



## FIRSTLINK'S TRAINING TRANSFORMS COMMUNITIES

### COMMUNITY VOLUNTEER WORKSHOP

"Job well done! Excellent speakers, very informational. This was my first time coming to this training and my expectations were met completely!" - 2015 Attendee

### MENTAL HEALTH FIRST AID (MHFA)

"MHFA training provided by FirstLink is a valuable course that not only assists us in handling situations with our clients, but also our families, friends, and coworkers. As a result of the training, staff are more equipped and prepared to handle a mental health crisis which can in turn help save others." - Open Door Center

### APPLIED SUICIDE INTERVENTION SKILLS TRAINING (ASIST)

"FirstLink offers great trainings! ASIST has helped me in both my personal and professional life when faced with individuals experiencing suicidal ideations. After the training I have found myself being much more open with guests at the shelter when they are in a crisis situation. In my personal life it has helped me in dealing with the loss of friends." Leah Siewart, Gladys Ray Shelter

### FIRSTLINK OFFERS VARIOUS TRAINING ON VOLUNTEERISM, MENTAL HEALTH, SUICIDE AWARENESS, AND COMMUNITY RESOURCES.

Find future trainings at [myfirstlink.org/events](http://myfirstlink.org/events)



**Suicide Lifeline: 1-800-273-8255**  
**211 Helpline: Dial 2-1-1 or 701-235-7335**

4357 13th Avenue South, Suite 107L  
Fargo, ND 58103  
PO Box 447  
Fargo, ND 58107

Administrative Office: 701-293-6462  
Fax: 701-235-2476  
E-mail: [info@myfirstlink.org](mailto:info@myfirstlink.org)

## MYFIRSTLINK.ORG

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### 211 HELPLINE

Provides information  
Referrals  
Emotional support

### VOLUNTEER SERVICES

Connecting volunteers  
Volunteer management training  
Promoting all volunteer activities

### SUICIDE SUPPORT SERVICES

Answers calls on the National Suicide  
Prevention Lifeline  
Follow up call program  
Suicide education/trainings



**DANIEL FEELS ABANDONED, LOST, AND OVERWHELMED. HE DOESN'T KNOW WHERE TO TURN TO FIND HELP IN HIS COMMUNITY.**

Daniel moved from Texas to North Dakota in 2012 with the promise of a better job. After two years of working a construction job that he enjoyed, he was laid off because of an economic slowdown. He was evicted from his apartment a few months later, when he was no longer able to pay rent. Daniel became homeless for the first time in his life. He didn't have any friends or family in North Dakota to turn to.

While staying at a local homeless shelter, Daniel learned about FirstLink's 2-1-1 Helpline. He decided to make the call to learn more. Just by making that one phone call, Daniel was connected to a caring and empathetic call specialist. They took the time to learn about all of Daniel's struggles. After learning what Daniel needed to get back on his feet, the call specialist connected him with a thrift store. This store offers clothing vouchers so he would be dressed appropriately at job interviews. FirstLink also connected him with an organization that will assist with his deposit and first month's rent. Daniel can start living independently again. He finally found the hope and help he needed.

**WITH YOUR HELP, FIRSTLINK WILL CONTINUE TO LINK THOSE SEEKING ASSISTANCE TO THE SERVICES THEY NEED.**

## WITH YOUR SUPPORT

**OVER 50,000 CALLERS COME TO US EACH YEAR FOR:**

### COMMUNITY RESOURCES INCLUDING:

- 24-hour crisis intervention
- Emergency safe shelter information
- Suicide support programs
- Addictions
- Food assistance
- Financial assistance
- Veteran and military support
- Support groups
- Disasters
- Abuse
- Volunteer opportunities
- Counseling
- Emergency shelter



## JOIN US IN GIVING HOPE AND HELP TO MANY.

Your investment of **\$24 provides 24-hour** community resources, volunteer resources, and emotional support to your neighbors.

Contribute online at [myfirstlink.org](http://myfirstlink.org) or send your gift of \$24 or greater to:

FirstLink  
4357 13th Avenue South Suite 107L  
Fargo, ND 58103

Every contribution goes to work immediately to provide 24-hour services to all of North Dakota and Clay County Minnesota.

All funds stay in our service area.



# WE'RE HERE