

HAVE AN HONEST CONVERSATION



If you think someone is thinking about suicide, assume you are the only one who will reach out.

Here's how to talk to someone who may be struggling with their mental health:

- Talk to them in private, and tell them you care
- Listen to their story
- Avoid debating the value of life, minimizing their problems or giving advice
- It's ok to ask directly about suicide
- Encourage them to seek help or to contact their doctor or therapist

If a person says they are considering suicide:

- Take the person seriously
- Stay with them
- Help them remove lethal means



Use the QR Code to visit mtpsychiatry.com and our *Have An Honest Conversation* campaign. For every participant, we make a donation. Share the knowledge.

Resources



Visit

- Your Primary Care Provider
- Mental Health Professional
- Emergency Department
- Urgent Care Clinic



Find a Behavioral Health Provider

- findtreatment.samhsa.gov
- mentalhealthamerica.net/finding-help



988 Suicide & Crisis Lifeline

Dial 988
(Press 1 for Veterans, 2 for Spanish)
Text 988 (English only)



Text TALK to 741741

Text with a trained crisis counselor from the Crisis Text Line for free, 24/7
Text AYUDA for Spanish



Call 911 for Emergencies





OUR SERVICES INCLUDE:

- Medication Management
- TMS (Transcranial Magnetic Stimulation)
- IV Ketamine Therapy
- Spravato
- Individual Therapy (Talk-therapy)
- Group Therapy

Dr. Erin Amato, MD, along with of our team, is dedicated to providing the best in diagnosis and treatment to put you on the path to healing and enriched living. At Montana Psychiatry & Brain Health Center, we are dedicated to serving the mental health needs of children and adults in our region. We aim to provide compassionate, thoughtful, and comprehensive care by using an integrated approach that focuses on biological, psychological, and social factors that are unique to each patient. We strive for excellence in our delivery of care and offer cutting-edge treatments and interventions to restore hope and quality of life for patients and families.