



We believe in fighting the stigma of mental health issues and suicide through the services we provide:

- Access to 24-hour help and hope through the 2-1-1 Helpline and National Suicide Prevention Lifeline
- Trainings on suicide and mental health that range from a few hours to 2 days.
- Follow-up calls to those that need extra support after suicidal thoughts or actions.

FirstLink

24 Hour Telephone Services

- FirstLink 2-1-1 Helpline
- Call Forwarding Lines
- National Suicide Prevention Lifeline (NSPL)

Suicide Support Services

- Suicide Follow-up Call Program
- Suicide Education Outreach in the schools
- Suicide Prevention Trainings

Giving Tree of Hope with Toys for Tots – For Cass County, ND, Clay County, MN and surrounding area

FirstLink 24-Hour Phone Service

Helpline

- **2-1-1** or 235-SEEK
- Information and Referral
- Potential Wait Time for Caller

Suicide Lifeline

- 1-800-273-8255 (TALK)
- Suicide Intervention
- Routed to Nearest Available Call Center

All Phone Lines

- Free
- Non-judgmental
- Emotional Support
- 24/7

Database of Community Resources

Contains thousands of different programs, nonprofits, and government agencies

Each entry includes a brief program description, contact information, eligibility requirements, fees and office hours

Viewable online:

www.myfirstlink.org

Click: “Find Resources Here”

Database of Community Resources

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

- Abuse/Assault
- Addiction
- Basic Needs
- Disability
- Disaster Assistance
- Emergency Shelter
- Employment
- Faith Communities
- Financial Assistance
- Food Assistance
- Gambling
- Grief
- Healthcare
- Libraries
- Mental Health
- Military Support
- Parenting
- Recreation
- Senior Centers
- Substance Abuse
- Suicide
- Support Groups
- Transportation
- Volunteer Opportunities
- Youth
- AND MUCH MORE!!!

2017 Statistics

Total Contacts: 51,351

Total Resources Given: 19,407

Calls related to suicide: 6,533

4,810 Suicide Follow-up Calls made in 2017

Contacted Dispatch/Law Enforcement : 45

Questions or Comments?



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

NSPL (National Suicide Prevention Lifeline):
1-800-273-8255 (TALK)

Website:
www.myfirstlink.org

 Facebook: **www.facebook.com/myfirstlink**

 Twitter: **twitter.com/myfirstlink_org**

 Blog: **myfirstlink.areavoices.com**

 Youtube: **www.youtube.com/user/myfirstlink**

 Pinterest: **pinterest.com/firstlink**

