

## FIRSTLINK GIVES HOPE TO COMMUNITIES

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

Contribute online at [myfirstlink.org](http://myfirstlink.org) or send your gift to:

**FirstLink**

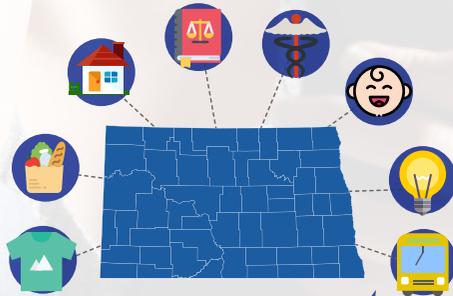
P.O. Box 447 Fargo, ND 58107-0447

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.

# DIAL 2-1-1

YOUR COMMUNITY CONNECTION



# 2-1-1

Get Connected. Get Answers.

- CONNECTS PEOPLE WITH COMMUNITY RESOURCES 24 HOURS A DAY
- CONFIDENTIAL AND FREE
- EASY TO REMEMBER

TEXT YOUR ZIPCODE TO 898-211 (TXT)  
OR DIAL 2-1-1 OR 701-235-7335

**FirstLink**

SERVING NORTH DAKOTA & CLAY COUNTY, MINNESOTA

**FirstLink**

**Suicide Lifeline: 1-800-273-8255**  
**211 Helpline: Dial 2-1-1 or 701-235-7335**  
**Text zipcode to: 898-211 (TXT)**

P.O. Box 447  
Fargo, ND 58107-0447

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

## MYFIRSTLINK.ORG

FUNDED IN PART BY



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- facebook: /myfirstlink
- instagram: @myfirstlink
- twitter: @myFirstLink\_org

**YOU ARE NOT ALONE.**



**FirstLink**

**211 HELPLINE**

- Information on community resources
- Emotional support
- Connecting volunteers in disasters

**SUICIDE SUPPORT SERVICES**

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

# 211



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

Daniel recently moved from Texas to North Dakota, 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 offered clothing vouchers so he would be dressed appropriately at job interviews. FirstLink also connected him with an organization that could assist with his deposit and first month's rent. Now, 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.**

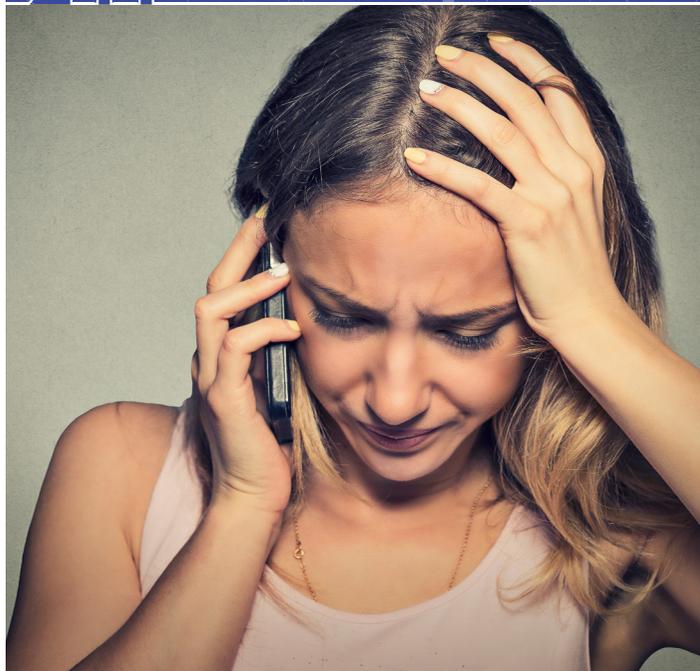
## WITH YOUR SUPPORT

WE ARE ABLE TO CONNECT OVER 50,000 CONTACTS EACH YEAR WITH COMMUNITY RESOURCES, INCLUDING:

- 24-hour crisis intervention
- Emergency safe shelter information
- Support group information
- Addictions
- Food assistance
- Financial housing & utility assistance
- Veteran and military support groups
- Connecting volunteers in disasters
- Counseling / mental health support
- and much more

**Text your zipcode to 898-211 (TXT) or dial 2-1-1 or 701-235-7335 to get connected.**

211



## FIRSTLINK'S TRAINING TRANSFORMS COMMUNITIES

» **safeTALK**  
safeTALK is a three-hour workshop that prepares anyone over the age of 15 to become a suicide-alert helper. safeTALK-trained helpers can recognize warning signs for suicide and take action by connecting them with life-saving resources.

» **MENTAL HEALTH FIRST AID AND YOUTH MENTAL HEALTH FIRST AID**  
Mental Health First Aid is an interactive 8-hour course that teaches you how to help someone who is developing a mental health problem or experiencing a mental health crisis. The training helps you identify, understand, and respond to signs of mental illnesses and substance use disorders. Youth MHFA is designed for adults that frequently interact with youth. Adult Mental Health First Aid is for adults helping adults.

» **APPLIED SUICIDE INTERVENTION SKILLS TRAINING (ASIST)**  
ASIST is a two-day training that teaches the skills of suicide intervention to community members and professionals. ASIST develops skills to intervene with a person at risk of suicide to reduce their risk and connect them to life-assisting resources.

**FIRSTLINK OFFERS VARIOUS TRAININGS ON MENTAL HEALTH, SUICIDE AWARENESS, AND COMMUNITY RESOURCES**

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

