

OFFICE OF THE GOVERNOR
STATE OF MONTANA

Steve Bullock
GOVERNOR



Mike Cooney
LT. GOVERNOR

FOR IMMEDIATE RELEASE
Tuesday, December 1, 2020

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Governor Bullock Announces New Crisis Counseling Hotline Funded by \$1.6 Million Federal Grant

Montana Crisis Recovery line is now available at 1-877-503-0833

MONTANA – Governor Steve Bullock today announced a new crisis counseling hotline funded by a \$1.6 million federal grant is now available to aid Montanans struggling with their mental health due to the ongoing impacts of the COVID-19 public health emergency.

“We know Montanans in every corner of the state have been impacted by this virus in various ways and I’m pleased this hotline is available to support anyone in need,” Governor Bullock said. **“I encourage Montanans to use the hotline now to receive confidential assistance and get connected to the appropriate services in their community.”**

The Montana Crisis Recovery hotline is funded and available for at least the next nine months. Montanans in need of crisis counseling can call 1-877-503-0833 to receive free and confidential counseling services from trained crisis counselors Monday through Friday from 10 a.m. to 10 p.m.

The free service is meant to help people navigate feelings of isolation, loss, fear, uncertainty, depression, and anxiety they are experiencing during this time. The new service is available to all Montanans, with target populations identified as healthcare workers and first responders, school officials, veterans, elderly individuals, Native Americans, and farmers and ranchers. The Montana Department of Public Health and Human Services (DPHHS) partnered with Disaster and Emergency Services to pursue the grant to address the growing need for mental health services.

“As COVID-19 cases rise across Montana, the impacts on mental health can be devastating to a wide range of the population,” Zoe Barnard, DPHHS Addictive and Mental Disorders Division Administrator, said. **“A crisis counselor can offer an empathetic ear and provide support.”**

Counselors on the other end of the line will be there to listen without judgement, offer emotional support, comfort, console, offer information and education on stress and coping, and direct callers to additional support and community resources. DPHHS is contracting with Mental Health America of Montana to manage the hotline. The phone line, when fully staffed, will include 12 trained crisis counselors. Efforts are currently under way to recruit and hire two counselors who are Tribal members.

In addition to Mental Health America of Montana, DPHHS will work closely with four additional project partners including the Montana Hospital Association, Voices of Hope, Kauffman & Associates Inc., and the Montana Public Health Institute. The team will work together to hire counselors and will provide outreach to communities across the state through this opportunity.

The grant is provided by the Federal Emergency Management Agency in collaboration with the Substance Abuse and Mental Health Services Administration.

Other mental health resources that are already available to Montanans include the Montana Crisis Text Line, Montana Suicide Prevention Lifeline, Montana Warmline and Thrive by Waypoint Health.

The Crisis Text Line is available 24/7 by texting MT to 741 741; the Montana Suicide Prevention Lifeline is available 24/7 at 800-273-TALK (8255); the Warmline is available Monday to Friday 8 a.m. to 9 p.m. and Saturday and Sunday noon to 9 p.m. at 877-688-3377; and information about Thrive by Waypoint Health, an online cognitive behavioral therapy for those actively working to manage anxiety and stress, is available at <https://thriveformontana.com/>.

Over the past several months, DPHHS has expanded these services to assist Montanans through the ongoing pandemic.

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Chris Taggart

From: MACO <MACO@mtcounties.org>
Sent: Friday, February 19, 2021 7:54 AM
To: MACO
Subject: [EXTERNAL] Montana Crisis Recovery Program: Free Service for Montanans
Attachments: Flyer1.pdf; Flyer2.pdf; Flyer3.pdf; Flyer4.pdf; MCR_HighSchoolFlyer.pdf; Poster.pdf; Press Release-Final.docx

Commissioners,

Attached and below is information regarding the Montana Crisis Recovery Program, which was created to provide crisis counseling to Montanans suffering from the mental health impacts of the covid-19 pandemic. It's a free service available to everyone Montana/your communities. Attached are various flyers targeting different populations to help promote the crisis recovery hotline.

The Montana Crisis Recovery Program was created through a 9-month (November – August) FEMA/SAMHSA disaster relief grant which is providing for:

- 12 crisis counselors specifically trained to provide crisis counseling in the event of a state disaster,
- 2 tribal relations crisis counselors to provide outreach and support to urban Indian centers and the tribal population,
- 2 healthcare crisis counselors, because healthcare workers are experiencing the pandemic on a much different level than others, and
- They are also working to hire a Child/Adolescent Specialist to provide support for schools, children, and families.

Online Resources

- Website: <https://montanacrisisrecovery.com/>
- Social Media Pages:
 - Facebook: <https://www.facebook.com/montanacrisisrecovery>
 - Instagram: <https://www.facebook.com/montanacrisisrecovery>

For additional information, please contact Lonni Starcevich, Crisis Counseling Program Specialist: 406-465-7095, Lonni.Starcevich@mt.gov.

Best Regards,

SHANTIL M. SIAPERAS
Communications Director
Montana Association of Counties
2715 Skyway Drive
Helena, MT 59602

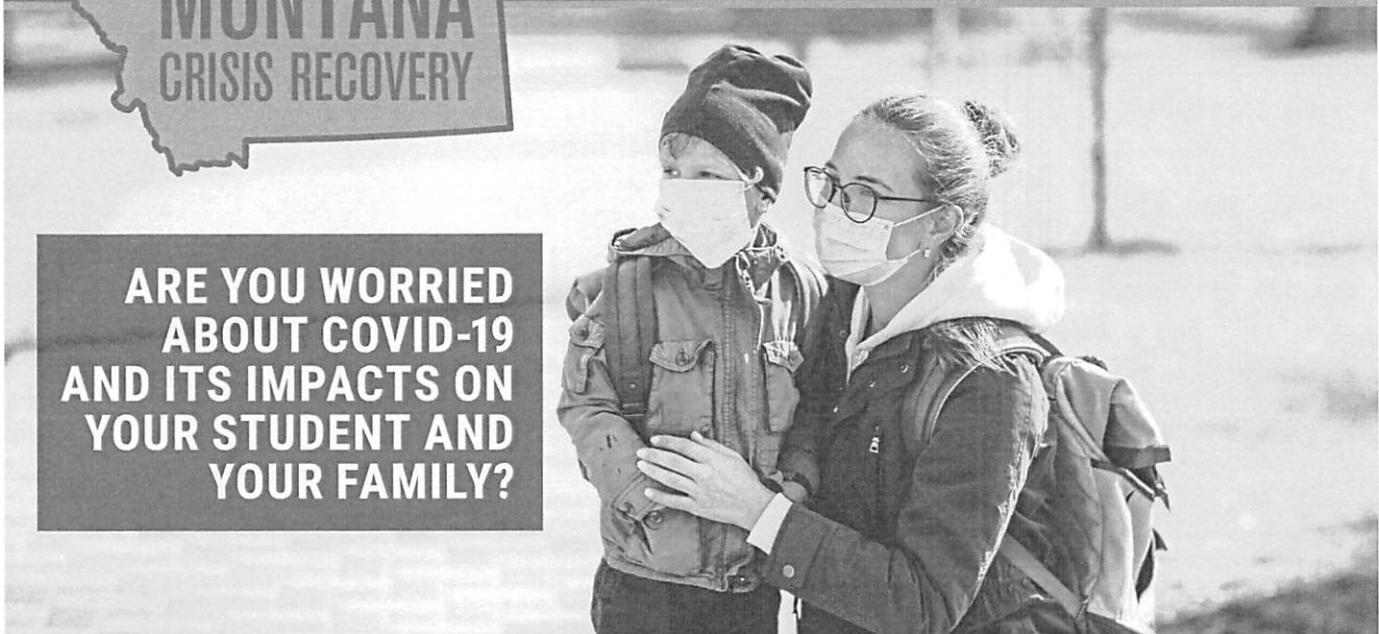
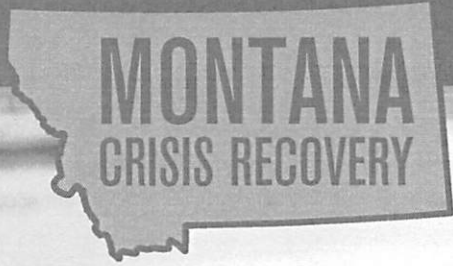
(406) 449-4360 (Office)
(406) 925-1134 (Mobile)
shantil@mtcounties.org
www.mtcounties.org

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**ARE YOU WORRIED
ABOUT COVID-19
AND ITS IMPACTS ON
YOUR STUDENT AND
YOUR FAMILY?**

FREE COVID-19 SUPPORT

**IT'S FREE, ANONYMOUS,
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 resources, education, and simply reaching out are all positive steps that you can take.

WHAT WE DO:

Listen without judgement

Offer emotional support • Comfort, console

Offer information and education on stress and coping

Direct callers to additional support and community resources

Provide complete confidentiality – this is a free service, and you will never be asked to give your name, asked for health insurance, or asked to pay a fee of any kind

Montana Crisis Recovery is a COVID-19 specific Crisis Call Center. 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



**MONTANA
CRISIS RECOVERY**

**ARE YOU WORRIED
ABOUT COVID-19 AND
ITS IMPACTS ON YOUR
STUDENTS, YOURSELF,
AND YOUR STAFF?**

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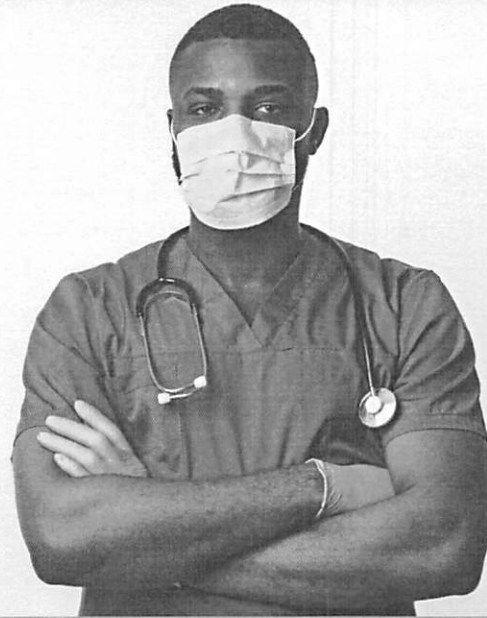
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**ARE YOU CONCERNED
ABOUT THE HEALTH
OF YOUR COMMUNITY
AND YOUR
HEALTHCARE TEAM?**



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**MONTANA
CRISIS RECOVERY**



**FIND
SUPPORT**



FREE COVID-19 SUPPORT

IT'S FREE, ANONYMOUS, AND CONFIDENTIAL!

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You are having a hard time taking care of yourself or your family on a daily basis

You experience abnormal sleep patterns—not sleeping at all or sleeping excessively

Stress gets in the way of your daily activities several days in a row

You experience rapid, unexplained mood swings

You feel sad, blue, hopeless, or depressed the majority of the time

You worry excessively and experience anxiety that overtakes most of your thoughts

You can't shake the impact of a trauma or loss in the past or caused by recent events

You are using alcohol, drugs (including prescription drugs), other substances or activities as a means of numbing the pain

You anger easily and often act irrationally or even violently

You have irrational fears that interrupt your daily life, including hallucinations, obsessive behaviors and extreme behaviors

You have seriously contemplated suicide

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Listen without judgement

Offer emotional support

Comfort, console

Offer information and education on stress and coping

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**MONTANA
CRISIS RECOVERY**

**NEED
SOMEONE
TO TALK TO?**

FREE COVID-19 TALK LINE

If you are experiencing emotions such as anxiety, depression, stress, sadness, or fear, we are here to listen.

WHAT WE DO:

LISTEN WITHOUT JUDGEMENT

OFFER EMOTIONAL SUPPORT

COMFORT, CONSOLE

Montana Crisis Recovery is a COVID-19 specific Crisis Call Center. Call a Counselor now! We are here to listen.



**CALL (877) 503-0833 OR VISIT
montanacrisisrecovery.com**

HOURS OF OPERATION: 10 AM-10 PM DAILY

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



**MONTANA
CRISIS RECOVERY**

FREE COVID-19 SUPPORT
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