



**MONTANA**  
CRISIS RECOVERY



**NEED  
SOMEONE  
TO TALK TO?**

# FREE COVID-19 TALK LINE

If you are experiencing emotions such as anxiety, depression, stress, sadness, or fear, we are here to listen.

## WHAT WE DO:

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LISTEN WITHOUT JUDGEMENT

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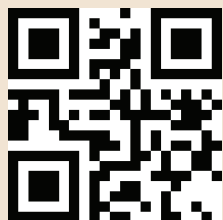
OFFER EMOTIONAL SUPPORT

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COMFORT, CONSOLE

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Montana Crisis Recovery is a COVID-19 specific Crisis Call Center. Call a Counselor now! We are here to listen.



**CALL (877) 503-0833 OR VISIT  
[montanacrisisrecovery.com](https://montanacrisisrecovery.com)**

**HOURS OF OPERATION: 10 AM-10 PM DAILY**

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