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?

Facebook: www.facebook.com/myfirstlink
Twitter: twitter.com/myfirstlink_org
Blog: myfirstlink.areavoices.com
Youtube: www.youtube.com/user/myfirstlink
Pinterest: pinterest.com/firstlink

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