



Montana
Voluntary Organizations
Active in Disaster

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Take Care of YOUR Mental Health

As we all navigate this new way of life, it is important we all take care of our own mental and physical health during this time. During times like these, it can be easy to put others needs before your own but remember we cannot best serve our community if we are not at our best. Below are resources for you AND those you serve:

- For immediate help, Help Center 211 is available 24/7. Trained professionals are available for everything from crisis counseling to parenting through Covid19 discussions to information and referrals. They can help you process, debrief, or just talk if that is what you need. All calls are confidential. Just dial 2-1-1. 2-1-1 is your entry point to a range of available services including the wide community of mental health professionals or community organizations that offer counseling and crisis care.
- You can call 211 or visit www.montana211.org to access information about community resources. Help Center 211 is working to update all the changes in services due to COVID-19 so they can provide accurate information the best they can.
 - **NOTE:** If you need to update how your organization services have changed, please check the website (www.montana211.org) and if it is not updated, you can email the Help Center at info@bozemanhelpcenter.org with that information. Please note changes can take up to 24 hours to be visible online.
- If you would like to seek out specific local mental health professional help on your own, please visit our the Mental Healthcare Provider Directory, the Help Center hosts with The Bright App: <https://www.bozemanhelpcenter.org/mental-health-provider-directory.html>. Many local Mental Health Professionals are able to offer telehealth or phone appointments. You are also welcome to call the Help Center at 211 and they can help you seek out a counselor that best meets your needs.
- Finally, don't forget about your own support networks, whether it be your faith/spiritual community, neighbors, friends, family, co-workers, etc. Connecting with others is more important now than ever, even if it looks a little different!