

211

For Help

The Number to Call
When You Don't
Know Who to Call



There is No Wrong Reason to Call

Isolation • Substance Use
Suicidal Thoughts • Trauma
Depression • Mental Health
Stress • Relationship Conflict
Concerns for Loved Ones

We will offer support and connect you to services. It's free 24-hours a day, 365 days a year, and is 100% confidential.

NORTH
Dakota | Human Service Centers
Be Legendary.™

behavioralhealth.nd.gov/crisis

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