

# MENTAL HEALTH RESOURCES

## Montana Warmline

877-688-3377

- M-F 8 AM - 9 PM
- Sa-Su 12 PM-9 PM
- Not a crisis line
- Provides early crisis intervention and support

[montanawarmline.org](http://montanawarmline.org)

## National Suicide Prevention Lifeline

800-273-TALK(8255)

- 24 hours a day
- 7 days a week
- Crisis line
- Support for people in distress

## Montana Crisis Text Line

Text "MT" to 741741

- 24 hours a day
- 7 days a week
- Crisis line
- Counselor responds within minutes for any behavioral health crisis

## Disaster Distress Helpline

1-800-985-5990 or Text

"TalkWithUs" to 66746

- 24 hours a day
- 7 days a week
- Crisis line
- Immediate counseling and support for those distressed due to disasters

## National Domestic Violence Hotline

1-800-985-5990

- 24 hours a day
- 7 days a week
- Support for those experiencing domestic violence or seeking resources

TTY 1-800-787-3224

## Abbie Shelter (Flathead County)

406-752-7273

- 24 hours a day
- 7 days a week
- Create safety plans for domestic violence victims
- Referrals to helpful community resources

## THRIVE

[thriveformontana.com](http://thriveformontana.com)

- 24 hours a day
- 7 days a week
- Online exercises for those working to manage anxiety and stress
- Adult Montanan's with internet access can use THRIVE for FREE

# COMMON REACTIONS



While everyone reacts differently to stressful situations, common reactions include the following:

- Anxiety and worry about your own health
- Apprehension about school, work, and money
- Concern for the well-being of others
- Uncertainty or frustration about how long this situation will go on, and about the future
- Difficulty concentrating
- Anger at the situation
- Symptoms of depression
  - hopelessness
  - disruption in sleep
  - changes in appetite
- Desire to use alcohol or drugs to cope
- Signs of acute stress, such as intrusive distressing memories, nightmares, being easily startled

# WAYS OF RELIEVING STRESS



- **Keep things in perspective**
  - Some anxiety is normal
- **Educate yourself on risks and precautions**
  - Recognize that media coverage may exaggerate some dangers
- **Be mindful of your assumptions about others**
  - Someone who has a cough or a fever does not necessarily have coronavirus.
- **Prioritize getting enough sleep**
- **Try doing relaxing activities like deep breathing and yoga**
- **Connect with others**
  - Maintaining social networks can make things feel normal and are outlets for sharing feelings and relieving stress
- **Drink water and eat healthy foods**
  - Avoid excessive use of caffeine and alcohol
- **Exercise to the extent you are able**
  - If weather permits, do it outside!
- **Laugh**
  - Watch your favorite comedies
  - Engage in activities that bring you joy!

# 5, 4, 3, 2, 1 BREATHING EXERCISE



This exercise can be helpful during periods of anxiety or panic by grounding you in the present when your mind is experiencing anxious thoughts. Focus on your breathing. Slow, deep, long breaths are best. Once you find your breath, go through the following steps to help ground yourself:



Name 5 things you can

SEE

Name 4 things you can

TOUCH

Name 3 things you can

HEAR

Name 2 things you can

SMELL

Name 1 thing you can

TASTE

