

Montana Crisis Recovery

Depression, anxiety, and other trauma-related symptoms are common reactions during a disaster such as a global pandemic. The impacts of COVID19 are felt by us all.

You are not alone.



Who We Are

The Montana Crisis Recovery program was created through a partnership with Mental Health America of Montana, Montana Hospital Association, Montana Public Health Institute, Kauffman & Associates, Inc., and Voices of Hope. Montana Crisis Recovery is a **COVID-19 specific** crisis counseling program funded by the Federal Emergency Management Agency (FEMA) and the Substance Abuse and Mental Health Services Administration (SAMHSA).

Call to speak with a crisis counselor today

1-877-503-0833 M-F 10am – 10pm

What We Provide

Free, anonymous crisis counseling.

The Montana Crisis Recovery program was created to provide outreach to Montana communities impacted by this pandemic. As COVID-19 cases rise across Montana and elsewhere, the impacts on mental health can be devastating.

A crisis counselor can:

- offer an empathetic ear
- provide support and assistance in locating resources
- help you navigate dealing with feelings of isolation, loss, fear, uncertainty, depression, and anxiety.

Calls are always free, always confidential, and always offer helpful resources to support you during this difficult time. Montanans heal together!

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