

# Need hope? 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.



**Suicide &  
Crisis Lifeline**

# 988

**CALL, TEXT OR CHAT**

**988Lifeline.org**

**988**  
SUICIDE & CRISIS  
LIFELINE

**NORTH Dakota** | Behavioral Health  
Be Legendary. HEALTH & HUMAN SERVICES

**FirstLink**