

FirstLink

Care & Support Program

What Do We Do?

The Care & Support team calls participants to offer follow-up support 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

We specialize in helping those struggling with suicidal thoughts, substance use, or general mental health. Participants are mailed a handwritten caring card filled with inspiration and a reminder that someone cares.

For More Information



careandsupport@myfirstlink.org



dial 211 or (701) 235-7335



www.myfirstlink.org

Participant Testimonies

“I really appreciate you calling. It’s hard to resist the urge to want to kill myself, but knowing you guys will be calling makes it easier to stay alive.”

“I feel better after talking to you. I feel more in control of my situation. I have your card sitting on my table so I always see it.”

“Thank you from the bottom of my heart. I needed this today. I feel like a weight is starting to be lifted off my shoulders. You gave me hope when I needed it”

Yearly Statistics



16,500+
**TOTAL
CALLS
MADE**



2,000+
**CARING
CARDS
SENT**

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