

# Don't fight your feelings alone.

---

## Here to help. Here to listen.

Find help and hope for suicidal thoughts, substance misuse, and other emotional/mental health crises.



Suicide &  
Crisis Lifeline

# 988

CALL, TEXT OR CHAT

[988Lifeline.org](https://988Lifeline.org)

A North Dakota  
Behavioral Health  
Initiative

FirstLink

988 SUICIDE & CRISIS  
LIFELINE