

Reach for Resilience

Helpline for
ND Healthcare Workers

Call us at:
701-365-4920

In a crisis? Call the National Suicide Prevention Lifeline at 1-800-273-TALK

How Much Are You Drinking?

Did You Know: The Lines on a Solo Cup are Measurement Marks



In the US, one “standard” drink contains roughly 14 grams of pure alcohol, which is found in:

- 12 ounces of regular beer
- 5 ounces of wine
- 1.5 ounces of distilled spirits (“hard liquor”, whiskey, rum, gin, vodka, tequila, etc.)

24/7 Recovery Talk

24/7 Recovery Talk is a free, anonymous, and confidential peer support helpline.



Support is available

Talk with someone who's been there

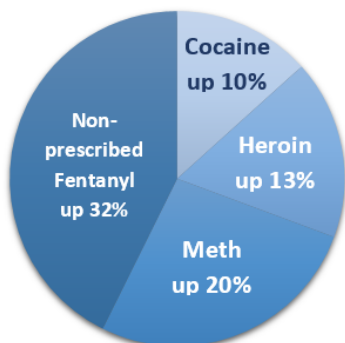
Connect with a trained peer support specialist with lived experience in addiction to chat and receive support.

AVAILABLE 24-7
FREE
ANONYMOUS
CONFIDENTIAL

1.844.44.TALK2

Drug Use during the Pandemic

Drug Use



The stresses of the pandemic and social isolation have taken a toll on people trying to achieve recovery or are in recovery from a substance use disorder. A nationwide analysis showed a steep increase since March 2020 of the drugs listed to the left.

Options if you're concerned:

- Talk to your doctor
- Visit Reach4ResilienceND.com
 - Screening tools
 - Substance use resources (links to support groups)
 - Professional Help options



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