



# FREE COVID-19 SUPPORT

(877) 503-0833

Are you experiencing fear, anxiety, sadness, stress, grief,  
or loss due to COVID-19?

**You are not alone.**

Native Americans represent nearly 7% of Montana's population, but account for 32% of COVID-19 deaths in the state.

Tribal nations across Montana are experiencing devastation and loss due to COVID-19.

**There are resources to help support you during this time.**

**Montana crisis recovery counselors will:**

**Listen • Support • Suggest coping skills • Connect you to social support resources**

**Available 10 am to 10 pm daily**

The Montana Crisis Recovery Hotline is anonymous and confidential to support you through COVID-19 crises.

**If you are experience thoughts of suicide, please call the Lifeline at (800) 273-TALK (8255) or text MT to 741741.**