

# There is light in the dark



MONTANA SUICIDE PREVENTION/  
MENTAL HEALTH CRISIS LIFELINE

**988** SUICIDE & CRISIS  
LIFELINE

CALL, TEXT, OR  
CHAT 988 FOR FREE  
24/7 HELP

Montana Department of Public Health and Human Services | [www.dphhs.mt.gov](http://www.dphhs.mt.gov)

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## Montana 988 Suicide Prevention and Mental Health Crisis Lifeline

Montana's 988 Suicide Prevention and Mental Health Crisis Lifeline provides free and confidential emotional support to people in suicidal crisis or emotional distress, 24 hours a day, 7 days a week, across Montana. The MT 988 Suicide & Crisis Lifeline is an effective, life-saving safety net for those experiencing a mental health crisis, especially those with nowhere else to turn.

### Connect

All calls to the MT 988 Suicide & Crisis Lifeline are answered by trained crisis workers at three regional call centers around the state. All Montana crisis centers are accredited, provide training for counselors, and disseminate best practices. Local counselors at crisis centers are familiar with community mental health resources that are part of the Montana 211 referral network.

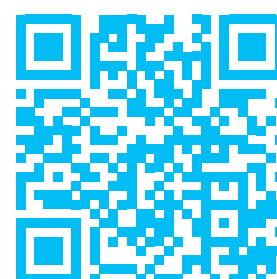
### Resources

For more information on how the MT 988 Suicide & Crisis Lifeline can help you or someone you know who is in crisis, or to find out how to spread the word about MT 988 in your community, go to <https://dphhs.mt.gov/suicideprevention/>

**MONTANA**  
**DPHHS**

*Healthy People. Healthy Communities.*

Department of Public Health & Human Services



<https://dphhs.mt.gov/suicideprevention/>