

FirstLink

Care & Support Program

dial 211 or (701)235-7335



text your zip code to 898-211

careandsupport@myfirstlink.org



www.myfirstlink.org

What Do We Do?

Follow-up support program specializing in helping those struggling with substance use, suicidal thoughts, and general mental health. During calls, we:

- Give non-judgmental listening and support
- Offer coping strategies
- Provide appropriate resources
- Support and encourage self-help strategies
- Develop a safety plan
- De-escalate crisis if needed

