

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.

NORTH
Dakota
Be Legendary.™

Health

FirstLink



You are not **ALONE**

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

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.



FirstLink

NORTH
Dakota
Be Legendary.™

Health