

DIAL THE HELP LINE

DISABILITY UTILITY ASSISTANCE
 RENTAL ASSISTANCE
PASS IT ON 211
 MILITARY SUPPORT PARENTING
DO IT ABOUT THERE
 SOMETHING TRANSPORTATION RELATIONSHIPS
IS HELP
 ADDICTION FINANCIAL ASSISTANCE
EMERGENCY SHELTER
 COUNSELING MENTAL HEALTH
 WHEN TIMES ARE ROUGH DURING TIMES OF CRISIS

WE ARE STANDING
24/7 BY HOURS A DAY
 SEXUALITY RECREATION SUPPORT GROUPS
WE'LL BE HERE
 DAYS A WEEK
 SUBSTANCE ABUSE

FOOD BASKETS
 GRIEF
 ASSAULT ABUSE
 MEALS MEDICATION ASSISTANCE
UNITED WAY
 VOLUNTEER OPPORTUNITIES
 GAMBLING EMPLOYMENT
 MEDICAL FRIEND DISASTER SUICIDE YOUTH

FirstLink's 2-1-1 helpline is a free phone service available 24/7 to the public. Call specialists offer supportive, non-judgmental listening ears and information about community programs statewide. To reach the helpline dial 2-1-1 or (701) 235-7335.

If you or someone you know is thinking of suicide, dial 1-800-273-8255 (TALK).
(Available 24 hours a day)

