

# Mental Health Resources

<https://www.behavioralhealth.nd.gov/>

**FirstLink** is a free, confidential service available to anyone 24/7/365 for listening and support, referrals to resources/help and crisis intervention. FirstLink answers the 211 help line, the National Suicide Prevention Lifeline and communicates via Text line 898-211. FirstLink provides these services across the entire state of North Dakota and parts of Minnesota. Dial 2-1-1 or text your zip code to 898-211 from anywhere in our service area for confidential help and support.

**FirstLink's Suicide Lifeline, 1-800-273-TALK (8255)**, is connected to a national network of crisis services, so no call for help is unanswered. Our Call Specialists help those who are having thoughts of suicide themselves, or who have a concern about someone. This service has a feature for veterans. When veterans, their families or friends call this number and press 1, they can talk to a trained professional in a specialized veterans center.

## Behavioral Health Services:

### Minot Region

Crisis Line:

701-857-8500 or toll-free 1-888-470-6968

Open Access (walk-in)

Assessment Hours:

Mon. - Fri. 8 a.m. to 5 p.m.

Telephone/TTY:

701-857-8500 toll-free 888-470-6968, 711 (TTY)

### Bismarck Region

Crisis Line:

701-328-8899 or toll-free 1-888-328-2112

Open Access (walk-in)

Assessment Hours:

Mon. - Fri. 8 am to 2:30 pm

Telephone/TTY:

701-328-8888 toll-free: 1-888-328-2662, 711 (TTY)

Mental health help is available nationwide; a lifeline has been established – **dial 988** – and be connected to immediate help for anyone wrestling with depression/suicidal thoughts.

Text HOME to 741741  
to connect with a Crisis  
Counselor

Free 24/7 support at your fingertips.

### National Empowerment Center [www.power2u.org](http://www.power2u.org)

A mission to carry a message of recovery, empowerment, hope and healing to those diagnosed with a mental illness; providing info and advocacy resources.

### The Trevor Project

(866) 488-7386

Free & confidential

suicide prevention help line for  
LGBTQIA youth.

### National Alliance on Mental Illness [www.nami.org](http://www.nami.org)

A nonprofit, grassroots, self help, support and advocacy org of individuals with mental disorders in their families. Provides resources, support groups, education and training.