

MONTANA CRISIS RECOVERY

FIND SUPPORT



FREE COVID-19 SUPPORT

IT'S FREE, ANONYMOUS, AND CONFIDENTIAL!

Everyone is impacted by the effects of COVID-19. Thousands of Montanans are facing challenges unlike any they have ever experienced. If you are experiencing emotions such as anxiety, depression, stress, sadness, or fear, you are not alone. Seeking support resources, education, and simply reaching out are all positive steps that you can take.

WHAT WE DO:

Listen without judgement

Offer emotional support

Comfort, console

Offer information and education on stress and coping

Direct callers to additional support and community resources

Provide complete confidentiality – this is a free service, and you will never be asked to give your name, asked for health insurance, or asked to pay a fee of any kind

- You are having a hard time taking care of yourself or your family on a daily basis
- You experience abnormal sleep patterns—not sleeping at all or sleeping excessively
- Stress gets in the way of your daily activities several days in a row
- You experience rapid, unexplained mood swings
- You feel sad, blue, hopeless, or depressed the majority of the time
- You worry excessively and experience anxiety that overtakes most of your thoughts
- You can't shake the impact of a trauma or loss in the past or caused by recent events
- You are using alcohol, drugs (including prescription drugs), other substances or activities as a means of numbing the pain
- You anger easily and often act irrationally or even violently
- You have irrational fears that interrupt your daily life, including hallucinations, obsessive behaviors and extreme behaviors
- You have seriously contemplated suicide

Montana Crisis Recovery is a COVID-19 specific Crisis Call Center. A Crisis Counselor will offer free and anonymous support and is just one call away.

For more information, please
call **(877) 503-0833** or visit
montanacrisisrecovery.com

HOURS OF OPERATION: Monday - Friday 10 AM-10 PM

If you are having thoughts of suicide, please contact (800) 273-TALK or (800) 273-8255. You can also text "MT" to 741741