FirstLink

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.

FirstLink

Dial 701-235-7335 or

Text Your **Zipcode** to **898-211** to get connected



ARE YOU HUNGRY LONELY, OR SAD? WE CAN HELP.

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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RECOVERY IS POSSIBLE. YOU ARE **NOTALONE**.

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

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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.





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

Text your zipcode to **898-211** or dial **2-1-1**



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898-21

to get connected



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