



FirstLink

Services include support groups as well as substance use disorder services and mental health services.

 myfirstlink.org

 **General:** 701-293-6462

24-hour Helpline: 701-235-7335

Lakeland Mental Health Center

Lakeland Mental Health Center offers individual, family, and/or group therapy, psychological evaluations, psychiatric assessments, and psychiatric medication management.

 lmhc.org

 **Alexandria:** 320-762-2400
Detroit Lakes: 218-847-1676
Fergus Falls: 218-736-6987
Glenwood: 320-634-3446
Moorhead: 218-233-7524
Perham: 218-736-6987

National Crisis Hotline

This national network of local crisis centers provides free and confidential emotional support to people in suicidal crisis or emotional distress.

 suicidepreventionlifeline.org

 **800-273-8255**

Solutions Behavioral Healthcare Professionals

Solutions offers individual, family and group therapy, psychological evaluations, psychiatry services, in-home services and case management.

 solutionsinpractice.org

 **218-287-4338**

Southeast Human Service Center (Fargo)

The Southeast Human Service Center offers behavioral health assessments and connections to appropriate services.

 nd.gov/dhs/locations/regionahsc/southeast/

 **701-298-4500**

24-hour Crisis: 701-298-4500 or 888-342-4900”
