

# FIRSTLINK GIVES HOPE TO COMMUNITIES

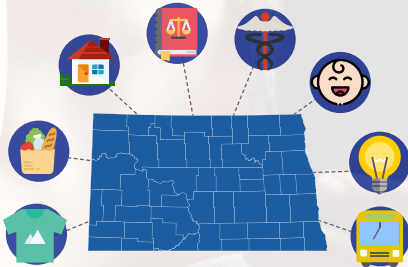
Your investment of **\$24 provides 24-hour** community resources, volunteer disaster opportunities, and emotional support to you and your neighbors.

## FirstLink

4342 15 Ave S, Suite 201 A  
Fargo, ND 58103

Every contribution goes to work immediately to provide 24-hour services to all of North Dakota and Clay County, Minnesota.

All funds stay in our service area.



• CONFIDENTIAL AND FREE • EASY TO REMEMBER

**SIMPLY DIAL OR TEXT 9-8-8 OR 2-1-1**



SERVING NORTH DAKOTA & WESTERN MINNESOTA



**Dial 9-8-8**  
Suicide Support Services

**Dial 2-1-1**  
Information and Referral

4342 15 Ave S, Suite 201 A  
Fargo, ND 58103

Administrative Office: 701-293-6462

Fax: 701-235-2476

E-mail: [info@myfirstlink.org](mailto:info@myfirstlink.org)

**MYFIRSTLINK.ORG**

FUNDED IN PART BY



**FOLLOW US ON**



988 suicide and crisis lifeline is answered locally by FirstLink.  
Learn more at [myfirstlink.org](http://myfirstlink.org)



# YOU ARE NOT ALONE.

**9-8-8 Suicide  
Support Services**

- Call or text 988 or chat [988lifeline.org](http://988lifeline.org)
- Supporting those experiencing a suicidal crisis or mental health-related distress
- Provides a Care and Support Program
- Suicide education/trainings

**2-1-1 Information  
and Referral**

- Simply dial 211
- Serves as a hub of information
- Connector to other non-profits and behavioral health centers
- Provides Listening and support





# SUCCESS STORIES

## ROGER

Roger started calling FirstLink three years ago. He self-reported four suicide attempts, homelessness, multiple ambulance rides, emergency department stays, and in-patient stays. FirstLink was able to link him to CBT Therapy, a financial case manager, and provide 24/7/365 phone support. Since the first phone call to FirstLink Roger continues to have thoughts of suicide but has not attempted it. He has had one in-patient stay and utilizes the mobile crisis as needed for difficult times. He was able to stay housed and reports financial stability. He continues to call for support when his voices are loud and to review and develop a safety plan when thoughts of suicide arise. He reports feeling supported and happy.

## SALLY

Sally called with the sound of a baby crying in the background. She was feeling overwhelmed and did not know where to turn. FirstLink was able to link her to an agency that provided free diapers, formula, and food. We connected her to SNAP, childcare assistance, and housing. Our call specialists asked openly and directly about thoughts of suicide. Upon the result of this screening, we linked her to a reduced-cost therapy service, signed her up for our Care and Support Program to get continued calls to provide ongoing support, and made a secure safety plan which included getting rid of the means that she planned to use for suicide.



# WITH YOUR SUPPORT

WE ARE ABLE TO CONNECT 1000'S OF CONTACTS EACH YEAR WITH COMMUNITY RESOURCES, INCLUDING:

- We will save lives by providing suicide intervention
- Provide listening and support and validate people's needs
- Make outgoing calls to check on a friend or loved one that you are concerned about
- Provide follow-up calls, text, and cards through the Care and Support Program
- Be used as a connector to other non-profit and behavioral health centers.
- Screen for social determinants of health and link people to needed financial support
- Most contacts can be stabilized over the phone; those who need more support will be connected to appropriate services

Dial 9-8-8 to reach the suicide and crisis lifeline  
Dial 2-1-1 for information and referrals  
Both locally answered by FirstLink



# FIRSTLINK'S TRAINING TRANSFORMS COMMUNITIES



**safeTALK**

## safeTALK

safeTALK is a three-hour workshop that prepares anyone over the age of 15 to become a suicide-alert helper. safeTALK-trained helpers can recognize warning signs for suicide and take action by connecting them with life-saving resources.



**MENTAL HEALTH FIRST AID®**

## MENTAL HEALTH FIRST AID AND YOUTH MENTAL HEALTH FIRST AID

Mental Health First Aid is an interactive 8-hour course that teaches you how to help someone who is developing a mental health problem or experiencing a mental health crisis. The training helps you identify, understand, and respond to signs of mental illnesses and substance use disorders. Youth MHFA is designed for adults that frequently interact with youth. Adult Mental Health First Aid is for adults helping adults.



**ASIST**

## APPLIED SUICIDE INTERVENTION SKILLS TRAINING (ASIST)

ASIST is a two-day training that teaches the skills of suicide intervention to community members and professionals. ASIST develops skills to intervene with a person at risk of suicide to reduce their risk and connect them to life-assisting resources.

## FIRSTLINK OFFERS VARIOUS TRAININGS ON MENTAL HEALTH, SUICIDE AWARENESS, AND COMMUNITY RESOURCES

Find future trainings at [myfirstlink.org/events](https://myfirstlink.org/events)