



# YOU TALK, WE LISTEN

We are just one  
call away

**(877)503.0833**

10am-10pm Daily  
Through February 15, 2022

**FREE COVID-19  
SUPPORT**  
**IT'S FREE 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 is a positive step you can take.

**Montana Crisis Recovery is  
just one call away.**



**For more information, please  
call (877) 503-0833 or visit  
[montanacrisisrecovery.com](https://montanacrisisrecovery.com)**

**HOURS OF OPERATION:**

Monday - Sunday  
10 AM-10 PM

Through Feb 15, 2022



**@montanacrisisrecovery**

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