




MONTANA CRISIS RECOVERY



**ARE YOU WORRIED
ABOUT COVID-19 AND
ITS IMPACTS ON YOUR
STUDENTS, YOURSELF,
AND YOUR STAFF?**

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

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 - Sunday 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