



Most contacts can be stabilized over the phone.

Those who need more support will be connected to appropriate services.

FirstLink is a free, confidential, 24-hours-a-day service offering listening and support, referrals to resources/help, and crisis intervention across the entire state of North Dakota and parts of Minnesota.

Each year, we are able to provide hope to thousands of callers across the region.

Via calls or texts, FirstLink:

- Provides suicide intervention
- Listens and supports callers, validating their needs
- Conducts outgoing calls to check on a friend or loved one
- Refers callers to other non-profit and behavioral health centers
- Screens for social determinants of health and links people to needed financial support

Call 9-8-8 to reach the Suicide and Crisis Lifeline. **Call 2-1-1** for local information and referrals.

Both lines are answered locally by FirstLink.



Find hope today.

Call or text **9-8-8**, or chat by visiting **988lifeline.org**

4342 15th Ave S, Suite 201 A
Fargo, ND 58103

Administrative Office: 701-293-6462

Fax: 701-235-2476

E-mail: info@myfirstlink.org

The 9-8-8 Suicide & Crisis Lifeline is answered locally by FirstLink.

Learn more at myfirstlink.org

Hope is on the line.

In your darkest times, hope is just a phone call or text away.



If you or someone you know is experiencing a mental health crisis or thoughts of suicide, **call or text 9-8-8** to reach the Suicide & Crisis Lifeline.



Care & Support Program

The FirstLink Care & Support Program provides **free emotional support** through calls, texts, or caring cards to people experiencing mental health concerns, suicidal ideation, or substance use.*

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.

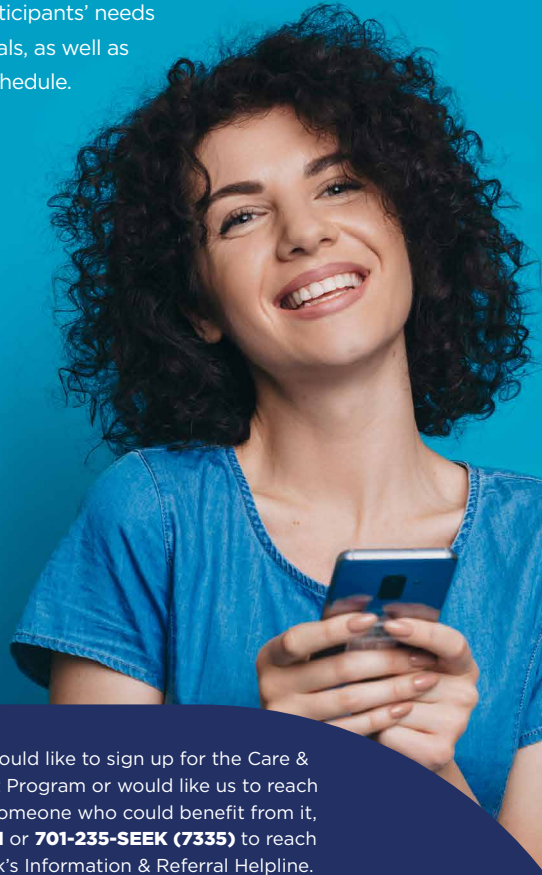
Participation is completely voluntary, free, and confidential.

Participants are referred from partnering hospitals and clinics across North Dakota. Participants may also sign themselves up to receive calls from the Care and 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 use.

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.

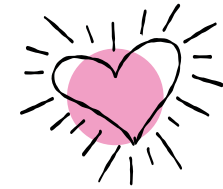


If you would like to sign up for the Care & Support Program or would like us to reach out to someone who could benefit from it, call **2-1-1** or **701-235-SEEK (7335)** to reach FirstLink's Information & Referral Helpline.

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

Are you or someone you know struggling?

Whether you need emotional support, mental health or crisis resources, or just a listening ear, you will always find hope on the line.



You are not alone.
We're here to help.

Call or text **9-8-8** to reach the Suicide & Crisis Lifeline.



NORTH
Dakota | Behavioral Health
Be Legendary. HEALTH & HUMAN SERVICES

If you need local community resources, call **2-1-1** or **701-235-SEEK (7335)** to reach FirstLink's Information & Referral Helpline.