



MONTANA CRISIS RECOVERY



FIND SUPPORT

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.

SOME COMMON REASONS TO REACH OUT FOR MENTAL HEALTH SUPPORT INCLUDE:

You are having a hard time taking care of yourself or your family on a daily basis

You experience abnormal sleep patterns—not sleeping at all or sleeping excessively

Stress gets in the way of your daily activities several days in a row

You experience rapid, unexplained mood swings

You feel sad, blue, hopeless, or depressed the majority of the time

You worry excessively and experience anxiety that overtakes most of your thoughts

You can't shake the impact of a trauma or loss in the past or caused by recent events

You are using alcohol, drugs (including prescription drugs), other substances or activities as a means of numbing the pain

You anger easily and often act irrationally or even violently

You have irrational fears that interrupt your daily life, including hallucinations, obsessive behaviors and extreme behaviors

You have seriously contemplated suicide

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