

Looking for Behavioral Health Services?

Start with the North Dakota Behavioral Health Navigator.



Contact the Behavioral Health Navigator

Support is available during normal business hours.

 dhsbhd@nd.gov  [701.328.8920](tel:701.328.8920)

How We Help

- ✓ Find mental health services
- ✓ Find substance use services
- ✓ Learn about resources for individuals and families
- ✓ Understand clinical or medical language
- ✓ Take the first step in the behavioral health system

In the 2023 North Dakota legislative session, a Behavioral Health Navigator position was created within the Department of Health and Human Services' Behavioral Health Division.

Who is this for?

People who are not in crisis and are looking for behavioral health support but don't know where to begin. Individuals in crisis are encouraged to contact 988 for immediate crisis support, and 211 for general community resources.

Need help dealing with a substance use or a mental health crisis?

988 suicide & crisis
LIFELINE

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.