

# Resources for Families

## QUICK GUIDE



### ParentGuidance.org

Offers education and therapeutic support to empower and give families hope as you support your child's mental health.



### charliehealth.com

Offers personalized intensive outpatient therapy (IOP). Intensive outpatient therapy is a structured, non-residential treatment program for mental health and substance use disorders.



### MTCares App

Download the Montana Cares resource app for a variety of locally sourced resources. This app provides resources from public services to behavioral health. Download the app through the app store: use access code: RichlandCounty



### Character Strong

This character and resiliency building program is made available to ALL schools in Richland County. Talk to your child's school to find out if they are taking advantage of this free support program.



### HOPE SQUAD

This program empowers youth to help a peer get help when they're in a crisis. Youth squad members are taught to recognize when someone is in crisis, know what kind of help the peer needs, and who to go to for help. This program is currently at Fairview HS, Lambert HS, and Richey HS.

For more info scan the QR code or call the Richland County Health Department 406-433-2207

