

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](https://myfirstlink.org/FirstLinkCallingCard) (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>



SUPPORT FOR 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>

[DHS - Mental Health Program Directory \(nd.gov\)](#)

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>

National Alliance on Mental Illness (NAMI)

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

<https://www.nami.org/support-education/nami-helpline/>

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/>

Print Outs - ADVOCACY & PHILANTHROPY (fayeseidlerconsulting.com)

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/>.

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))

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

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".

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/>

