

FS1515

I am so tired.  
I can't take it anymore  
Why me?

I can't cover  
anymore for  
my spouse's  
addictions and  
out-of-control  
spending.

I can't make ends  
meet or feed my family,  
and I can't take the  
pressure anymore.

# 2-1-1

## Don't know where to turn?

*Need someone to talk to?*

*Someone to give you options?*

*Someone to listen and help you sort things out?*

**2-1-1** is a statewide information, referral and crisis management service connecting people in North Dakota to important information when they need it. All you have to do is dial **2-1-1** and someone is available 24 hours a day, seven days a week.

**NDSU**  
Extension Service

[www.ag.ndsu.edu/extension](http://www.ag.ndsu.edu/extension)

North Dakota State University is an Equal Opportunity/Affirmative Action Employer

Life is full of challenges and the staff are eager to help you get things back on track. Issues they can address with you include:

# 2-1-1

Listening and support for a variety of demands in life

Support groups available in North Dakota

Benefit eligibility

Disasters

Food assistance

Emergency shelters

Financial assistance information

Military family support

Volunteer opportunities

Addictions

Contemplating suicide or concerned about someone who is? Call the 24-hour suicide hotline at **(800) 273-8255** or **(800) 273-TALK**.



FirstLink is the designated provider for the state of North Dakota.

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