



Dial 2-1-1 or 701-235-7335

24 Hour Helpline

Linking you to:

- Emotional Support and needs assessment
- Information and Referral
- Suicide Support Services
- Volunteer Opportunities

24 Hour Suicide Lifeline: Dial 1-800-273-8255 (TALK)
Website: www.myfirstlink.org



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Giving Help and Hope

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