

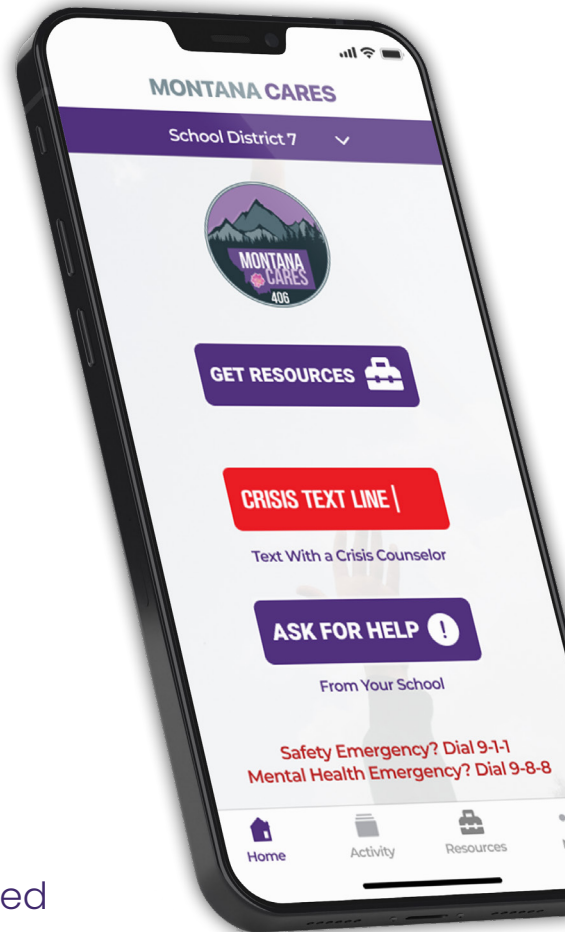


# MONTANA CARES

## Connecting you with helpful resources and support when you need it most.

Have you ever needed help but **were too afraid to ask for it?**  
Have you ever felt that asking for help **would make you look weak?**  
Have you ever wondered why **asking for help can be so hard?**

With the Montana Cares app, we are here to help you find help when you need it most, while removing anything that stops people from getting that help. The Montana Cares app is your connection to help that **respects your dignity and privacy.**



### How Montana Cares Can Help?

- Help for you, or someone you know
- Food
- Housing
- Crisis Counselors
- Suicidal Feelings
- Anxiety, Depression
- Abuse, Violence Intervention
- and more...

### How Montana Cares Works?

- 1 Be courageous
- 2 Identify your need in the app
- 3 Montana Cares will connect you with the help you need



View Parent & Guardian Training Video



View Spanish Parent & Guardian Training Video

Get **help** in the way you need it. Download today.

