

# FirstLink

## Care & Support Program

You don't  
have to do  
this alone



## Get In Touch With Us



dial 211 or (701) 235-7335



text your zip code to 898-211



[www.myfirstlink.org](http://www.myfirstlink.org)

# What Do We Do?

The Care & Support team calls participants to check in weekly, bi-weekly, or monthly. 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

# Who Is Eligible?

Anyone\* can sign up to receive calls.

We specialize in helping those struggling with suicidal thoughts, substance use, or general mental health.

However, these are not a requirement for the program.



\*under 14 requires verbal consent by parent or guardian