SCHOOL CAN BE HARD AND LIFE CAN BE LONELY.

You have friends and family, but sometimes talking to them is difficult. We are here to help you through the tough things.
Sometimes you just need someone to listen. You can call or text us. We will listen.

Text your zipcode to **898-211**
or call **701-235-7335**
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Dial 701-235-7335 or Text Your Zipcode to 898-211 to get connected
RECOVERY IS POSSIBLE. YOU ARE NOT ALONE.

Sometimes it’s difficult to talk to friends and family when you are struggling. We are here to help you through the tough times.

Dial 2-1-1 or Text Your Zipcode to 898-211 to get connected.
RECOVERY IS POSSIBLE. YOU ARE NOT ALONE.

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Dial 2-1-1 or 898-211 to get connected. Text Your Zipcode to 898-211 to get connected.
ARE YOU IMPACTED BY ADDICTION? YOU ARE NOT ALONE.

Sometimes it’s difficult to talk to friends and family when you are struggling. We are here to help you through the tough times.
ARE YOU LONELY OR SAD? WE CAN HELP.

Sometimes you just need someone. You can call or text us anytime. We are here for you.

Text your zipcode to 898-211
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ARE YOU HUNGRY, LONELY, OR SAD? WE CAN HELP.

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