

TETON COUNTY WELLNESS RESOURCES

October 2025

Counseling services are essential.

Local providers are offering in-person, phone & video conferencing (telehealth) sessions.

ADDICTION COUNSELING

True North Counseling

Lida Holst, LCSW, LAC

406-369-6129

Many Rivers Whole Health

406-466-5681

Alcoholics Anonymous

Hotline **1-833-800-8553**

406Recovery

Multiple providers, **406-219-7233**

<http://406recover.care>

PSYCHIATRY

Front Range Family Psychiatry

Multiple Psychiatric Nurse

Practitioners

406-466-2342

Many Rivers Whole Health

406-466-5681

Find updated versions of this document at
www.tetoncountymt.gov/health-department/cares/

MENTAL HEALTH COUNSELING

True North Counseling

Lida Holst, LCSW, LAC, **406-369-6129**

Wholly Authentic Life

Tammie Smith, LCPC, NCC, **406-799-2711**

tammie@whollyauthentic.com

New Roots, PLLC

Megan Burton, LCPC, **406-590-6991**

Heart & Mind Counseling

Christine Gascon, LCPC, **406-564-2048**

Teton Counseling

Angela Dailey, LCSW, **406-467-2700**

Onyx Counseling & Consultation

Lara Fowler, LCSW, **406-201-9414**

Impeccable Therapy

Patty Goodmundson, LCPC, **406-788-4706**

Many Rivers Whole Health

406-466-5681

Montana Online Counseling

Multiple providers, **406-590-9177**

www.montanaonlinecounseling.com

Alluvion Health

406-466-5165

CRISIS HOTLINES

Montana Suicide Prevention/

Mental Health Crisis Lifeline

Call, Text or Chat **988**

Veteran's Crisis Line

Dial **988** then **Press 1**

Text **838255**

National Maternal

Mental Health Hotline

Call or Text **1-833-852-6262** or

1-833-TLC-MAMA

Disaster Distress Help Line

1-800-985-5990

Text "TalkWithUs" to 66746

National Domestic Violence Hotline

1-800-799-SAFE (7233)

Hi-Line Help for Abused Spouses

1-800-219-7336

Montana Warm Line (Non-Crisis)

1-877-688-3377

**Teton County
Public Health
406-466-2562**

