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/](https://montana211.org/) or Dial 2-1-1

Online Group Meetings

- Narcotics Anonymous: [https://www.namontana.com/#meetings](https://www.namontana.com/#meetings)

Computer/Smartphone Applications and Toolkits

Social Connection in Isolation

Video Conferencing

- Zoom: [https://zoom.us/](https://zoom.us/)
- Google Hangouts: [https://hangouts.google.com/](https://hangouts.google.com/)
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/

National Museum 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/