

MONTANA CRISIS RECOVERY



FREE COVID-19 SUPPORT

IT'S FREE, ANONYMOUS, AND CONFIDENTIAL!

Montana Crisis Recovery is a COVID-19 specific crisis call center.

If you are experiencing emotions such as anxiety, depression, stress, sadness, or fear, you are not alone. 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