

# F-M Community Resources

## **Available 24 hours/7 days per week:**

- If this is an emergency call: 9-1-1
- FirstLink: Call 211 or text 701-235-7335;
  - Receive free, confidential support, referrals to resources, and crisis intervention including access to the National Suicide Prevention Lifeline
- Rape & Abuse Crisis Center: 701-293-7273; 800-344-7273; [www.info@raccfm.com](mailto:www.info@raccfm.com)
  - Services victims of domestic/dating violence, sexual assault, trafficking, and child sexual abuse
- Recovery Support: 1-844-44TALK2
  - Connect with a trained support specialist who has experienced addiction similar to the caller
- Prairie St. Johns: Call 701-476-7200
  - Providing a full continuum of care for all ages living with mental health and substance use challenges
- Text A Tip: 701-730-8859
  - Report crime information anonymously
- Ask A Nurse (Sanford): 701-234-5000
- Essentia Health: 701-364-8000; [www.essentiahealth.org](http://www.essentiahealth.org)
- Sanford Health: 701-417-2100; [www.sanfordhealth.org](http://www.sanfordhealth.org)

## **Available Weekdays 8-5 pm:**

Southeast Human Service Center 701-298-4500 (ask for RIS Team)

Homeless Support: Stepping Stones Resource Center (SSRC): 701-356-8585

Fargo Cass Public Health: 701-241-1360

Family HealthCare: 701-271-3344

ND Department of Health: 866-207-2880

## **Available Weekdays 5 pm - 8 am / 24 hours a day on weekends:**

Mobile Mental Health Team: 701-298-4500

Works to respond within 30-minutes to resolve a crisis and prevent hospitalization

## **Online Resources:**

FirstLink: [www.myfirstlink.org](http://www.myfirstlink.org)

North Dakota Behavior Health and Human Services: <https://www.behavioralhealth.nd.gov/covid-19>

Parents Lead: <http://www.parentslead.org/COVID-19>

North Dakota Department of Public Instruction: <https://www.nd.gov/dpi/covid-19-behavioral-health>

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