

North Dakota Crisis Continuum

North Dakota is following national best practices to create a comprehensive crisis continuum that includes three core elements:



Someone to Talk to

988 Suicide & Crisis Lifeline

- Available 24/7 statewide.
- Free and confidential.
- Students, family and school personnel can speak with trained crisis counselors who assess risk, provide support and initiate local response if needed.
- Call, text or chat options available.



Someone to Respond

Mobile Crisis Response Teams

- Available 24/7 in many counties through behavioral health clinics or community partnerships.
- The central access point for mobile crisis response teams is 988.
- In-person or telehealth-enabled crisis response at home, school or in the community.
- Focus on de-escalation, stabilization and linkage to care.



A Safe Place for Help

Providing access to immediate treatment and support services close to home can aid in crisis prevention and postvention.

- School, home and community-based settings with natural and professional supports.
- All eight behavioral health clinics offer same-day, walk-in behavioral health assessment and referral to appropriate services.
- Emergency services and hospital emergency departments as needed.

988

SUICIDE & CRISIS LIFELINE

Call or Text: 988

Chat: 988lifeline.org

24/7 FREE and Confidential Support

**Reach out to your
regional behavioral
health clinics**



NORTH
Dakota Be Legendary.
Health & Human Services