

# 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:  
<https://www.helpguide.org/find-help>

### **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

### **Badlands Human Service Center (Dickinson region)**

**Crisis line: 701-290-5719**  
Toll-free: 1-888-227-7525

### **Northeast Human Service Center (Grand Forks region)**

**Crisis line: 701-775-0525**  
Toll-free: 1-800-845-3731

### **North Central Human Service Center (Minot region)**

**Crisis line: 701-857-8500**  
Toll-free: 1-888-470-6968

### **Lake Region Human Service Center (Devils Lake region)**

**Crisis line: 701-662-5050**  
Toll-free: 1-888-607-8610

### **Southeast Human Service Center (Fargo region)**

**Crisis line: 701-298-4500**  
Toll-free: 1-888-342-4900

### **South Central Human Service Center (Jamestown region)**

**Crisis line: 701-253-6304**  
Toll-free: 1-800-260-1310

### **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/helpshere/services>

## **The Village Family Service Centers**

### **Bismarck**

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

### **Grand Forks**

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

### **Fargo**

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

### **Minot**

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



## SUPPORT FOR PROFESSIONALS/FIRST RESPONDERS

### **Safe Call Now** (Public Safety & EMS)

1-206-459-3020

### **North Dakota Professional Health Program**

701-751-5090

<https://ndphp.org/>

### **Fire/EMS Helpline**

1-888-731-3473

### **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 Domestic Violence Hotline**

1-800-799-SAFE (7233)

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

### **National Sexual Assault Hotline**

1-800-656-HOPE (4673)

### **RAINN** (Rape, Abuse & Incest National Network)

1-800-656-HOPE (4673)

<https://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/>

## TREATMENT RESOURCES

### **Substance Misuse 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>

#### **Naloxone Access/Treatment Information**

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

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

#### **Community Medical Services** (Minot, Fargo, Grand Forks)

<https://communitymedicalservices.org/treatment-programs/>

1-855-203-6352

#### **North Dakota Regional Human Service Centers**

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



MENTAL  
HEALTH  
FIRST AID®

### Behavioral Health Bridge (Sanford/UND)

The content on this webpage is a first step in providing reliable, valid, and useful information about various elements of behavioral health in North Dakota.

<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>

## Mental Health Treatment

### North Dakota Department of Health and Human Services

- <https://www.hhs.nd.gov/behavioral-health/mental-health>
- [DHS - Mental Health Program Directory \(nd.gov\)](#) (Find a program)
- <https://www.hhs.nd.gov/988>

### 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)** <https://www.samhsa.gov/find-help>

## RESOURCES FOR SPECIAL POPULATIONS

### Gay, Lesbian, Bisexual, Transgender Support Resources

#### GLBT National Help Center

1-888-843-4564  
[www.glnh.org](http://www.glnh.org)

#### SAGE Advocacy & Services for LGBTQ Elders

1-877-360-5428  
<https://www.sageusa.org/>

#### Trevor Project Crisis Line – LGBTQ Youth

1-866-4-U-TREVOR (488-7386)  
[www.theTrevorProject.org](http://www.theTrevorProject.org)

#### Trans Lifeline

1-877-565-8860  
<https://translifeline.org/>

#### Local Resources (ND, MN, SD)

<https://harborhealthinitiative.org/directory/>  
Print Outs - ADVOCACY & PHILANTHROPY ([fayeseidlerconsulting.com](http://fayeseidlerconsulting.com))



## Veterans/Military

### Vets4warriors

<https://vets4warriors.com/>

### ND Cares

Response to ND Governor's Challenge to Prevent Suicide Among Military Service Members, Veterans and Families (SMVF):

<https://www.ndcares.nd.gov/>

### Psych/Armor (Select North Dakota)

[governorchallenge.psycharmor.org/](http://governorchallenge.psycharmor.org/)

### Veteran's Crisis Line:

Dial 988 then Press 1

### Quick Reference Guide

<https://padlet.com/NDGovChallenge/veteran-community-provider-quick-reference-guide-ukum1ind5a0641kn>

### Star Behavior Health Providers (SVHP):

<https://starproviders.org/>

## In-person Military Culture training for your organization

Nikki Frohlich: [Nicole.r.frohlich.nfg@army.mil](mailto:Nicole.r.frohlich.nfg@army.mil) (701)333-3838 (Southern ND region)

Kelli Weiland: [colleen.y.weiland.nfg@army.mil](mailto:colleen.y.weiland.nfg@army.mil) (701)420-5848 (Northern ND region)

## SELF-HELP RESOURCES AND GROUPS

Find a time and location for a meeting.

### Alcoholics Anonymous

[www.aa.org/pages/en\\_US/find-aa-resources](http://www.aa.org/pages/en_US/find-aa-resources)

### Al-Anon/Teen Family Groups

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

### Dual Recovery Anonymous

[www.draonline.org/meetings](http://www.draonline.org/meetings)

### Recovery Talk

24/7 peer support for addiction  
1-701-291-7901

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

### Narcotics Anonymous

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

### Nar-Anon Family Groups

[www.nar-anon.org/find-a-group](http://www.nar-anon.org/find-a-group)

### SMART Recovery

[smartrecovery.org](http://smartrecovery.org)

### Mental Health America of North Dakota (MHAND)

helps individuals and families find mental health services they need across the state. They will work with you to navigate the common barriers of mental wellness.

[MENTAL HEALTH AMERICA OF NORTH DAKOTA - Home \(mhand.org\)](http://MENTALHEALTHAMERICAOFNORTHDAKOTA-Home(mhand.org))



## VIRTUAL SERVICES/ONLINE THERAPY

### BetterHelp

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

### Talkspace

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

### HelpGuide

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](mailto:CareChoice@ND.gov)

**Mental Health America of North Dakota (MHAND)** helps individuals and families find mental health services they need across the state. They will work with you to navigate the common barriers of mental wellness. [MENTAL HEALTH AMERICA OF NORTH DAKOTA - Home \(mhand.org\)](http://mhand.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](http://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

**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](http://www.ndpanda.org) (P&A 's homepage) under "publications".

**North Dakota Pediatric Mental Health Care Access Program** provides support to you in delivering the critical mental health screening and evidence-based treatment to pediatric patients. <https://ndpmhca.org/>

### **ND Peer Support Specialists**

[behavioralhealth.nd.gov/peer-support](http://behavioralhealth.nd.gov/peer-support)

**Requesting Firearm Secure Storage and Safety Devices** – connect with ND HOPES at <https://www.ndhopes.com/lethal-means-safety>

