

The North Dakota Department of Human Services can assist individuals who need help addressing stress, anxiety and depression in healthy ways, or who may need assistance with food, heating, child care, and health care coverage. If things are reaching a crisis, we may be able to help.

- **Crisis Help** – If you are in crisis, call our **confidential behavioral health crisis lines** 24-hours per day, seven days a week or go to a regional human service center or one of their outreach offices during business hours for immediate help.
- **Open Access (walk-in) behavioral health assessments** – Walk-in during Open Access hours for mental health and addiction assessment and triage services, and if needed, get connected to help right away. Crisis walk-ins are always welcome during business hours, not just Open Access hours.
- **Substance Use Disorder Voucher Program** – Get help with the cost of addiction treatment and recovery services from participating providers, if you qualify.
- **Economic Assistance Programs** – If you need help affording food and other basics, apply.

Find Help Now:

Bismarck Region – West Central Human Service Center

Serving Burleigh, Emmons, Grant, Kidder, McLean, Mercer, Morton, Oliver, Sheridan, and Sioux counties

Location: 1237 W. Divide Ave., Suite 5, Bismarck, N.D.

Crisis Line: 701-328-8899 or toll-free 1-888-328-2112

Open Access (walk-in) Assessment Hours: Mon., Thurs. 8 - 10:30 a.m.; Tues. & Wed. noon - 2:30 p.m.

Telephone/TTY: 701-328-8888, toll-free: 1-888-328-2662, 711 (TTY)

Devils Lake Region – Lake Region Human Service Center

Serving Benson, Cavalier, Eddy, Ramsey, Rolette and Towner counties

Location: 200 Hwy 2 W. Devils Lake, N.D.

Crisis Line: 701-662-5050 (collect calls accepted) or toll-free 888-607-8610

Open Access (walk-in) Assessment Hours: Mon.- Fri. 8 a.m. - 5 p.m.

Telephone/TTY: 701-665-2200, toll-free: 888-607-8610, 711 (TTY)

***Rolla Outreach Office:** 1102 Main Ave. W., Rolla ND, 58367 | Phone: 701-477-9050

Dickinson Region – Badlands Human Service Center

Serving Adams, Billings, Bowman, Dunn, Golden Valley, Hettinger, Slope, and Stark counties

Location: 300 13th Ave. W., Suite 1, Dickinson, N.D.

Crisis Line: 701-290-5719

Open Access (walk-in) Assessment Hours: Mon., Tues., Wed., Thurs. 8 - 9:30 a.m. MT

Telephone/TTY: 701-227-7500, toll-free: 1-888-227-7525, 711 (TTY)

Fargo Region – Southeast Human Service Center

Serving Cass, Ransom, Richland, Sargent, Steele, and Traill counties

Location: 2624 9th Ave. S., Fargo, N.D.

Crisis Line: 701-298-4500 or **888-342-4900** or **2-1-1 Helpline**

Open Access (walk-in) Assessment Hours: Mon. - Thurs. 9 a.m. - 3 p.m.

Telephone/TTY: 701-298-4500, toll-free: 888-342-4900, 711 (TTY)

Grand Forks Region – Northeast Human Service Center

Serving Grand Forks, Walsh, Pembina and Nelson counties

Location: 151 S. Fourth St., Suite 401, Grand Forks, ND

Crisis Line: 701-775-0525 or toll-free **800-845-3731**

Open Access (walk-in) Assessment Hours: Mon., Tues. and Thurs. 8 - 10:30 a.m.

Telephone/TTY: 701-795-3000, toll-free 888-256-6742, 711 (TTY)

***Grafton Outreach Office:** Life Skills & Transition Center, Admin Bldg, Grafton, Phone: 701-352-4334 **Page 2** →

Jamestown Region – South Central Human Service Center

Serving Barnes, Dickey, Foster, Griggs, LaMoure, Logan, McIntosh, Stutsman, and Wells counties

Location: 520 Third St. N.W., Jamestown, N.D. 58402, **Crisis Line: 701-253-6304**

Open Access (walk-in) Assessment Hours: Mon. - Thurs. 9 a.m.- noon

Telephone/TTY: 701-253-6300, toll-free 1-800-260-1310, 711 (TTY)

**Valley City Satellite Office: City-County Public Health District Bldg, 415 Second Ave. N.E*

Minot Region – North Central Human Service Center

Serving Bottineau, Burke, McHenry, Mountrail, Pierce, Renville and Ward counties

Location: 400 22nd Ave. N.W., Minot, N.D. 58703-1089

Crisis Line: 701-857-8500 or toll-free 1-888-470-6968

Open Access (walk-in) Assessment Hours: Mon.- Thurs. 8-10:30 a.m.

Telephone/TTY: 701-857-8500, toll-free 888-470-6968, 711 (TTY)

Williston Region – Northwest Human Service Center

Serving Divide, McKenzie and Williams counties

Location: 316 Second Ave. W., Williston, N.D. 58802-1266

Crisis Line: 701-572-9111 or toll-free 800-231-7724

Open Access (walk-in) Assessment Hours: Tues., Wed., Thurs. 8-9:30 a.m.

Telephone/TTY: 701-774-4600, toll-free 1-800-231-7724, 711 (TTY)

Other Helpful Resources:

Suicide Prevention Lifeline 1-800-273-8255 (1-800-273-TALK) *If you or someone you know is having thoughts of suicide, talk to someone. With help comes hope. Call any time.*

Online Suicide Prevention Resource – www.behavioralhealth.nd.gov/prevention/suicide

Shares information on warning signs, how to talk with and support someone at risk, and has links to connect with behavioral health professionals in the state.

North Dakota State University: Farm and Ranch Stress Resources

<https://www.ag.ndsu.edu/farmranchstress>

2-1-1 FirstLink

Provides information online or by phone about helpful community and volunteer health and human services resources. Call the 2-1-1 Helpline for confidential listening and support, information, and referral.

- **FirstLink database** of nonprofit agencies, health and human services agencies and government resources is at <http://myfirstlink.org/community-resources>.

Substance Use Disorder Voucher Program

Receive financial help to access substance use disorder treatment and recovery services from participating providers if you qualify.

- **Information** is online at www.behavioralhealth.nd.gov/addiction/substance-use-disorder-voucher
- List of **Participating Providers** is at www.nd.gov/dhs/info/pubs/docs/mhsa/sud-voucher-providers.pdf
- **Questions?** Contact the Behavioral Health Division at 701-328-8920 or sudvoucher@nd.gov.

Economic Assistance Programs

Can help qualifying individuals and families with food, home heating, child care costs and health care coverage.

- **Apply online** at www.nd.gov/dhs or visit a county social service office. County office location and contact information is online at www.nd.gov/dhs/locations/countysocialserv.

MORE HELP: Visit www.NDresponse.gov to learn about help available from other agencies and programs.

North Dakota Department of Human Services
600 E. Boulevard Ave, Dept. 325, Bismarck, ND 58505-0250
701-328-2310 or toll-free 800-472-2622, 711 (TTY)
Website: www.nd.gov/dhs/ Email dhseo@nd.gov