

# Reach for Resilience

Helpline for  
ND Healthcare Workers



Call us at  
**701-365-4920**

Identify yourself as a healthcare worker



## Individual support

- ❖ Clarify concerns and guide you to Behavioral Health Resources.

Our website is currently  
*under construction*



## Organization Outreach

- ❖ Share Best Practices for Resilience through:
  - Monthly Newsletters
  - Resource Flyers
  - Webinars



## We're here 24/7

Thanks to our  
partnership  
with FirstLink

If you're in immediate  
crisis, call the Suicide  
Prevention Lifeline:

1-800-273-8255

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