

# Yellowstone County COVID-19 Command

## Psychological First Aid: How to Find Help and Stay Connected

### 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

- Alcoholics Anonymous: <https://www.aa-montana.org/covid19.php>
- Narcotics Anonymous: <https://www.namontana.com/#meetings>

### Computer/Smartphone Applications and Toolkits

#### Social Connection in Isolation

#### Video Conferencing

- Zoom: <https://zoom.us/>
- Google Hangouts: <https://hangouts.google.com/>
- Skype: <https://www.skype.com/en/get-skype/>
- Apple FaceTime: <https://apps.apple.com/us/app/facetime/id1110145091>

### Keeping in Contact

- Facebook Messenger: <https://www.messenger.com/>
- Woebot: <https://woebot.io/>
- Lyf: <https://www.lyfapp.com.au/>

## 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/>
- Building Resilience Workbook: <https://thewellnesssociety.org/wp-content/uploads/2020/04/Coronavirus-Anxiety-Workbook.pdf>

## Online Events/Activities

### **Film**

- Art House Cinema Rewind: <http://arthousebillings.com/art-house-rewind/>
- 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/>
  - <https://www.aarp.org/health/conditions-treatments/info-2020/coronavirus-social-isolation-loneliness.html>
  - <https://www.aarp.org/health/healthy-living/info-2020/coronavirus-anxiety.html>
  - <https://www.aarp.org/health/conditions-treatments/info-2019/understanding-panic-attacks.html>
  - <https://www.aarp.org/health/conditions-treatments/info-2019/reduce-anxiety-stress.html>