



**Need connection ?**  
**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.



A North Dakota Behavioral Health Initiative

**FirstLink**

**988 SUICIDE & CRISIS LIFELINE**

**Suicide & Crisis Lifeline**

**988**

**CALL, TEXT OR CHAT**

**988Lifeline.org**