COVID-19 Phone Line Services

Public Information
- RiverStone Health Information Line 406-651-6415

Emotional Wellbeing and Resources
- Montana 211 2-1-1
- Billings Clinic Care Management 406-238-2877
- Montana Warmline 1-877-688-3377
- SAMHSA Disaster Distress Helpline 1-800-985-5990 or text TalkWithUs to 66746

Crisis Assistance
- Suicide Prevention Lifeline 1-800-273-TALK or text MT to 741-741
- Community Crisis Center Crisis Line (406) 259-8800
- Emergency Services 9-1-1

Social Service/Agency Directories

Comprehensive Help Directory
- Montana 211: https://montana211.org/ or Dial 2-1-1

Online Group Meetings
- Narcotics Anonymous: https://www.namontana.com/#meetings

Computer/Smartphone Applications and Toolkits

Social Connection in Isolation

Video Conferencing

April 10, 2020
Keeping in Contact
- Facebook Messenger: https://www.messenger.com/
- Woebot: https://woebot.io/

Health and Wellbeing
Mindfulness
- Stop, Think, Breathe: https://www.stopbreathethink.com/
- Headspace: https://www.headspace.com/covid-19
- Calm: https://www.calm.com/

Mental Health & Suicide Prevention
- Thrive for Montana: https://thriveformontana.com/
- My Three: https://my3app.org/
- Man Therapy: https://www.mantherapy.org/

Online Events/Activities
Film
- MINT Film On Demand: https://www.mintfilmfestival.org/mint-on-demand

Physical Activity
- Montana Women’s Run Virtual Race: http://womensrun.org/
- Tour De Fleur Virtual Event: https://billingstrailnet.org/tour-de-fleur/
- Billings YMCA Virtual: https://billingsymca.org/virtual-y/

Music
- Couch Concerts: https://www.facebook.com/groups/236815301051185/
• Live Virtual Music Performances:
  https://billingsgazette.com/entertainment/community/

National Museum Virtual Tours
• https://www.goodhousekeeping.com/life/travel/a31784720/best-virtual-tours/

Comprehensive Informational Resources

General Population
• https://psychhub.com/covid-19/
• https://www.welcoa.org/covid/
• https://www.samhsa.gov/coronavirus

Seniors
• https://www.aarp.org/
  o https://www.aarp.org/health/conditions-treatments/info-2019/understanding-panic-attacks.html