

DIAL THE

DISABILITY
UTILITY ASSISTANCE
RENTAL ASSISTANCE
PASS IT ON
MILITARY SUPPORT
PARENTING
211

DO IT
SOMETHING ABOUT
TRANSPORTATION
RELATIONSHIPS
ADDITION
FINANCIAL ASSISTANCE
EMERGENCY SHELTER
COUNSELING
MENTAL HEALTH

WE ARE STANDING
BY 24 HOURS
A DAY
DAYS A WEEK
HERE WE'LL BE
SUBSTANCE ABUSE

SEXUALITY RECREATION SUPPORT GROUPS

FOOD BASKETS
GRIEF
ASSAULT ABUSE
HEALTH CARE
MEDICATION ASSISTANCE
YOUTH

VOLUNTEER OPPORTUNITIES
EMPLOYMENT
MEDICAL FRIEND
DISASTER SUICIDE

HELPLINE



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)

