

*Gibizindaago*

*Anáunǵoptanpi*

*Hu çinkapaʔtiyaʔan*

*Qe sunuṁti*

*Ana'uǵoptabi*

*Dii Biikukkuk*

*᠋ᠠᠨᠠᠭᠤᠯᠠᠭᠤᠰᠤᠨ*

*Neaahтоватsemeno*



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





# 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

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:**

Support Listen  
Suggest coping skills  
Connect you to social  
support resources

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

**Available  
10 am to  
10 pm daily**

