



RICHLAND COUNTY BEHAVIORAL HEALTH PROVIDERS

CRISIS LINE – 988



For more information

Providers	Specialties	Information	Contact
<p>Emmaus House</p> <p>Sr. Regina Murray, LCSW</p> <p>Sr. Rita Rauschendorfer</p>	<p>Mental Health and Grief Recovery</p> <p>Areas of Specialty: Grief Recovery, and Spiritual Counseling</p> <p>Ages: Adults and adolescents</p>	<p>Hours of operation: By appointment.</p> <p>Cost: Donation</p>	<p>Location: 316 9th St SE, Sidney MT 59270</p> <p>Phone: (406) 480-4562</p> <p>Email: home@emmaushouse.co</p> <p>Website: emmaushouse.co</p>
<p>Sarah Perrault, MS, LCPC, LAC</p>	<p>Mental Health and Addiction Counseling</p> <p>Areas of Specialty: Eye Movement Desensitization and Reprocessing, and ACT requirements.</p> <p>Ages: Adults and adolescents</p> <p><i>*Telehealth option available</i></p>	<p>Hours of operation: By appointment. Tuesday – Thursday, 9am – 3pm</p> <p>Insurances accepted: Montana Medicaid, Medicare, HMK/HMK Plus, BCBS, Aetna, EBMS, United Healthcare, Employee Assistance Programs, Cigna, and Allegiance.</p> <p>Cost: \$300 initial assessment, \$180 for 60 min, \$135 for 45 min, \$90 for 30 min, \$180 for family session.</p>	<p>Location: Sunrise Wellness 216 E Main St. Suite 2, Sidney MT 59270</p> <p>Phone: (406) 643-4095</p> <p>Mailing: PO Box 362, Sidney, MT 59270</p> <p>Email: sarah@sunrisewellnessmt.com</p>
<p>Jessie McDonald, LCSW</p>	<p>Mental Health Counseling</p> <p>Areas of Specialty: Cognitive Behavioral Therapy and Eye Movement Desensitization and Reprocessing.</p> <p>Ages: Adults and adolescents</p> <p><i>*Telehealth option available</i></p>	<p>Hours of operation: By appointment. Tuesday – 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 for 60 min, \$135 for 45 min, \$90 for 30 min, \$180 for family session.</p>	<p>Location: Sunrise Wellness 216 E Main St. Suite 2, Sidney MT 59270</p> <p>Phone: (406) 643-4095</p> <p>Mailing: PO Box 1405, Sidney, MT 59270</p> <p>Email: jessie@sunrisewellnessmt.com</p>

<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: Sunrise Wellness 216 E Main St. Suite 2, Sidney MT 59270</p> <p>Phone: (406) 643-4095</p> <p>Mailing: PO Box 362, Sidney, MT 59270</p> <p>Email: kysa@sunrisewellnessmt.com</p>
<p>Charlotte Carlson, MS, LCPC</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: Children 12+, 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: Sunrise Wellness 216 E Main St. Suite 2, Sidney MT 59270</p> <p>Phone: (406)643-4095</p> <p>Email: ccarlson.counseling@gmail.com</p>
<p>Barbara Nelson, LCPC</p> <p>Supportive Counseling Solutions</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, Medicaid, and Medicare.</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>Page Zieske, LCPC</p> <p>Whispers Counseling LLC</p>	<p>Mental Health Counseling</p> <p>Areas of Specialty: Person Centered Therapy, Dialectical Behavior Therapy (DBT), Cognitive Behavioral Therapy (CBT), Family Systems, Stress Management.</p>	<p>Hours of operation: Monday- Friday 7am to 6pm</p> <p>*Please call to schedule appt.</p> <p>Insurances accepted: Blue Cross/Blue Shield, Tricare, Tricare East, Cigna, Aetna, Mountain Health Coop, Interwest,</p>	<p>Location: Serving Montana, Idaho, Kansas</p> <p>Phone: (316)755-5871</p> <p>Email: whisperscounseling@gmail.com</p>

	<p>Ages: Adults, Children 12-17 years old, Family, and Couples</p> <p><i>*Telehealth Only</i></p>	<p>Prime Health, Private Pay. (Medicare not accepted).</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 Outpatient Therapy and Trust grant with Contingency Management.</p> <p>Ages: 4 and Up</p> <p><i>*Telehealth option available</i></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: \$200 for initial assessment, \$125 thereafter. Sliding fee scale option.</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>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>*Telehealth option available</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>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>

	<u><i>*PCP referral only</i></u>		
Regional Resources			
Joanne Hynes, LCSW, RPT-S			Location: 100 ½ S. Merrill Ave, Suite 8 Glendive, MT 59330 Phone: (406) 939-4381 Email: joanne@centermindcounseling.com Website: centermindcounseling.com
Laurie Francis, LCPC	Mental Health Counseling Areas of Specialty: Trauma-Focused Cognitive Behavioral Therapy, Eye Movement Desensitization and Reprocessing, and Dialectical Behavior Therapy Ages: 7 and up.	Hours of operation: Tuesday - Friday, 9am to 5pm Insurances accepted: Most insurances accepted, unable to accept Medicare. Cost: Discussed at consultation	Location: 100 ½ S. Merrill Ave, Suite 6 Glendive, MT 59330 Phone: (608) 669-5050 Email: laurieflcpc@gmail.com Website: www.laurieflcpc.com
Deborah Robart, LCPC <i>Hope Counseling and Consulting Services</i>	Mental Health Counseling and Case Consultation Areas of Specialty: Eye Movement Desensitization and Reprocessing, Trauma, and Gender Questioning. Member of WPATH. Ages: All ages <u><i>*Telehealth option available</i></u>	Hours of Operation: Monday – Friday, 9am – 7pm Saturday, 9am – 5pm Sunday, 10am – 4pm Insurances Accepted: All insurances accepted. Medicare accepted after Jan 1, 2024 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.	Location: 204 N. Kendrick, Suite 201 Glendive, MT 59330 Phone: (406) 377-3370 Fax: (406) 377-3333 Email: deedeerobart@yahoo.com Website: www.hopercounselingconsulting.com
Glendive Medical Center	Mental Health and Crisis Services Psychiatric evaluation, medication management, depression, anxiety, grief, stress management, trauma,	Hours of operation: Monday-Friday, 8 am – 5pm ER/Inpatient 24/7. Insurances accepted: Most insurance. Financial assistance available.	Location: Glendive Medical Center 202 Prospect Dr Glendive, MT 59330 Phone: Main line: 406-345-3306

	<p>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><u>*Telehealth option available</u></p>		<p>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 relationships, PTSD, grief and loss, parenting concerns, trauma, transition. Children: autism, self-harm, behavioral concerns, bullying, and domestic violence.</p> <p>Ages: Children, teens, and adults.</p> <p><u>*Telehealth option available</u></p>	<p>Hours of operation: Monday- Friday, 8 am- 6 pm Saturday – Sunday: By Appointment</p> <p>Insurances accepted: <u>Does not accept MT insurance.</u> Blue Cross and Blue Shield, Sanford Health, Medicare, and most major insurance companies.</p>	<p>Location: 1500 14th Street West Suite 290 Williston, ND 58801</p> <p>Phone: (701) 751-0299</p> <p>Website: https://summitcounselingservices.org/</p>
Telehealth Only			
<p>Frontier Psychiatry, PLLC</p>	<p>Mental Health Counseling</p> <p>Areas of Specialty: Adult psychiatry, addiction psychiatry, child & adolescent psychiatry, collaborative care, consult-liaison psychiatry, geriatric psychiatry, neuropsychiatry, perinatal psychiatry, urgent care psychiatry.</p> <p>Ages: 5-99.</p> <p><u>*Telehealth only</u></p>	<p>Hours of operation: Monday- Friday, 8 am- 5 pm</p> <p>Insurances accepted: Medicare and Medicaid, Pacific Source, Allegiance, Blue Cross Blue Shield, Tricare, Triwest, First Choice Health.</p> <p>Hourly rate: \$400/initial assessment, \$250/ follow-up sessions.</p> <p>*Free Montana farmer/rancher counselling</p> <p><u>*Accepts outside referrals via website</u></p>	<p>Location: Anywhere in Montana - telehealth only.</p> <p>Phone: (406) 200-8471 Fax: (833) 465-3766</p> <p>Website: https://www.frontier.care/</p> <p>Free farmer counselling: https://www.frontier.care/beyondtheweather.html</p>
<p>Charlie Health, Inc.</p>	<p>Mental Health Counseling</p> <p>Areas of Specialty: Virtual intensive outpatient</p>	<p>Hours of operation: 24/7</p> <p>Insurances accepted:</p>	<p>Location: Anywhere in Montana - telehealth only.</p> <p>Mailing:</p>

	<p>programming (IOP), depression, mood disorders, anxiety, behavioral therapy, dissociative disorders, substance misuse and addiction, gender identity, trauma.</p> <p>Ages: Teens, young adults, parents, and caregivers.</p> <p><i>*Eastern MT – telehealth only. Bozeman - in person</i></p>	<p>Major insurance providers and Medicaid.</p>	<p>233 E Main St Suite 401, Bozeman, MT 59715</p> <p>Phone: (406) 361-3146</p> <p>Website: charliehealth.com</p>
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SELF DIRECTED SUPPORT


Awakened Wellness, LLC


310 S Central, Sidney MT


406-290-8727

Personalized health restoration solutions: restoration health tools; emotional release massage; vitamins and therapies.


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