MONTANA: Governor Bullock Announces New Statewide Suicide Prevention Tool

June 01, 2018
News Type: Weekly Spark, Weekly Spark News
State: Montana
Char-Koosta News [1]

Montana State University recently received a grant to evaluate an online cognitive behavioral therapy (CBT) tool across the state. The Montana-specific, interactive program will be available to 1,000 adults ages 18 and older to help reduce symptoms of depression and anxiety. CBT can help people learn skills for coping with depression and anxiety, which can lead to or intensify suicidal thoughts and behaviors. “The format and approach CBT provides will be very appealing to veterans and current service members, especially those who may have trouble working traditional care into their 9 to 5 schedules, or otherwise face treatment access barriers,” said Montana Adjutant General Matthew T. Quinn. The online tool is also designed to help adults living in rural parts of the state who have limited options for mental health treatment.

Spark Extra! Learn more about CBT [2].

Links within this resource