

**You don't have to go through this alone.  
Help is only a call, text, or click away.**

**National Suicide Prevention Lifeline:** 1-800-273-TALK (8255)

**Crisis Text Line:** Text "MT" to 741-741

**Domestic Abuse Hotline:** 1-800-799-SAFE (7233)

**Child Abuse Hotline:** 1-866-820-5437

**Montana Human Trafficking Hotline:** 1-833-406-STOP (7867)

**National Human Trafficking Hotline:** 1-888-373-7888  
(or) Text: 233733

**Montana Warmline:** 877-688-3377  
(or) <http://montanawarmline.org>

**Mental Health & Behavioral Health Support:**  
<http://covid19.missoula.co/mental-and-behavioral-health>

**Alcoholics Anonymous Hotline:** 1-833-800-8553

**Montana Narcotics Anonymous Helpline:** 1-800-990-6262

**Montana Tobacco Quit Line:** 1-800-QUIT-NOW (784-8669)  
(or) [montana.quitlogix.org](http://montana.quitlogix.org)

**My Life, My Quit (Age 18 and under):** 1-855-891-9989  
(or) [mylifemyquit.com](http://mylifemyquit.com)

**The LGBT National Hotline:** (888) 843-4564  
(or) <https://www.glbthotline.org>

**SAMHSA's National Helpline (for mental and/or substance use disorders):** 1-800-662-HELP (4357)



**For more information visit:**  
[FrenchtownCommunityCoalition.com](http://FrenchtownCommunityCoalition.com)  
Email: [FTCC@ftbroncs.org](mailto:FTCC@ftbroncs.org)  
Phone: 406-626-2772