



**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.



A North Dakota Behavioral Health Initiative

FirstLink

988 SUICIDE & CRISIS LIFELINE

Suicide & Crisis Lifeline

988

CALL, TEXT OR CHAT

988Lifeline.org