

REFERRAL RESOURCE GUIDE

North Dakota

IN AN EMERGENCY OR CRISIS

For Assistance in an Emergency Situation | **Dial 911**

988 Suicide and Crisis Lifeline

Dial or Text 988 for the suicide and crisis lifeline | 1-800-273-TALK(8255) (press 1 for veterans, 2 for Spanish)

(Calls are answered locally by FirstLink.)

Crisis Text Line—National resource (Text, Chat, WhatsApp) <https://www.crisistextline.org/>

Mental Health Helplines—Find the helpline you need for specific challenges: [Mental Health Helplines: International Directory \(helpguide.org\)](#)

FirstLink/Community Resources

Dial 211 for information and community resources or visit <https://myfirstlink.org/> [FirstLink Calling Card](#) (Printable)

CRISIS AND MENTAL HEALTH RESOURCES

West Central Human Service Center (Bismarck region)

Crisis line: 701-328-8899

Toll-free: 1-888-328-2112

Lake Region Human Service Center (Devils Lake region)

Crisis line: 701-662-5050

Toll-free: 1-888-607-8610

Badlands Human Service Center (Dickinson region)

Crisis line: 701-290-5719

Toll-free: 1-888-227-7525

Southeast Human Service Center (Fargo region)

Crisis line: 701-298-4500

Toll-free: 1-888-342-4900

Northeast Human Service Center (Grand Forks region)

Crisis line: 701-775-0525

Toll-free: 1-800-845-3731

South Central Human Service Center (Jamestown region)

Crisis line: 701-253-6304

Toll-free: 1-800-260-1310

North Central Human Service Center (Minot region)

Crisis line: 701-857-8500

Toll-free: 1-888-470-6968

Northwest Human Service Center (Williston region)

Crisis line: 701-572-9111

Toll-free: 1-800-231-7724

Additional information about ND Human Service Centers, including walk-in hours:

<https://www.hhs.nd.gov/helpishere/services>

The Village Family Service Centers

Bismarck

<https://www.thevillagefamily.org/locations/bismarck>

Fargo

<https://www.thevillagefamily.org/locations/fargo-2701>

Grand Forks

<https://www.thevillagefamily.org/locations/grand-forks>

Minot

<https://www.thevillagefamily.org/locations/minot>



MENTAL HEALTH FIRST AID®

PROFESSIONALS/FIRST RESPONDERS

Safe Call Now (Public Safety & EMS)

1-206-459-3020

Fire/EMS Helpline

1-888-731-3473

North Dakota Professional Health Program

701-751-5090

<https://ndphp.org/contact/>

Frontline Helpline

1-866-676-7500

DOMESTIC VIOLENCE, ABUSE, AND SEXUAL ASSAULT RESOURCES

National Child Abuse Hotline

1-800-4-A-CHILD (1-800-422-4453)

National Sexual Assault Hotline

1-800-656-HOPE (4673)

National Domestic Violence Hotline

1-800-799-SAFE (7233)

1-800-787-3224 (hearing impaired line)

RAINN (Rape, Abuse & Incest National Network)

1-800-656-HOPE (4673)

www.rainn.org

CAWS North Dakota provides a list of the 20 violence intervention centers throughout North Dakota to help victims of sexual and domestic violence with counseling, assistance obtaining a protection order, and more. <https://www.cawsnorthdakota.org/get-help/advocacycenterdirectory/>

BEHAVIORAL HEALTH AND ADDICTION

Substance Abuse Treatment

North Dakota Department of Health and Human Services

<https://www.hhs.nd.gov/behavioral-health/addiction> | 1-701-291-7901

<https://www.hhs.nd.gov/behavioral-health/substance-abuse-treatment-programs>

Community Medical Services (Minot, Fargo, Grand Forks)

<https://communitymedicalservices.org/treatment-programs/> | 1-855-203-6352

Naloxone Access/Treatment Information

<https://www.hhs.nd.gov/opioids> (training & request for free naloxone)

<https://prevention.nd.gov/stopoverdose/naloxone>

North Dakota Regional Human Service Centers

<https://www.hhs.nd.gov/HSC/>

Behavioral Health Bridge

<https://www.behavioralhealthbridge.com/>

Substance Abuse and Mental Health Services Administration (SAMHSA)

SAMHSA's National Helpline provides free, 24-hour information and referral assistance to local treatment facilities, support groups, and community-based organizations.

1-800-662-HELP (4357) and <http://findtreatment.SAMHSA.gov>

National Council for Behavioral Health (NCBH)

NCBH can assist you in finding a local provider of behavioral health services and support.

www.theNationalCouncil.org (click on "Find a Provider")

Mental Health Treatment

North Dakota Department of Health and Human Services

<https://www.hhs.nd.gov/behavioral-health/mental-health>

<https://www.hhs.nd.gov/crisis>

North Dakota Regional Human Service Centers

<https://www.hhs.nd.gov/HSC>

Substance Abuse and Mental Health Services Administration (SAMHSA)

SAMHSA's National Helpline provides free, 24-hour information and referral assistance to local treatment facilities, support groups, and community-based organizations.

1-800-662-HELP (4357)

National Alliance on Mental Illness (NAMI)

NAMI Information Help Line provides information and referral services. 1-800-950-NAMI (6264)

National Council for Behavioral Health (NCBH)

NCBH can assist you in finding a local provider of behavioral health services and support.

www.theNationalCouncil.org (click on "Find a Provider")

PEER SUPPORT

Recovery Talk

24/7 peer support for addiction

Phone: 1-701-291-7901

<https://www.hhs.nd.gov/behavioral-health/recovery-talk>

ND Peer Support Specialists

behavioralhealth.nd.gov/peer-support

RESOURCES FOR SPECIAL POPULATIONS

Gay, Lesbian, Bisexual, Transgender Support Resources

Local Resources (ND, MN, SD) <https://harborhealthinitiative.org/directory/>

GLBT National Help Center

1-888-843-4564

www.glnh.org

Trevor Project Crisis Line – LGBTQ Youth

1-866-4-U-TREVOR (488-7386)

www.theTrevorProject.org

SAGE Advocacy & Services for LGBTQ Elders

1-877-360-5428

<https://www.sageusa.org/>

Trans Lifeline

1-877-565-8860

<https://translifeline.org/>

Veterans/Military

Vets4warriors

<https://vets4warriors.com/>



SELF-HELP RESOURCES AND GROUPS

Find a time and location for a meeting.

Alcoholics Anonymous

www.aa.org/pages/en_US/find-aa-resources

Narcotics Anonymous

1-888-GET-HOPE (438-4673) (Hopeline)
www.na.org/meetingsearch

Al-Anon/Teen Family Groups

<https://al-anon.org/>

Nar-Anon Family Groups

www.nar-anon.org/find-a-group

Dual Recovery Anonymous

www.draonline.org/meetings

SMART Recovery

smartrecovery.org

VIRTUAL SERVICES/ONLINE THERAPY

BetterHelp provides professional, affordable, and personalized therapy in a convenient online format. <https://www.betterhelp.com/>

Talkspace is an online therapy platform that provides users the confidential support of a licensed therapist. <https://www.talkspace.com/>

HelpGuide is a website that provides mental health and well-being resources, guidance, strategies, and more. <https://www.helpguide.org/>

ADDITIONAL RESOURCES

The Aging and Disability Resource Link (ADRL) of North Dakota

Explore the website <https://carechoice.nd.assistguide.net/> or contact the free and confidential ADRL to guide you to services and supports available in your community, 1-855-462-5465 or email CareChoice@ND.gov

FirstLink also provides free and confidential information and referrals, available 24/7, for help with food, housing, employment, health care, counseling, and more - Dial 211 or visit <https://myfirstlink.org/>.

Homeowner's HOPE™ Hotline provides free comprehensive financial education and confidential foreclosure prevention counseling 24/7. 1-888-995-HOPE (4673)

Legal Services of North Dakota provides legal assistance to low-income and elderly North Dakotans. <http://www.legalassist.org/>

Legal Advice provides legal information, lawyer profiles, and a community to help individuals make legal decisions. www.findlaw.com

F5 Project (North Dakota): <https://www.f5project.org/about-us/>

- Help the formerly incarcerated
- Help those suffering from addiction
- Help veterans & anyone needing housing, recovery resources, peer support, or a plan to change their life



MENTAL
HEALTH
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Free Through Recovery (North Dakota) is a community-based behavioral health program designed to increase recovery support services to individuals involved with the criminal justice system with behavioral health concerns. <https://www.behavioralhealth.nd.gov/addiction/FTR>

Mental Health Advance Directive

You may access, download, and print a form for writing your Mental Health Advance Directive, as well as a Guidance Booklet, from the Internet. You will find these at www.ndpanda.org (P&A 's homepage) under “publications”.

