

Sometimes you need help. Sometimes you are help.

Responding to Distressed People

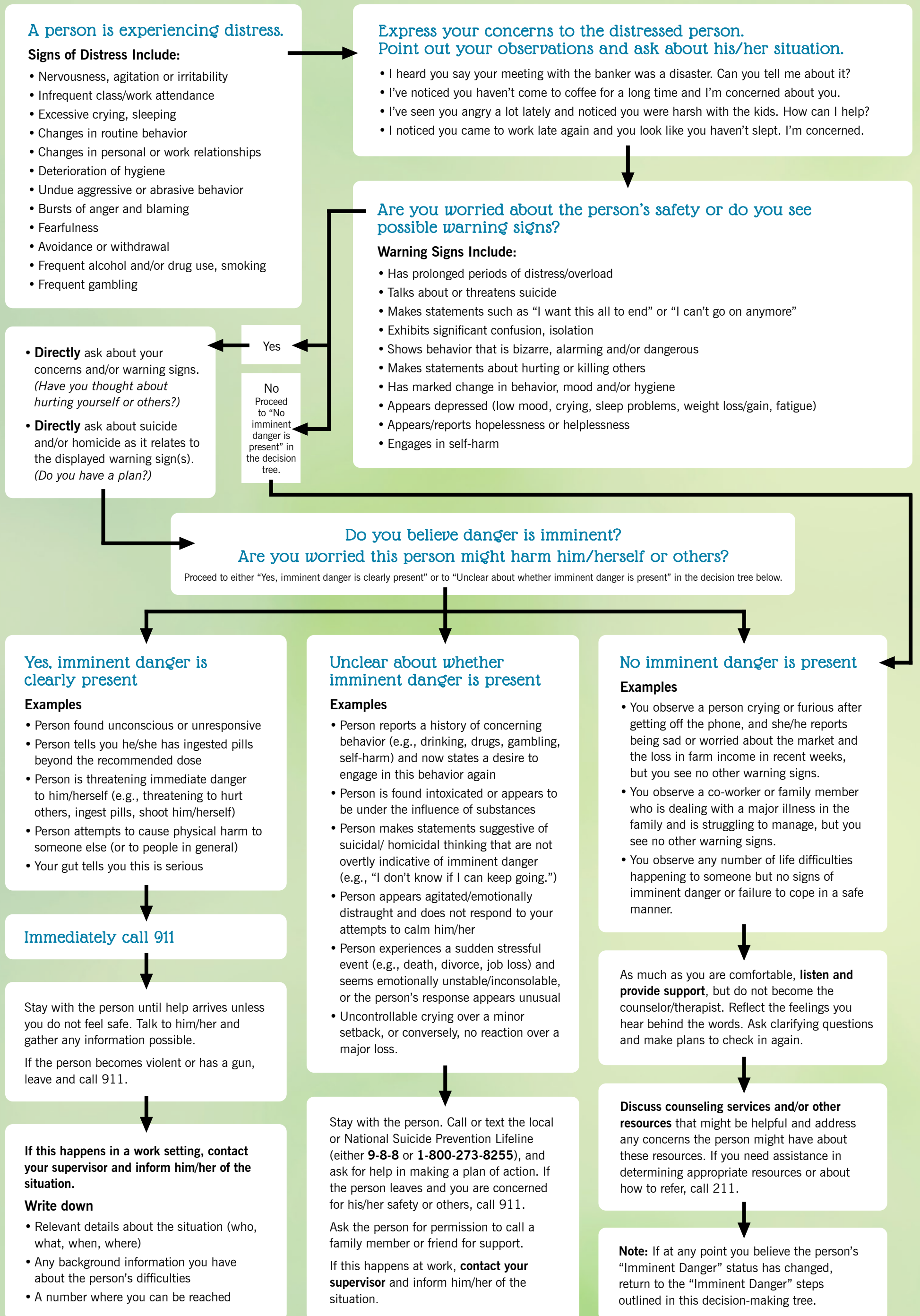
How to recognize warning signs of those in
distress and figure out a course of action

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EXTENSION

North Dakota State University, Fargo, North Dakota

You want to help. As a friend, professional, family or community member, you may encounter people in distress. This information will help you know what to look for, recognize warning signs and figure out a course of action.



Resources

for depression, anxiety, suicide risk or addiction/substance misuse:

- Call 211:** Statewide 24-hour helpline, health and human services information and referral. Also, visit <https://myfirstlink.org/> for further information on helpful resources.
- Suicide and Crisis Lifeline:**
Call or text **9-8-8** or chat live at 988lifeline.org
24-hour crisis support if someone you know needs suicide or mental health-related crisis support. Also, visit <https://988lifeline.org/> for links to more specific support resources.
- Crisis Text Line:**
Text the word **HOME** to **741741** from anywhere in the U.S. to connect with a trained crisis counselor, anytime. Also, you may visit <https://www.crisistextline.org/>.
- ND Behavioral Health Resources:**
For resources related to alcohol, substance or opioid misuse in North Dakota, visit the **Recovery Reinvented** website (<https://recoveryreinvented.com/>) or the **ND Behavioral Health** website (www.hhs.nd.gov/behavioral-health).
- Refer to a **local health-care provider or local mental health professional**. If you meet resistance, suggest and accompany the person to a professional. Some examples might be: clergy members, medically-trained professionals, hospital emergency room personnel, law enforcement agencies/personnel, school counselors, social workers or other local professionals.
- ND Regional Human Service Centers:**
Counseling services available statewide. For information, go to www.hhs.nd.gov/HSC.
- In an emergency, call **911**.

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