



**Through supportive, research-informed interventions, the Care & Support Program offers resources and coping strategies, encourages mental health treatment, and provides non-judgmental listening and support.**

Calls are offered weekly, bi-weekly, or monthly and work around your schedule. Each phone call is structured around your needs and goals.

Eligible individuals include anyone who is experiencing mental health concerns, suicidal ideation, and/or substance use.

**During Calls, FirstLink will:**

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

Participation is completely voluntary, free, and confidential.

Participants must be above the age of 14 or have a parent or guardian's verbal consent.

If you would like to sign up for the Care & Support Program, or would like us to reach out to someone who could benefit from it, **call 2-1-1 or 701-235-SEEK (7335)** to reach FirstLink's Information & Referral Helpline.

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



**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.**

**FirstLink**



# Care & Support Program

Provides **free emotional support** through calls, texts, or caring cards to anyone experiencing mental health concerns, suicidal ideation, or substance use.



*You are not alone.*

[myfirstlink.org](https://myfirstlink.org)