@gmail.com</p>
<p>Eastern Montana Community Mental Health, LCPC</p>	<p>Mental Health and Addiction Counseling</p> <p>Areas of Specialty: Group and individual therapy, mental health assessment, PTSD therapy, substance use and dependency services (assessment, DUI/MIP classes), Intensive</p>	<p>Hours of operation: Monday- Friday, 8 am- 12 pm and 1 pm- 5 pm</p> <p>Insurances accepted: Most insurance, including Medicaid and Medicare</p> <p>Cost:</p>	<p>Location: Community Services Building 1201 W Holly St. Suite 4, Sidney MT 59270</p> <p>Phone: (406) 433-4635</p> <p>Website: https://www.emcmhc.com/sidney</p>

	<p>Outpatient Therapy and Trust grant with Contingency Management.</p> <p>Ages: 4 and Up</p> <p><i><u>*Telehealth option available</u></i></p>	<p>\$200 for initial assessment, \$125 thereafter. Sliding fee scale option.</p>	
<p>Prairie Hills Recovery Center</p>	<p>Addiction Services</p> <p>Areas of Specialty: Individual and group therapy, women’s trauma group, cognitive principles and restructuring, batterer intervention training services, DUI evaluation and seminar, chemical dependency evaluation, outpatient treatment for drug and alcohol abuse</p> <p>Ages: Adolescents and adults</p> <p><i><u>*Telehealth option available</u></i></p>	<p>Hours of operation: Monday- Friday, 8 am- 5 pm</p> <p>Insurances accepted: Most insurances, unable to accept Medicare.</p> <p>Cost: \$50 for group session, \$60 for individual session.</p>	<p>Location: 623 N Central Ave, Sidney 59270</p> <p>Phone: (406) 488-3001</p> <p>Email: phrc@prairiehillsrecovery.org</p> <p>Website: www.prairiehillsrecovery.org</p>
<p>Amanda Brown, MSW, SWLC</p> <p><i>Sidney Health Center</i></p>	<p>Mental Health Counseling</p> <p>Areas of Specialty: Individual therapy, integrated behavioral health care, education, and cognitive behavioral coping skills</p> <p>Ages: Children, teens, and adults</p> <p><i><u>*PCP referral only</u></i></p>	<p>Hours of operation: Monday - Friday, 9 am – 4 pm</p> <p>Insurances accepted: Montana Medicaid, Medicare, and most insurances.</p>	<p>Location: Sidney Health Center 216 14th Ave SW, Sidney MT 59270</p> <p>Phone: (406) 488-2041</p> <p>Email: amanda.brown@sidneyhealth.org</p>
<p><u>Regional Resources</u></p>			
<p>Joanne Hynes, LCSW, RPT-S</p>			<p>Location: 100 ½ S. Merrill Ave, Suite 8 Glendive, MT 59330</p> <p>Phone: (406) 939-4381</p> <p>Email: joanne@centermindcounseling.com</p> <p>Website: centermindcounseling.com</p>

<p>Laurie Francis, LCPC</p>	<p>Mental Health Counseling</p> <p>Areas of Specialty: Trauma-Focused Cognitive Behavioral Therapy, Eye Movement Desensitization and Reprocessing, and Dialectical Behavior Therapy</p> <p>Ages: 7 and up.</p>	<p>Hours of operation: Tuesday - Friday, 9am to 5pm</p> <p>Insurances accepted: Most insurances accepted, unable to accept Medicare.</p> <p>Cost: Discussed at consultation</p>	<p>Location: 100 ½ S. Merrill Ave, Suite 6 Glendive, MT 59330</p> <p>Phone: (608) 669-5050</p> <p>Email: laurieflcpc@gmail.com</p> <p>Website: www.laurieflcpc.com</p>
<p>Deborah Robart, LCPC</p> <p><i>Hope Counseling and Consulting Services</i></p>	<p>Mental Health Counseling and Case Consultation</p> <p>Areas of Specialty: Eye Movement Desensitization and Reprocessing, Trauma, and Gender Questioning.</p> <p>Member of WPATH.</p> <p>Ages: All ages</p> <p><i>*Telehealth option available</i></p>	<p>Hours of Operation: Monday – Friday, 9am – 7pm Saturday, 9am – 5pm Sunday, 10am – 4pm</p> <p>Insurances Accepted: All insurances accepted. Medicare accepted after Jan 1, 2024</p> <p>Cost: \$300 initial assessment, \$180 for 60 mins, \$150 for 45 mins, \$100 for 30 mins, \$180 for family session with or without patient, \$300 per hour for court appearance.</p>	<p>Location: 204 N. Kendrick, Suite 201 Glendive, MT 59330</p> <p>Phone: (406) 377-3370 Fax: (406) 377-3333</p> <p>Email: deedeerobart@yahoo.com</p> <p>Website: www.hopecounselingconsulting.com</p>
<p>Glendive Medical Center</p>	<p>Mental Health and Crisis Services</p> <p>Psychiatric evaluation, medication management, depression, anxiety, grief, stress management, trauma, personality disorders, interpersonal problems, anger issues, other mental health issues</p> <p><u>Inpatient psychiatric services</u> (no referral needed, admitted via Glendive ER)</p> <p><i>*Telehealth option available</i></p>	<p>Hours of operation: Monday-Friday, 8 am – 5pm ER/Inpatient 24/7.</p> <p>Insurances accepted: Most insurance. Financial assistance available.</p>	<p>Location: Glendive Medical Center 202 Prospect Dr Glendive, MT 59330</p> <p>Phone: Main line: 406-345-3306 Behavioral health appointments: (406) 345-8901</p> <p>Website: www.gmc.org/services/behavioral-health</p>
<p>Summit Counseling (North Dakota)</p>	<p>Mental Health Counseling</p> <p>Areas of Specialty: Depression, anxiety, abuse and neglect, anger management, toxic</p>	<p>Hours of operation: Monday- Friday, 8 am- 6 pm Saturday – Sunday: By Appointment</p> <p>Insurances accepted:</p>	<p>Location: 1500 14th Street West Suite 290 Williston, ND 58801</p>

	relationships, PTSD, grief and loss, parenting concerns, trauma, transition. Children: autism, self-harm, behavioral concerns, bullying, and domestic violence. Ages: Children, teens, and adults. <i>*Telehealth option available</i>	<u>Does not accept MT insurance.</u> Blue Cross and Blue Shield, Sanford Health, Medicare, and most major insurance companies.	Phone: (701) 751-0299 Website: https://summitcounselingservices.org/
Telehealth Only			
Frontier Psychiatry, PLLC	Mental Health Counseling Areas of Specialty: Adult psychiatry, addiction psychiatry, child & adolescent psychiatry, collaborative care, consult-liaison psychiatry, geriatric psychiatry, neuropsychiatry, perinatal psychiatry, urgent care psychiatry. Ages: 5-99. <i>*Telehealth only</i>	Hours of operation: Monday- Friday, 8 am- 5 pm Insurances accepted: Medicare and Medicaid, Pacific Source, Allegiance, Blue Cross Blue Shield, Tricare, Triwest, First Choice Health. Hourly rate: \$400/initial assessment, \$250/ follow-up sessions. *Free Montana farmer/rancher counselling <i>*Accepts outside referrals via website</i>	Location: Anywhere in Montana - telehealth only. Phone: (406) 200-8471 Fax: (833) 465-3766 Website: https://www.frontier.care/ Free farmer counselling: https://www.frontier.care/beyondtheweather.html
Charlie Health, Inc.	Mental Health Counseling Areas of Specialty: Virtual intensive outpatient programming (IOP), depression, mood disorders, anxiety, behavioral therapy, dissociative disorders, substance misuse and addiction, gender identity, trauma. Ages: Teens, young adults, parents, and caregivers. <i>*Eastern MT – telehealth only. Bozeman - in person</i>	Hours of operation: 24/7 Insurances accepted: Major insurance providers and Medicaid.	Location: Anywhere in Montana - telehealth only. Mailing: 233 E Main St Suite 401, Bozeman, MT 59715 Phone: (406) 361-3146 Website: charliehealth.com

SELF DIRECTED SUPPORT

Mental Health and Wellness Apps



TalkSpace- online or in-app counseling for teens/adults



betterhelp- online or in-app counseling for teens/adults



amwell- online or in-app counseling covered by insurance

Mindfulness and Meditation Apps



Headspace- daily guided meditation for beginners



Calm- guided meditation focusing on relaxation

Area Support Groups

- Alcoholics Anonymous- visit AA-MT.org to find a group in your area
- Narcotics Anonymous- visit NAMontana.org to find a group in your area
- Anxiety and Depression- visit HealthUnlocked.com to join an on-line support group

**Reach out to the Richland County Health Department for more information on local support groups.*

More Information can be found at: www.richland.org/behavioral-health
Richland County Health Department, 406-433-2207