

Behavioral Health Toolkit

Resources Available

The following crisis resources are available for all Montanans.

If you or someone you love is at risk of harm to self:

The Montana Suicide Prevention Lifeline, 800-273-8255 (TALK) or go to <https://suicidepreventionlifeline.org/>

The Montana Crisis Text Line, text MT to 741741 or go to <https://www.crisistextline.org/>

If you need someone to talk to:

The Montana Warmline at 877-688-3377

If you are working to manage anxiety and depression during this time:

Montana THRIVE (computerized cognitive behavior therapy) at <https://thriveformontana.com/>