

Referral Resource Guide | North Dakota

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**Underlined websites and numbers are links*

IN AN EMERGENCY OR CRISIS

For Assistance in an Emergency Situation	• Dial 911
988 Suicide and Crisis Lifeline	• Dial or Text <u>988</u> for the suicide and crisis lifeline. • <u>1-800-273-TALK</u> (8255) (press 1 for veterans, 2 for Spanish) (Calls are answered locally by FirstLink.)
FirstLink/Community Resources	• Dial <u>211</u> for information and community resources. • visit <u>myfirstlink.org</u> • <u>FirstLink Calling Card</u> (Printable)
Crisis Text Line (National resource: Text, Chat, WhatsApp)	• <u>crisistextline.org</u>
Mental Health Helplines (find a helpline for a specific challenge)	• <u>helpguide.org/find-help</u>

CRISIS AND MENTAL HEALTH RESOURCES (income-based services)

Human Service Centers

West Central Human Service Center (Bismarck region)	• Crisis Line: <u>701-328-8899</u> • Toll-free: <u>1-888-328-2112</u>
Lake Region Human Service Center (Devils Lake region)	• Crisis line: <u>701-662-5050</u> • Toll-free: <u>1-888-607-8610</u>
Badlands Human Service Center (Dickinson region)	• Crisis line: <u>701-290-5719</u> • Toll-free: <u>1-888-227-7525</u>
Southeast Human Service Center (Fargo region)	• Crisis line: <u>701-298-4500</u> • Toll-free: <u>1-888-342-4900</u>

Northeast Human Service Center (Grand Forks region)	• Crisis line: <u>701-775-0525</u> • Toll-free: <u>1-800-845-3731</u>
South Central Human Service Center (Jamestown region)	• Crisis line: <u>701-253-6304</u> • Toll-free: <u>1-800-260-1310</u>
North Central Human Service Center (Minot region)	• Crisis line: <u>701-857-8500</u> • Toll-free: <u>1-888-470-6968</u>
Northwest Human Service Center (Williston region)	• Crisis line: <u>701-572-9111</u> • Toll-free: <u>1-800-231-7724</u>
Additional Information about ND Human Service Centers, including walk-in hours:	• hhs.nd.gov/helpishere/services
The Village Family Service Centers	
Bismarck	• thevillagefamily.org/locations/Bismarck
Fargo	• thevillagefamily.org/locations/Fargo-2701
Grand Forks	• thevillagefamily.org/locations/Grand-Forks
Minot	• thevillagefamily.org/locations/Minot

SUPPORT FOR PROFESSIONALS/FIRST RESPONDERS

Safe Call Now (Public Safety & EMS)	• <u>1-206-459-3020</u>
Fire/EMS Helpline	• <u>1-888-731-3473</u>
North Dakota Professional Health Program	• ndphp.org • <u>701-751-5090</u>
Frontline Helpline	• <u>1-866-676-7500</u>

DOMESTIC VIOLENCE, ABUSE, AND SEXUAL ASSAULT RESOURCES

National Child Abuse Hotline	• <u>1-800-4-A-CHILD (1-800-422-4453)</u>
National Sexual Assault Hotline	• <u>1-800-656-HOPE (4673)</u>
National Domestic Violence Hotline	• <u>1-800-799-SAFE (7233)</u> • <u>1-800-787-3224</u> (hearing impaired line)
RAINN (Rape, Abuse & Incest National Network)	• <u>1-800-656-HOPE (4673)</u> • 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.

- [Find Help - North Dakota Domestic & Sexual Violence Coalition - North Dakota Domestic & Sexual Violence Coalition](#)

TREATMENT RESOURCES

Substance Use Resources

North Dakota Department of Health and Human Services	• hhs.nd.gov/behavioral-health/substance-abuse-treatment-programs • hhs.nd.gov/behavioral-health/addiction • 1-701-291-7901
Community Medical Services (Minot, Fargo, Grand Forks)	• 1-855-203-6352 • communitymedicalservices.org/treatment-programs
Naloxone Access/Treatment Information	• Behavioral Health Free Resources > Order Narcan • hhs.nd.gov/opioids (Training & request for free naloxone)
North Dakota Regional Human Service Centers	• hhs.nd.gov/HSC
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. • 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) • findtreatment.SAMHSA.gov

Mental Health Treatment

North Dakota Department of Health and Human Services	• hhs.nd.gov/behavioral-health/mental-health • hhs.nd.gov/behavioral-health/directory/search/AllProviders.aspx (Find a program) • hhs.nd.gov/988
North Dakota Regional Human Service Centers	• 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) • samhsa.gov/find-help

RESOURCES FOR SPECIAL POPULATIONS

Veterans/Military

Veteran's Crisis Line:	• Dial <u>988</u> then Press 1
Vets4warriors	• vets4warriors.com
ND Cares	Response to ND Governor's Challenge to Prevent Suicide Among Military Service Members, Veterans and Families (SMVF) • ndcares.nd.gov
Quick Reference Guide	• padlet.com/NDGovChallenge/veteran-community-provider-quick-reference-guide-ukum1ind5q0641kn
Psych/Armor	• governorchallenge.psycharmor.org (select North Dakota)
Star Behavior Health Providers (SVHP)	• starproviders.org
In-person Military Culture training for your organization	Nikki Frohlich (Southern ND region) • nicole.r.frohlich.nfg@army.mil • (701)333-3838 Kelli Weiland (Northern ND region) • colleen.y.weiland.nfg@army.mil • (701)420-5848

Gay, Lesbian, Bisexual, Transgender

GLBT National Help Center	• 1-888-843-4564 • glnh.org
Trevor Project Crisis Line – LGBTQ Youth	• 1-866-4-U-TREVOR (488-7386) • theTrevorProject.org
SAGE Advocacy & Services for LGBTQ Elders	• 1-877-360-5428 • sageusa.org
Trans Lifeline	• 1-877-565-8860 • translifeline.org
Local Resources (ND, MN, SD)	• harborhealthinitiative.org/directory • Print Outs: fayeseidlerconsulting.com/print-outs.html

SELF-HELP RESOURCES AND GROUPS

Alcoholics Anonymous	• aa.org/pages/en_US/find-aa-resources
Narcotics Anonymous	• 1-888-GET-HOPE (438-4673) (Hopeline) • na.org/meetingsearch
Al-Anon/Teen Family Groups	• al-anon.org
Nar-Anon Family Groups	• Find a Meeting — Nar-Anon Family Groups
Dual Recovery Anonymous	• Dual Recovery Anonymous 12 Step for Dually Diagnosed People
Gambler ND	• 1-888-702-7848 • gamblernd.com
SMART Recovery	• smartrecovery.org
Recovery Talk (24/7 peer support for addiction)	• 1-701-291-7901 • hhs.nd.gov/behavioral-health/recovery-talk
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. • mhand.org
Crisis Safety Plan	• Click Here to view fillable document.

VIRTUAL SERVICES/ONLINE THERAPY

BetterHelp	Provides professional, affordable, and personalized therapy in a convenient online format. • betterhelp.com
Talkspace	Online therapy platform that provides users the confidential support of a licensed therapist. • talkspace.com
HelpGuide	Website that provides mental health and well-being resources, guidance, strategies, and more. • helpguide.org
7Cups	Free, anonymous, 24/7 virtual chat with trained volunteers. Online therapy is also available. • 7cups.com

ADDITIONAL RESOURCES

The Aging and Disability Resource Link (ADRL) of North Dakota	• carechoice.nd.assistguide.net • 1-855-462-5465 • CareChoice@ND.gov
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 • legalassist.org
Legal Advice	Provides legal information, lawyer profiles, and a community to help individuals make legal decisions. • findlaw.com
F5 Project (North Dakota)	Help the formerly incarcerated, those who have an addiction, veterans, and anyone needing housing, recovery, resources, peer support, or plan to change their life. • f5project.org
Free Through Recovery (North Dakota)	A community-based behavioral health program designed to increase recovery support services to individuals involved with the criminal justice system with behavioral health concerns. • behavioralhealth.nd.gov/addiction/FTR
Mental Health Advance Directive	• ndpanda.org/mental-health-advance-directives
North Dakota Pediatric Mental Health Care Access Program	Provides support to you in delivering critical mental health screening and evidence-based treatment to pediatric patients. • ndpmhca.org
ND Peer Support Specialists	• hhs.nd.gov/behavioral-health/peer-support
Requesting Firearm Secure Storage and Safety Devices	• ndhopes.com/lethal-means-safety