

**LOCAL
RESOURCES**

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**EMERGENCY
SUPPORT**

You Matter. You Deserve Help.

- Dial or text 988 for Mental Crisis or 911 for Crisis
- Dial 211 or text ND4me to 898-211 for General Help
- FirstLink prioritizes resolution without police

<https://myfirstlink.org>

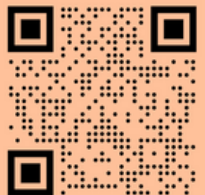


**AFFIRMING
HEALTHCARE**

LGBTQ+ Health and Community Directory

- All Affirming Providers in ND + Border Cities
- All LGBTQ+ Community/Activity/Support Orgs
- Transition Info + Link to at Home STI Test Kits

<https://harborhealthinitiative.org>



**YOUTH
SUPPORT**

Stay Safe, Fed, and Sheltered

- Services for 22 or Under, Drop-Ins across State
- Food, Showers, Transition Housing
- Seeks to Stop Trafficking and Homelessness

<https://youthworksnd.org>



HUMAN RIGHTS

Discrimination is Illegal, Your Rights Matter

- Know Your Rights Resources
- Referrals to Human Rights Experts
- Human Rights Training

<https://www.ndhrc.org>



ADVOCACY

Be the Change You Want in the World

- Weekly Local Equity News + Email Service
- Statewide Advocacy, Organizing, Data Expert
- Created This Resource List!

www.fayeseidlerconsulting.com



**EVERYTHING
ELSE**

General Help Services for All Populations

- All the Food Banks and Homeless Shelters
- Access to Legal Help or Fair Housing
- Job and Transportation Access

<https://www.capnd.org/resources-in-nd>

