



Linking people  
and resources  
24 hours a day



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Dial 2-1-1 or 701.235.7335 (SEEK)

[www.myfirstlink.org](http://www.myfirstlink.org)



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**A free and confidential helpline answered 24 hours a day. 2-1-1 offers:**

- **Listening & Support**  
2-1-1 provides a supportive, non-judgmental listening ear.
- **Information & Referral**  
2-1-1's database contains primarily nonprofit human service resources in North Dakota and Clay County, Minnesota.

**Individuals are welcome to call about a variety of needs including, but not limited to:**

- Addictions
- Disasters
- Emergency Shelters
- Financial Assistance
- Food Assistance
- Military Support
- Support Groups
- Volunteer Opportunities

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