Need hope?
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