



We're here for your pregnancy
JOURNEY



FirstLink is here for
YOU



New or Expecting
PARENT?

From the first test to their first steps, FirstLink is here to support you in your pregnancy journey.

Having a baby can be one of life's most rewarding journeys—but it can also be confusing, frightening, and stressful. Whether you need assistance with health insurance, household items like diapers and car seats, or just someone to talk to, FirstLink is here to help. Dial 2-1-1 or visit our online Community Resource Directory today at www.myfirstlink.org

Text your zipcode to
898-211
Call **701-235-7335**
or Dial **2-1-1**



Health



We are **HERE**

FirstLink can connect you to the support and resources you and your baby need, including:

✓ **BENEFITS
ASSISTANCE**

✓ **CHILDCARE**

✓ **SUPPORT
GROUPS**

Call **2-1-1** or **701-235-7335**
today to be connected
to community resources.



Is it “baby blues,” **OR SOMETHING MORE?**

Signs you might be experiencing more than the “baby blues” after giving birth include trouble focusing, losing interest in things you enjoy, and fear of hurting your baby or yourself. If you think you may be experiencing postpartum depression, please call FirstLink today to be connected to the support you need.

Call **2-1-1** or **701-235-7335** or visit our
Community Resources Directory at
www.myfirstlink.org to be connected to
support groups and other helpful resources.

You are not **ALONE**

Up to **20%** of new moms will
experience postpartum depression.

