

North Dakota



988 Suicide & Crisis Lifeline — Call or text 988 988

Lifeline North Dakota

Call or text 988

24/7 emotional support and crisis intervention

FirstLink

211 or 701-235-7335

Crisis support

Suicide prevention

Resource referrals

Mental Health Services & Counseling Statewide Access

North Dakota Department of Health and Human Services Behavioral Health Division Provides:

Mental health treatment

Crisis services Substance-
use programs

Community-based care

Human Service Zones

North Dakota provides services through regional Human Service Zones, offering:

Therapy & counseling

Psychiatric services

Crisis intervention

Case management

Major Providers by Region

Fargo Area

Southeast Human Service Center

Mental health and addiction services

Bismarck Area

- West Central Human Service Center
Counseling, crisis care, and psychiatric services

Statewide / Multiple Locations

- Sanford Health Behavioral Health
Mental health and addiction treatment
- CHI St Alexius Health Behavioral Health
Inpatient and outpatient care

Addiction Recovery & Rehabilitation Programs

Statewide Treatment Access

- North Dakota Substance Use Disorder Services
Offers:
 - Detox programs
 - Residential rehab
 - Outpatient treatment
 - Medication-assisted treatment

Key Recovery Providers

- ShareHouse
Residential and outpatient addiction treatment
- Prairie St Johns
Mental health and substance-use care
- Heartview Foundation
Addiction treatment and recovery programs

Shelters & Housing Assistance

Emergency Shelters

- New Life Center Fargo
Emergency shelter and support services
- Bismarck Emergency Shelter
Shelter and basic needs support

Women, Youth & Domestic Violence Support

- **North Dakota Council on Abused Womens Services**
Shelter connections and advocacy

- Abused Adult Resource Center
Emergency shelter and survivor support
- Youthworks
Shelter and support for at-risk youth

How to Get Help in North Dakota

- Call 988 or FirstLink (fastest support)
- Dial 211 for local resources
- Contact your Human Service Zone
- Use North Dakota Medicaid for free/low-cost care