



# Behavioral Health NAVIGATOR

The North Dakota  
Behavioral Health Navigator  
is available to

- Facilitate connection to mental health and substance use services
- Identify resources for individuals and families
- Assist in interpreting clinical language

Individuals looking for behavioral health supports and unsure where to start can email **dhsbhd@nd.gov** or call **701.328.8920**

*The Behavioral Health Navigator will be available during normal business hours.*

## Who can utilize the Behavioral Health Navigator?

Any individual or family member looking for assistance in navigating the behavioral health system.

## Does the Behavioral Health Navigator replace mental health services, care coordination or other supportive services an individual may have in place?

No, individuals should still utilize services currently in place. The Behavioral Health Navigator is not licensed to provide clinical services but can assist in navigating behavioral health services and offer support to individuals with immediate behavioral health needs and act as the connection to services for individuals.

## How does the Behavioral Health Navigator differ from 211?

The Behavioral Health Navigator does not replace 211 and individuals are still encouraged to utilize 211 when looking for community resources. The role of the Behavioral Health Navigator is to assist with navigating the behavioral health system specifically.

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

Suicide &  
Crisis Lifeline  
**988**  
CALL, TEXT OR CHAT

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.

*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.*

Visit [www.hhs.nd.gov/behavioral-health](http://www.hhs.nd.gov/behavioral-health) to learn more about behavioral health in North Dakota.