

A woman with long dark hair and several tattoos is shown from the chest up. She is wearing a dark, ribbed, halter-neck top. Her tattoos include a large circular design on her right shoulder, a palm tree on her left arm, and the word 'micuywé' on her left shoulder. The background is a blurred forest with green trees and a path.

Life is sacred. 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