

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	<ul style="list-style-type: none"> • Dial 911
988 Suicide and Crisis Lifeline	<ul style="list-style-type: none"> • Dial or Text <u>988</u> for the suicide and crisis lifeline. • <u>1-800-273-TALK(8255)</u> (press 1 for veterans, 2 for Spanish) (Calls are answered locally by FirstLink.)
FirstLink/Community Resources	<ul style="list-style-type: none"> • 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)	<ul style="list-style-type: none"> • <u>crisistextline.org</u>
Mental Health Helplines (find a helpline for a specific challenge)	<ul style="list-style-type: none"> • <u>helpguide.org/find-help</u>

CRISIS AND MENTAL HEALTH RESOURCES (income-based services)	
Human Service Centers	
West Central Human Service Center (Bismarck region)	<ul style="list-style-type: none"> • Crisis Line: <u>701-328-8899</u> • Toll-free: <u>1-888-328-2112</u>
Lake Region Human Service Center (Devils Lake region)	<ul style="list-style-type: none"> • Crisis line: <u>701-662-5050</u> • Toll-free: <u>1-888-607-8610</u>
Badlands Human Service Center (Dickinson region)	<ul style="list-style-type: none"> • Crisis line: <u>701-290-5719</u> • Toll-free: <u>1-888-227-7525</u>
Southeast Human Service Center (Fargo region)	<ul style="list-style-type: none"> • Crisis line: <u>701-298-4500</u> • Toll-free: <u>1-888-342-4900</u>

Northeast Human Service Center (Grand Forks region)	<ul style="list-style-type: none"> • Crisis line: 701-775-0525 • Toll-free: 1-800-845-3731
South Central Human Service Center (Jamestown region)	<ul style="list-style-type: none"> • Crisis line: 701-253-6304 • Toll-free: 1-800-260-1310
North Central Human Service Center (Minot region)	<ul style="list-style-type: none"> • Crisis line: 701-857-8500 • Toll-free: 1-888-470-6968
Northwest Human Service Center (Williston region)	<ul style="list-style-type: none"> • Crisis line: 701-572-9111 • Toll-free: 1-800-231-7724
Additional Information about ND Human Service Centers, including walk-in hours:	<ul style="list-style-type: none"> • 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)	• 1-206-459-3020
Fire/EMS Helpline	• 1-888-731-3473
North Dakota Professional Health Program	<ul style="list-style-type: none"> • ndphp.org • 701-751-5090
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	<ul style="list-style-type: none"> • 1-800-799-SAFE (7233) • 1-800-787-3224 (hearing impaired line)
RAINN (Rape, Abuse & Incest National Network)	<ul style="list-style-type: none"> • 1-800-656-HOPE (4673) • rainn.org
<p>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.</p> <ul style="list-style-type: none"> • cawsnorthdakota.org/get-help/advocacycenterdirectory 	

TREATMENT RESOURCES

Substance Misuse Treatment

<p>North Dakota Department of Health and Human Services</p>	<ul style="list-style-type: none"> • hhs.nd.gov/behavioral-health/substance-abuse-treatment-programs • hhs.nd.gov/behavioral-health/addiction • 1-701-291-7901
<p>Community Medical Services (Minot, Fargo, Grand Forks)</p>	<ul style="list-style-type: none"> • 1-855-203-6352 • communitymedicalservices.org/treatment-programs
<p>Naloxone Access/Treatment Information</p>	<ul style="list-style-type: none"> • prevention.nd.gov/stopoverdose/naloxone • hhs.nd.gov/opioids (Training & request for free naloxone)
<p>North Dakota Regional Human Service Centers</p>	<ul style="list-style-type: none"> • hhs.nd.gov/HSC (Free naloxone upon request)
<p>Behavioral Health Bridge (Sanford/UND)</p>	<p>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.</p> <ul style="list-style-type: none"> • behavioralhealthbridge.com
<p>Substance Abuse and Mental Health Services Administration (SAMHSA)</p>	<p>SAMHSA's National Helpline provides free, 24-hour information and referral assistance to local treatment facilities, support groups, and community-based organizations.</p> <ul style="list-style-type: none"> • 1-800-662-HELP (4357) • findtreatment.SAMHSA.gov

Mental Health Treatment

<p>North Dakota Department of Health and Human Services</p>	<ul style="list-style-type: none"> • hhs.nd.gov/behavioral-health/mental-health • hhs.nd.gov/behavioral-health/directory/search/AllProviders.aspx (Find a program) • hhs.nd.gov/988
<p>North Dakota Regional Human Service Centers</p>	<ul style="list-style-type: none"> • hhs.nd.gov/HSC
<p>Substance Abuse and Mental Health Services Administration (SAMHSA)</p>	<p>SAMHSA's National Helpline provides free, 24-hour information and referral assistance to local treatment facilities, support groups, and community-based organizations.</p> <ul style="list-style-type: none"> • 1-800-662-HELP (4357) • samhsa.gov/find-help

RESOURCES FOR SPECIAL POPULATIONS

Veterans/Military

Veteran's Crisis Line:	<ul style="list-style-type: none"> • Dial 988 then Press 1
Vets4warriors	<ul style="list-style-type: none"> • vets4warriors.com
ND Cares	<p>Response to ND Governor's Challenge to Prevent Suicide Among Military Service Members, Veterans and Families (SMVF)</p> <ul style="list-style-type: none"> • ndcares.nd.gov
Quick Reference Guide	<ul style="list-style-type: none"> • padlet.com/NDGovChallenge/veteran-community-provider-quick-reference-guide-ukum1ind5q0641kn
Psych/Armor	<ul style="list-style-type: none"> • governorchallenge.psycharmor.org (select North Dakota)
Star Behavior Health Providers (SVHP)	<ul style="list-style-type: none"> • starproviders.org
In-person Military Culture training for your organization	<p>Nikki Frohlich (Southern ND region)</p> <ul style="list-style-type: none"> • nicole.r.frohlich.nfg@army.mil • (701)333-3838 <p>Kelli Weiland (Northern ND region)</p> <ul style="list-style-type: none"> • colleen.y.weiland.nfg@army.mil • (701)420-5848
Gay, Lesbian, Bisexual, Transgender	
GLBT National Help Center	<ul style="list-style-type: none"> • 1-888-843-4564 • glnh.org
Trevor Project Crisis Line – LGBTQ Youth	<ul style="list-style-type: none"> • 1-866-4-U-TREVOR (488-7386) • theTrevorProject.org
SAGE Advocacy & Services for LGBTQ Elders	<ul style="list-style-type: none"> • 1-877-360-5428 • sageusa.org
Trans Lifeline	<ul style="list-style-type: none"> • 1-877-565-8860 • translifeline.org
Local Resources (ND, MN, SD)	<ul style="list-style-type: none"> • harborhealthinitiative.org/directory • Print Outs: fayeseidlerconsulting.com/print-outs.html

SELF-HELP RESOURCES AND GROUPS

Alcoholics Anonymous	<ul style="list-style-type: none"> • aa.org/pages/en_US/find-aa-resources
Narcotics Anonymous	<ul style="list-style-type: none"> • 1-888-GET-HOPE (438-4673) (Hopeline) • na.org/meetingsearch
Al-Anon/Teen Family Groups	<ul style="list-style-type: none"> • al-anon.org
Nar-Anon Family Groups	<ul style="list-style-type: none"> • nar-anon.org/find-a-group
Dual Recovery Anonymous	<ul style="list-style-type: none"> • draonline.org/meetings
Gambler ND	<ul style="list-style-type: none"> • 1-888-702-7848 • gamblernd.com
SMART Recovery	<ul style="list-style-type: none"> • smartrecovery.org
Recovery Talk <i>(24/7 peer support for addiction)</i>	<ul style="list-style-type: none"> • 1-701-291-7901 • hhs.nd.gov/behavioral-health/recovery-talk
Mental Health America of North Dakota (MHAND)	<p>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.</p> <ul style="list-style-type: none"> • mhand.org
Crisis Safety Plan	<ul style="list-style-type: none"> • Click Here to view fillable document.

VIRTUAL SERVICES/ONLINE THERAPY

BetterHelp	<p>Provides professional, affordable, and personalized therapy in a convenient online format.</p> <ul style="list-style-type: none"> • betterhelp.com
Talkspace	<p>Online therapy platform that provides users the confidential support of a licensed therapist.</p> <ul style="list-style-type: none"> • talkspace.com
HelpGuide	<p>Website that provides mental health and well-being resources, guidance, strategies, and more.</p> <ul style="list-style-type: none"> • helpguide.org
7Cups	<p>Free, anonymous, 24/7 virtual chat with trained volunteers. Online therapy is also available.</p> <ul style="list-style-type: none"> • 7cups.com

ADDITIONAL RESOURCES

The Aging and Disability Resource Link (ADRL) of North Dakota	<ul style="list-style-type: none"> • carechoice.nd.assistguide.net • 1-855-462-5465 • CareChoice@ND.gov
Homeowner's HOPE™ Hotline	<p>Provides free comprehensive financial education and confidential foreclosure prevention counseling 24/7.</p> <ul style="list-style-type: none"> • 1-888-995-HOPE (4673)
Legal Services of North Dakota	<p>Provides legal assistance to low-income and elderly North Dakotans</p> <ul style="list-style-type: none"> • legalassist.org
Legal Advice	<p>Provides legal information, lawyer profiles, and a community to help individuals make legal decisions.</p> <ul style="list-style-type: none"> • findlaw.com
F5 Project (North Dakota)	<p>Help the formerly incarcerated, those who have an addiction, veterans, and anyone needing housing, recovery, resources, peer support, or plan to change their life.</p> <ul style="list-style-type: none"> • f5project.org
Free Through Recovery (North Dakota)	<p>A community-based behavioral health program designed to increase recovery support services to individuals involved with the criminal justice system with behavioral health concerns.</p> <ul style="list-style-type: none"> • behavioralhealth.nd.gov/addiction/FTR
Mental Health Advance Directive	<ul style="list-style-type: none"> • ndpanda.org/mental-health-advance-directives
North Dakota Pediatric Mental Health Care Access Program	<p>Provides support to you in delivering critical mental health screening and evidence-based treatment to pediatric patients.</p> <ul style="list-style-type: none"> • ndpmhca.org
ND Peer Support Specialists	<ul style="list-style-type: none"> • hhs.nd.gov/behavioral-health/peer-support
Requesting Firearm Secure Storage and Safety Devices	<ul style="list-style-type: none"> • ndhopes.com/lethal-means-safety