

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 (8255)

May is Mental Health Awareness Month



(Univ of Cincinnati: College of Medicine, 2021)



Check out the University of New Hampshire's website to explore signs of wellness, and ways to grow in each area for a more balanced life.

How are you doing?

When is the last time you checked in with yourself?

Our health and wellness is interconnected and comprised of several dimensions: Emotional, Environmental, Financial, Intellectual, Physical, Occupational, Spiritual, and Social.

The resource we are sharing this month, [CommunityConnect](#), helps to address needs in these different areas.



CommunityConnect
My Recovery. My Story.

Do you have a Mental Health or Substance Use Disorder that is impacting your functioning in various life areas? You are not alone, and help is available.

[CommunityConnect](#) can help by providing a one-stop entry point for needed services, such as housing, employment, financial, parenting, physical health, and community connections.

Care Coordination to assist with short and long-term goals
Peer Support that offers hope, support, and advocacy
Recovery Services to assist individuals with meeting their needs and goals

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