# Need strength?
# 988 is here.

**Get help dealing with substance use or a mental health crisis.**

Talk to trained professionals 24/7 who can offer support and connect you with local help for mental health issues, suicidal thoughts or substance use.

988 SUICIDE & CRISIS LIFELINE

NORTH Dakota | Behavioral Health HEALTH & HUMAN SERVICES

FirstLink

**Suicide & Crisis Lifeline**

**988**

**CALL, TEXT OR CHAT**

**988Lifeline.org**