



MONTANA
CRISIS RECOVERY



**FIND
SUPPORT**



YOU TALK, WE LISTEN

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 is a positive step you can take.

FREE COVID-19 SUPPORT

**IT'S FREE, ANONYMOUS,
AND CONFIDENTIAL!**



@montanacrisisrecovery

Montana Crisis Recovery 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 Through February 15, 2022

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