



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.

Participation is completely voluntary, free, and confidential.

Participants are referred from partnering hospitals and clinics across North Dakota. Participants may also sign themselves up to receive calls from the Care & Support team by calling **FirstLink's 2-1-1 Helpline** or the **9-8-8 Suicide & Crisis Lifeline**.

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

Calls are offered weekly, bi-weekly, or monthly, and work around your schedule. Each phone call is structured around the participants' needs and goals, as well as their schedule.

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

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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."





Care & Support Program

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



Find hope for
your patients today.

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