

Montana Crisis and Emergency Resources

If you are experiencing a life-threatening emergency, call 911 immediately.

Montana Suicide Prevention Lifeline **1-800-273-8255**

Available: 24 hours per day, every day

(The Montana Suicide Prevention Lifeline is part of the national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week)

Montana Crisis Text Line..... **text “MT” to 741741**

Available: 24 hours per day, every day

(The Montana Crisis Text Line is part of the National Crisis Text Line providing free, 24/7 support via text message. It is available for any crisis: anxiety, depression, suicide, school stressors)

New – Montana Crisis Recovery Line (COVID19 Relief)..... **1-877-503-0833**

Available: Monday – Friday 10 AM to 10 PM

(Free, anonymous crisis counseling for individuals feeling isolated, lonely, anxious, or stressed due to COVID19)

Montana 211..... **Dial 211**

Available: 24 hours per day, every day

(Montana 2-1-1 provides information and connects people to resources for non-emergency needs, via an easy-to-remember phone number (2-1-1) and a website (montana211.org))

Montana Warm Line..... **1-877-688-3377**

Available: Monday – Friday 4 PM to 9 PM and Saturday 3 PM to 6 PM

(For Montanans who live far away from services, there are few options for receiving support for mental illness without traveling long distances. The Warm Line utilizes the telephone and internet to provide home-based support services for people with mental illness by trained individuals with lived experience)

Montana Nurse First Line..... **1-800-330-7847**

Available: 24 hours per day, every day to Medicaid eligible persons

(Toll-free and confidential nurse triage line staffed by licensed-registered nurses. Before you travel to your Primary Care Provider or the emergency room, call Nurse First to help you decide the best option or if you can treat the problem at home. Nurses at Nurse First may be able to help you save time and money by guiding you to the right care at the right place and at the right time)

National Disaster Distress Help Line..... **1-800-985-5990**

Available: 24 hours per day, every day

OR Text **“TalkWithUs”** to **66746**

(SAMHSA’s Disaster Distress Helpline provides 24/7, 365-day-a-year crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters)

National Domestic Violence Hotline..... **1-800 799-SAFE (7233) or 1-800-787-3224**

(Hotline provides essential tools and support to help survivors of domestic violence)

Montana Thrive – Cognitive Behavioral Therapy Skills...<https://thriveformontana.com/>

(Thrive by Waypoint Health is a free and confidential online program for people who want to take charge of their emotional well-being to lead happier, more satisfying lives. It teaches skills from cognitive behavior therapy (CBT) a method that has helped many people deal with stress, depression and anxiety)