



# ARE YOU IN NEED OF SUPPORT?

If you are thinking of hurting yourself, please reach out and ask for help.

National 24-hour Suicide Prevention Lifeline

**1-800-273-8255 (TALK)**

FirstLink 24-hour Helpline (ND)

**2-1-1 or 701-235-7335 (SEEK)**

Domestic Violence and Rape Crisis Center

Dickinson, ND Available 24-hours

**1-888-225-4506**

Communities Against Violence & Abuse (CAVA)

Lemmon, SD 24-hour crisis line

**605-244-7233**

Crisis Text Line

Free, 24/7 support & information

**Text 741-741**

To schedule an appointment at  
West River Health Services – Behavioral Health

**701-567-6104**