

Serving all of North Dakota & Clay County, Minnesota. Giving Help & Hope through:

- ▶ Information and Community Resources
- ▶ Emotional Support and Community Addiction Navigator Program
- ▶ Dialing 211, texting zipcode to **898-211**, or calling **701-235-7335 (SEEK)**
- ▶ Suicide Lifeline answered locally at **1-800-273-8255 (TALK)**



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