

Call the Suicide Prevention Lifeline anytime **1.800.273.TALK (8255)**



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It is natural to feel anxiety and worry during this pandemic. Now more than ever we all can take time to take care of our own behavioral health and look out for those most vulnerable in our community. **Help is Here** offers a link to a wide variety of resources, from learning some new self-care practices to finding behavioral health treatment options, to economic assistance options.

## Substance Use Disorder (SUD) Voucher

Lori Steele, Lead Administrator, SUD Voucher  
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The **SUD Voucher** supports eligible individuals in their personal recovery by reducing financial barriers in accessing substance use disorder treatment and recovery services.



Lacresha Graham, Manager, Addiction / Recovery Program & Policy  
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If you don't know where to begin getting help with addiction for yourself or someone you know—start here. Call or text 701-291-7901 to speak to a trained peer support specialist with lived experience in addiction to chat and receive support.



Eric Bonness, Lead Administrator for Free Through Recovery  
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**Free Through Recovery** is a community based behavioral health program designed to increase recovery support services to individuals involved with the criminal justice system who have behavioral health concerns.



Alyson Olthoff, Lead Administrator for Community Connect  
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**Community Connect** is designed to meet the needs of individuals through Care Coordination, Peer Support and Recovery Services, helping pregnant women, families, caregivers, and individuals by providing a one-stop entry point for needed services, such as housing, employment, financial, parenting, physical health, and community connections.



James Knopik, Manager, Addiction and Prevention Program and Policy  
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Every aspect of the opioid crisis requires great care. From understanding the risks and benefits of pain medications to knowing the signs of addiction, to recognizing an overdose and knowing how to help - there are ways all of us can care for each other and ourselves.

To request a free 2-dose Narcan kit please fill out an order form at <https://www.surveymonkey.com/r/NDNarcan> or call a behavioral health team member at 701-328-8920.



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Our mission is simple: to support parents in promoting the behavioral health of their children. **Parents Lead** is an evidence-based prevention program that provides parents and caregivers with a wide variety of tools and resources to support them in creating a safe environment for their children that promotes behavioral health.