



**A free helpline answered
24 hours a day.**

- Listening & Support
2-1-1 provides a supportive, non-judgmental listening ear.
- Information & Referral
FirstLink's database contains primarily nonprofit human service resources in North Dakota and Clay County, Minnesota.

**Individuals are welcome to call
about a variety of needs including,
but not limited to:**

- Addictions
- Disasters
- Emergency Shelters
- Financial Assistance
- Food Assistance
- Military Support
- Support Groups
- Volunteer Opportunities



www.myfirstlink.org

PO Box 447

Fargo, ND 58107-0447

Helpline: dial 2-1-1
or 701-235-7335 (SEEK)

Suicide Lifeline: 1-800-273-8255 (TALK)

Fax: 701-235-2476

Funded in part by:



DIAL THE

DISABILITY
UTILITY ASSISTANCE
RENTAL ASSISTANCE
PASS IT ON
\$211
MILITARY SUPPORT
TRANSFORMATION

WE ARE STANDING
BY 24 HOURS
A DAY 7 DAYS A WEEK
HERE WE'LL BE
HERE

FOOD BASKETS
GRIEF
ASSAULT
ABUSE
HEALTH CARE
SEXUALITY
SUBSTANCE ABUSE
YOUTH

DO SOMETHING ABOUT THIS
TRANSPORTATION
RELATIONSHIPS
ADDITION
FINANCIAL ASSISTANCE
EMERGENCY SHELTER
COUNSELING
HEALTH

WHEN TIMES ARE ROUGH DURING TIMES OF CRISIS

EMPLOYMENT
FRIENDS
SUICIDE
DISASTER

HELPLINE



2-1-1 Helpline

FirstLink strives to be the first point of contact for information and referral, listening and support, and military/veteran support.

FirstLink's 2-1-1 Helpline is a free service available 24/7 to the public. Call Specialists offer supportive, non-judgmental listening ears and provide information about your community resources. To reach the helpline, dial 2-1-1 or 701-235-7335 (SEEK). The resources can also be accessed online at www.myfirstlink.org.

FirstLink also provides unique suicide services, including Suicide Survivors' Support Group, Suicide Education Outreach, Applied Suicide Intervention Skills Training (ASIST), and answers calls on the National Suicide Prevention Lifeline (NSPL).

If you or someone you know are having thoughts of suicide dial 1-800-273-8255 (TALK) to reach the National Suicide Prevention Lifeline 24 hours a day. FirstLink is the only NSPL call center in North Dakota.



Volunteer Opportunities

Behind the ideas and efforts of building a better world, volunteers fuel a movement of compassion and connection. FirstLink acts as the vital link between volunteers and organizations needing volunteers. The Volunteer Center provides easy access to a wide range of volunteer opportunities at nonprofit organizations and local government agencies. FirstLink also provides training, resources, and assistance to agencies, businesses, schools, and others who work with volunteers. To volunteer go to www.myfirstlink.org or call 2-1-1.

