

Resources in the list below are available to anyone, no matter your location, unless specified (some are specific to ND and/or MN).  
 Anything that is bolded, blue, and underlined is a link you can click on to go to the specific website, app, or resource or it is the email that will pop up a new email through your preferred app.  
 Resources are in alphabetical order but are categorized using the following codes: Baby/Pregnancy, Culturally Specific, Disability, Eating Disorders, Friendship, General Support/Mental Health, Healthcare, Homeless/Runaway, LGBTQ/A2S+, Substance Misuse, & Suicide/Self-Harm. Some resources also help with forms of violence (those are listed in the resource).  
 \*You can search for specific resources using these codes through the search feature in your PDF reader or by pressing Ctrl+F on your keyboard.

## Youth-Focused Resource List- General Support & Mental Health

Last Updated: 9/18/2025

Agency	Access Information	Description of Service	Code
<b>988 Suicide and Crisis Lifeline</b>	Forms of Communication are 24/7	Available in English and Spanish and for Deaf/Hard of Hearing individuals.	General Support/Mental Health, Substance Misuse, and Suicide/Self-Harm
	Website: <a href="https://988lifeline.org">988lifeline.org</a>	Free service. Contact if you are facing mental health struggles, emotional distress, alcohol or drug use concerns, or just need someone to talk to. Can also contact as a concerned friend or loved one looking for support.	
	Call or Text: 988		
	Videophone: 988 w/ VP number or through website portal		
	TTY: Use preferred relay service or dial 711 then 988	Can find culturally-specific information and resources on the website.	
	Chat or Email on Website	As of July 17, 2025 LGBTQ+ services will no longer be available.	
<b>Adolescent Self-Injury Foundation</b>	Website: <a href="https://adolescentselfinjuryfoundation.com">adolescentselfinjuryfoundation.com</a>	Free service. Offers information about warning signs and treatment for self-injury as well as tips for how to help a friend or loved one who is self-injuring.	Suicide/Self-Harm
		A list of 146 activities/projects to do besides self-harm ( <a href="#">click here for PDF version</a> ) including the butterfly project, the hug theory, and the happy box.	
<b>Alateen</b>	Website: <a href="https://al-anon.org">al-anon.org</a> (go to teen corner page)	Free service. Mobile app meetings for young people ages 13-18 who have been affected by someone else's drinking. Share experience, strength, and hope with other teens. Meeting times are on the website. *These meetings are not for those seeking help for their own drinking or drug problems.	Substance Misuse
	Mobile App: <a href="#">Al-Anon Family Groups</a>	FAQ and resources on the website as well as step-by-step instructions for downloading the app to attend virtual meetings.	
<b>Alcoholics Anonymous</b>	Website: <a href="https://aa.org">aa.org</a>	Free service. Supports individuals and loved ones recovering from alcohol addiction. No age requirement.	Substance Misuse
	Email through Website	Use the website or app to find local AA meetings.	
	Mobile App: <a href="#">Meeting Guide</a>	Additional resources and information on the website.	
<b>Alcoholics Anonymous North Dakota</b>	Website: <a href="https://aanorthdakota.org">aanorthdakota.org</a>	Free service. Lists information for all AA meetings in North Dakota and a select few groups in Montana and Minnesota. <a href="#">Click here</a> for a PDF list of Grand Forks, ND & surrounding area meetings.	Substance Misuse
	Call: 701-330-4339	Offers a hotline that is answered by a different agency each month.	
	Email through Website	Additional resources and information on the website.	
<b>Alluma (Northwestern MN &amp; ND only)</b>	Website: <a href="https://allumacares.org">allumacares.org</a>	A nonprofit organization that provides mental health & substance use services to individuals in northwestern Minnesota. *Can also provide services to those in ND but insurance may or may not cover appointments.	General Support/Mental Health & Substance Misuse
	Call Crisis & Support Helpline: 1-800-282-5005, 24/7	Crisis & Support Helpline is free, confidential, and anonymous. Staff will provide support, screen for safety, stabilize a crisis, and provide referrals for callers experiencing a mental health crisis. You can also call if you are just needing support or someone to talk to.	
	Each Office/Branch has its own Phone Number & Office Hours (find on website)	Other services (most cost money) include counseling & therapy, evaluations & psychological testing, youth & family services, substance use treatment programs (including one for adolescents ages 10-18), substance use counseling, peer support services, mobile crisis services, and housing services. *Some services are for adults 18 and older and others you may need parent/guardian consent.	
<b>Altru</b>	Website: <a href="https://altru.org">altru.org</a>	Hospital/healthcare system that provides medical services from routine check-ups, surgery, or treatment for chronic conditions. Services fall under the following categories: cancer care, emergency care, express care, heart & vascular, family medicine & primary care, orthopedics, pediatrics, pregnancy & birth, and behavioral health (mental health & substance misuse).	Healthcare
	Call: 701-780-5000	Can also do STD testing & rape kits for victims of sexual violence. Rape kits collect evidence of the sexual violence that happened. If you do not meet age requirements (typically 14+), Altru will refer you out to a facility in Fargo that does rape kits for your age. Good to start with Altru though even if you are not sure you are old enough. If Altru can do the kit, they will do it no matter if a parent/guardian is present or not, but Altru will determine if they need to notify a parent/guardian that they did a kit for you.	
	Address: 1200 South Columbia Rd Grand Forks, ND 58201	Altru can also connect you with CVIC & law enforcement if desired. You do not have to make a report to get a kit done and kits are kept for 7 years in case you decide to report. Kits are given to law enforcement but your identifying information will not be on it if you do not want to report. If a minor, Altru will have to report your information along with the kit if child abuse is involved. You must get a kit done within 120 hours of sexual violence.	
<b>American Pregnancy Association/Crisis Pregnancy Hotline</b>	Website: <a href="https://americanpregnancy.org">americanpregnancy.org</a>	Free service. Contact if you have questions about pregnancy, whether planned or unplanned, and/or to find out what your options are.	Baby/Pregnancy
	Call: 1-800-672-2296		
	Chat or Email on Website		
<b>Anne Carlson (ND Only)</b>	Website: <a href="https://annecarlson.org">annecarlson.org</a>	Anne Carlson is an agency that provides services to children and young adults with developmental disabilities and delays and their families. Locations outside of Grand Forks and contact information can be found on the website.	Disability
	Call: 701-757-4200 (Grand Forks), M-F, 8am-5pm	Services depend on the specific location, but can include early intervention, clinical services (therapy), residential services, community & in-home support, education, recreation & leisure, and assistive technology. The Grand Forks location offers early intervention, behavioral health/autism, in-home	

<b>Anne Carlson (ND Only) Continued</b>	Address: 2016 S Washington St Grand Forks, ND 58201	support/respice care, day habilitation, and job skills & employment. *If you are under 18, you may need a parent/guardian involved to receive services.	Disability
<b>Asian Mental Health Collective</b>	Website: <a href="http://asianmhc.org/therapists">asianmhc.org/therapists</a>	Asian, Pacific Islander, and South Asian American (APISAA) therapist directory Offers in-person and virtual options. Can filter based on state, age, language, gender, ethnicity, insurance, and more. Directory is free to use, but actual therapy costs money.	Culturally Specific & General Support/Mental Health
<b>BEAM (Black Emotional and Mental Health Collective)</b>	Website: <a href="http://beamcommunity.org">beamcommunity</a>	Free directory to help you find a virtual therapist, doula, yoga teacher, mediator, and much more. Actual services received cost money. Search by state and can filter based on practice, cost, insurance, age, and more. Also offers wellness tools, a podcast, and support resources list.	Culturally Specific & General Support/Mental Health
<b>Black Trans Advocacy Coalition</b>	Forms of Communication are Tu-Th 10am-2pm CST Website: <a href="http://blacktrans.org">blacktrans.org</a> Call: 855-624-7715 Chat or Fill out Request on Website	Free service. Help Black Trans people get resources free of discrimination. Help with basic needs like food, applying for public benefits, and identity documents. Also help with healthcare, employment, and housing support.	Culturally Specific, General Support, Homeless/Runaway, & LGBTQIA2S+
<b>Call Blackline</b>	Website: <a href="http://callblackline.com">callblackline.com</a> Call or Text: 1-800-604-5841 Email: <a href="mailto:info@callblackline.org">info@callblackline.org</a> Contact through <a href="#">Call Blackline App</a>	Free services that provides anonymous and confidential immediate crisis counseling to those who are upset, need to talk to someone, are in distress, and/or need to report negative, physical, and inappropriate contact with police and vigilantes. Provides resources and referrals as well. Geared towards BIPOC (Black, Indigenous, and People of Color) and Black LGBTQIA2S+ people but will not turn anyone away. Uses a LGBTQ+ Black Feeme Lens. App provides space for peer support, counseling, reporting of mistreatment, resources, and witnessing and affirming lived experiences.	Culturally Specific, General Support/Mental Health, General Violence, & LGBTQIA2S+
<b>Covenant House</b>	Website: <a href="http://covenanthouse.org">covenanthouse.org</a> Call: 1-800-388-3888, M-F 7:30am-4pm CST	Free service that provides immediate and long-term support for young people facing homelessness and survivors of trafficking, including 24/7 shelters. Contact to find locations of shelters near you. If there is not a shelter near you, staff and/or the website can help you find additional resources. Website also has educational resources. *No shelters near Grand Forks, ND	Homeless/Runaway & Trafficking
<b>Crisis Text Line</b>	Forms of Communication are 24/7 Website: <a href="http://crisistextline.org">crisistextline.org</a> Text "HOME" or "HOLA" to 741741 Chat on Website Message on WhatsApp International Lines Available on Website	English & Spanish Free & confidential text-based mental health support and crisis intervention for anyone who needs it	Bullying, Dating Violence/Relationships, Eating Disorders, Friendships, General Support/Mental Health, Suicide/Self-Harm and more
<b>Community Housing Navigation Program (run by UND TRIO Program &amp; serves Grand Forks, Walsh, Nelson, and Pembina Counties)</b>	Website: <a href="http://und.edu/student-life/trio/community-housing-program/index.html">und.edu/student-life/trio/community-housing-program/index.html</a> Point of Contact: Community Housing Program Navigator/Advocate Call: 701-777-3426 Address: Third Floor McCannel Hall on UND Campus- 2891 2nd Ave N Grand Forks, ND 58202	This program ensures individuals have a safe, permanent place to lay their heads at night and their basic needs are being met. Help individuals identify and get past barriers leading to homelessness. Those eligible for the program are UND students or community members who are 24 years old or younger who are unaccompanied by parents/guardians and are experiencing homelessness, are at risk of becoming homeless, or are fleeing or attempting to flee abusive environments. This could include those: "couch surfing" or staying with family or friends but not having a permanent place to live; staying in an emergency shelter, vehicle, hotels/motels, or on the street; being evicted or asked to leave where you're staying; exiting juvenile detention or jail; or experiencing or fear of experiencing abuse or other life threatening conditions. Provides individualized services which may include case management services, educational services, housing services, referrals for other resources including mental health/healthcare, financial assistance for housing, transportation, and food, & applying for ND state benefits.	Homeless/Runaway
<b>DESI LGBTQ+ Helpline for South Asians</b>	Forms of Communication are Th & Sun 7-9pm CST Website: <a href="http://deqh.org">deqh.org</a> Call: 908-367-3374 Email on Website	Free service that provides confidential peer support for LGBQ/TGNB+ (lesbian, gay, bisexual, queer, questioning, intersex, transgender, gender non-binary, genderqueer, pansexual, kothi, hijra, and beyond) people of south Asian heritage with questions, concerns, struggles, and hopes. Can ask about gender, identity, coming out, dealing with family, culture, and religion, finding community in your area, finding a doctor, lawyer, or therapist, immigration challenges, book and movie recommendations, advice for a friend or family member, resources, and more.	Culturally Specific, General Support/Mental Health, & LGBTQIA2S+
<b>Ditch The Label</b>	Website: <a href="http://ditchthelabel.org">ditchthelabel.org</a> Chat on <a href="#">Community Forum</a>	Global youth charity for youth and young people between the ages of 12-25 to find support through tough situations. Free service. Community forum available on website for you to talk to other youth or to a confidential, trained professional. Must create an account to do so. Provides resources (videos, articles, threads, papers, etc.) based on specific topics. You can report cyberbullying and online abuse on the website as well. Work with TikTok, Instagram, Facebook, YouTube, Tumblr, Google, and Snapchat to have content removed within 48 hours.	Bullying, Friendships, Dating Violence/Relationships, General Support/Mental Health
<b>Drug-Rehabs.org</b>	Website: <a href="http://drug-rehabs.org">drug-rehabs.org</a> Call: 1-877-882-9275, 24/7 line	Provides treatment referral, information, and resources for individuals and families faced with mental and/or substance abuse disorders. Has a treatment directory as well as additional information and resources about drug rehab and treatment, drugs, and helping someone who has an addiction. Directory and help services are free but actual treatment centers may cost money.	Substance Misuse

<b>First Link (ND &amp; parts of MN only)</b>	Forms of Communication are 24/7	Serving North Dakota and parts of Minnesota.	General Support/Mental Health & Homeless/Runaway
	Website: <a href="http://myfirstlink.org">myfirstlink.org</a>	Free service that provides information about local community resources including resources if you are homeless.	
	Call: 211 or 701-235-7335	Care & Support Program offers free resources and coping strategies, encourages mental health treatment, and provides non-judgmental listening and support. Calls are offered weekly, bi-weekly, or monthly and work around your schedule. Must be age 14 and up or have a parent/guardian's verbal consent.	
	Text your zip code to: 898-211		
<b>Give Us The Floor</b>	Website: <a href="http://giveusthefloor.org">giveusthefloor.org</a>	Free, inclusive group chats led by youth (provided on app) to give LGBTQIA2S+ youth and allies a safe coping tool and supportive peer network to discuss any struggles going on in life.	General Support/Mental Health & LGBTQIA2S+
	Give Us The Floor: <a href="#">Group Chat App</a>	Tip hub and resources on website.	
<b>Grand Forks Public Schools (GFPS) Homeless Program (GFPS Students only)</b>	Website: <a href="http://gfschools.org/departments/homeless-program">gfschools.org/departments/homeless-program</a>	This program is supported by the McKinney-Vento Homeless Assistance Act and gives homeless students the specific educational rights that can be found at <a href="#">this link</a> . You must be enrolled in GFPS district to receive help from this program. Youth/minors can reach out without a parent/guardian being involved if needed.	Homeless/Runaway
	Point of Contact: GFPS Homeless Liaison & Community High School Social Worker	Homeless is defined as a child or youth lacking a fixed, permanent, and adequate nighttime residence. This can include the following: sharing the housing of others due to economic hardship; living in motels, hotels, trailer parks, or camp grounds; living in transitional housing or emergency shelters; living in places not designed or intended for sleeping; living in cars, parks, abandoned building, bus stations, etc.; unaccompanied youth living in any of the above situations and not in the custody of a parent or guardian.	
	Call: 701-795-2774		
<b>Grand Forks Public Schools (GFPS) Homeless Program (GFPS Students only) Continued</b>		Program can help with the following: transferring records if your school changes, free school meals and school supplies; special education services; finding academic help such as Title I or after-school tutoring programs; finding extra-curricular activities; receiving financial assistance for field trips, school activities, and extra-curricular activities; assistance applications; referrals for other resources; checking in with you and your teacher(s); and navigating any other changes or challenges.	
<b>Harbor Health Initiative</b>	Website: <a href="http://harborhealthinitiative.org">harborhealthinitiative.org</a>	Has a LGBTQ+ Directory that lists all LGBTQ+ organizations and LGBTQ+ affirming healthcare practitioners. Can search for services or filter based on your state (ND & parts of MN shown), city, and category of service you are looking for. Categories of service include activity groups, coaching, community centers, faith resources, gender and/or hormone therapy, human rights, BIPOC practitioners, LGBTQ+ practitioners, mental health, peer support, primary health, speech pathologist, support groups, and surgery. *Practitioners currently are unable to provide gender affirming medical care to minors in ND at this time due to HB 1254. Trans and gender diverse minors can still get mental health care in ND and travel to MN for medical care. *Directory is free to use but services provided by organizations and/or practitioners may cost money.	General Support/Mental Health & LGBTQIA2S+
	Call: 701-732-0228		
	Email: <a href="mailto:info@harborhealthinitiative.org">info@harborhealthinitiative.org</a>	Website has FAQ page about the directory, information about trans/enby and general resources, as well as links to resources including the Trans Youth Emergency Project. This project helps families navigate gender-affirming health care and can provide financial support (travel grants). You can fill out the intake form and learn more via this link: <a href="#">Click here</a> .	
<b>ImI</b>	Website: <a href="http://iml.guide">iml.guide</a>	Free guides and activities built for and with LGBTQ+ teens to help you explore your identity and support your mental health. LGBTQ+ center locator and additional resources.	General Support/Mental Health & LGBTQIA2S+
<b>Inclusive Therapists</b>	Website: <a href="http://inclusivetherapists.com">inclusivetherapists.com</a>	A directory that matches people with providers who will offer care specifically for your unique identity and needs. Use the directory to find a therapist, counselor, or coach (many are virtual and offer services in multiple states). Can filter based on specific services, location, insurance, provider's identity, cultural knowledge, and more. Each provider has a page that lists more information about them and what they can help with. *Directory is free to use but providers may charge for their services.	Culturally Specific & General Support/Mental Health
		Goal is to ensure people with marginalized identities get equitable access to radically affirming, culturally responsive mental health care. Centers the needs of Black, Indigenous, and People of Color (BIPOC) and LGBTQIA2S+ intersections (QTBIPOC).	
		Has a resource hub that provides mental health crisis services and resources and additional information about mental health.	
<b>Institute for Muslim Mental Health</b>	Website: <a href="http://muslimmentalhealth.com">muslimmentalhealth.com</a>	Provides the largest global directory of Muslim mental health care providers to find a therapist aligned with your values (has providers who provide support virtually to ND & MN). *Directory is free to use but providers may charge for services. Also provides information on the relationship between Islam and mental health.	Culturally Specific & General Support/Mental Health
<b>Latinx Therapy</b>	Website: <a href="http://latinxtherapy.com">latinxtherapy.com</a>	National directory to find a Latinx therapist (variety of specialties/treatment focus areas & topics). *Directory is free to use but therapists may charge for services.	Culturally Specific & General Support/Mental Health
		In-person and virtual options. Can also filter based on age, identities, states, insurance, etc.	

<b>Latinx Therapy Continued</b>		Has a podcast and additional resources.	Culturally Specific & General Support/Mental Health
<b>Launch my Life North Dakota</b>	Website: <a href="http://launchmylifend.com">launchmylifend.com</a>	This program aims to help students with intellectual disabilities and their families learn about services that help them transition from high school to college, job training, or employment.	Disability
	Call: 1-800-233-1737	The website has a FAQ page with questions related to school, links to helpful websites including the 6 North Dakota agencies that work together to run this program, and information about many topics related to going to college, entering the workforce, self-advocacy, and how to get involved with the community.	
	Email: <a href="mailto:ndcpd@mlnotstateeu.edu">ndcpd@mlnotstateeu.edu</a>		
<b>LGBT National Help Center</b>	Forms of Communication Have Following Hours: M-F 1pm-10pm CST, Sat 11am-4pm CST	English Only	Bullying, Dating Violence/Relationships, Friendships, General Support/Mental Health, LGBTQIA2S+, Sexual Violence, Suicide/Self-Harm, and more
	Website: <a href="http://lgbothotline.org">lgbothotline.org</a>	All volunteers identify as part of the LGBTQIA2S+ community and provide free & confidential peer support, information, and local resources.	
	Call National Youth Hotline: 800-246-7743, Ages 25 and Younger	Can speak about sexual orientation, gender identity/expression issues, coming out, relationships, family, bullying, school issues, HIV/AIDS, anxiety, safer sex, suicide, and more	
	Call National Coming Out Support Hotline: 888-688-5428, All Ages		
	Call National Hotline: 888-843-4564, All Ages	Weekly Youth Chatrooms- moderated and for ages 19 and younger to find community and support. LGBTQ Teens is Tu and W 6pm-9pm CST. Trans Teens is Th and F 6pm-9pm CST. More information, code of conduct, and links to enter are on the website. Free service.	
	Chat on Website		
	Resource Hub: <a href="http://lgbtnearme.org">lgbtnearme.org</a>	Resource hub is run by the agency and contains over 19,000 resources throughout US & Canada. Search based on specific topic and zip code. *Resource hub is free to use but services provided by agencies may cost.	
<b>Love In Action (Grand Forks, East Grand Forks, &amp; Surrounding Area)</b>	Website: <a href="http://loveinactiongf.org">loveinactiongf.org</a>	Non-profit in Grand Forks that provides free support and assistance to people in the community who need it (spiritually based agency).	General Support & Homeless/Runaway
	Call: 701-330-8775	Youth (do not need an adult) can get a free hot meal each day- lunch served 11am-1pm Monday through Thursday every week.	
	Address: 818 University Ave, Grand Forks, ND 58203	Youth (do not need an adult) can also obtain free clothing from their Operation Love closet & find other resources in their resource book they keep at their location.	
<b>Mental Health America</b>	Website: <a href="http://screening.mhanational.org">screening.mhanational.org</a>	Provides mental health screenings/tests you can take for free on the website. After taking a test, it gives an explanation of your score and next steps.  Also provides additional resources and information about different mental health conditions.	Eating Disorders, General Support/Mental Health, Substance Misuse, and Suicide/Self-Harm
<b>Mental Health Is Health</b>	Website: <a href="http://mentalhealthishealth.us">mentalhealthishealth.us</a>	Provides free information about mental health and next steps you can take or how you can help a friend.  Can find information & resources by selecting how you are feeling or what you are experiencing.  Provides additional helplines & resources you can use to find help and support.	General Support/Mental Health
<b>Mental Health Minnesota</b>	Forms of communication are 7 days a week, 9am-9pm (except for Teen & Young Adult Peer Chat)	Provides resources and tools to help manage mental health, online mental health screenings, safety& wellness planning, treatment & service referrals, peer support, and connections to crisis services on their website, via phone or chat.	General Support/Mental Health
	Website: <a href="http://mentalhealthmn.org">mentalhealthmn.org</a>	Minnesota Warmline provides support for those that are struggling with mental health but aren't experiencing a crisis or emergency. Calls & texts are answered by peer support staff who have first-hand experience living with a mental health condition and are available to listen, provide support, and connect you with resources.	
	Call: 855-927-6546		
	Text "Support" to 85511	We Can Relate chat is specifically for teens and young adults. Provides the same services as the warmline chat & phone numbers but is tailored to young people. It is also run by staff between the ages of 18 and 25.	
	Information/Resources, Warmline, and We Can Relate (teen and young adults) Chats on Website; We Can Relate chat runs M-F, 3pm-9pm & Sat, 9am-3pm	All chats and support lines are free, anonymous, safe, and confidential. Chats do ask for the county you reside in, but you do not have to answer this to use chat feature.	
<b>MyAlly</b>	Hours of Operation are M-Th 7:30am-5:00pm	Youth ages 14 and up in the area can receive reproductive health services, counseling, and education without a parent/guardian present or permission. *Vaccinations do require parental/guardian consent.	Healthcare
	Website: <a href="http://myallyhealth.org">myallyhealth.org</a>	Specific services include birth control, emergency contraception, infection checks, mental health screenings, pregnancy testing & resources/options, sports physicals, STI/STD testing and treatment, vaccinations, and wellness exams. Most services are in-person but some can be done via telehealth.	
	Call: 701-757-2559	Services are priced and billed in such a way that anyone wanting services is welcome at their clinic, regardless of ability to pay. Medicaid & most private insurances are accepted. If you do not have insurance (or cannot use insurance) and are worried about cost, call and talk to the main desk.	
	Address: 4700 South Washington Street, Suite C, Grand Forks, ND 58201	Can schedule an appointment online or by calling. Additional resources & information can be found on the website.	
<b>My Life, My Quit (supported by ND Quits)</b>	Website: <a href="http://mylifemyquit.com">mylifemyquit.com</a>	ND Quits supports youth who are ready to be tobacco & nicotine-free through this program. The free program was created by youth and it provides youth between 13 & 17 years old access to tailored resources for quitting.	Substance Misuse
	Mobile App: My Life My Quit	You can create a plan to help you quit, track your progress, earn badges by completing activities, talk to a coach (phone, text, or chat), watch videos, get extra support, and more.	

<b>My Life, My Quit (supported by ND Quits Continued)</b>	Text "Start My Quit" to 36072	Also provides additional educational information and resources about quitting tobacco and vaping and how to ask for support.	Substance Misuse
<b>NAMI Teen &amp; Young Adult Helpline (National Alliance on Mental Illness)</b>	Forms of Communication are M-F 9am-9pm CST Website: <a href="http://nami.org/Support-Education/NAMI-HelpLine/Teen-Young-Adult-HelpLine/">nami.org/Support-Education/NAMI-HelpLine/Teen-Young-Adult-HelpLine/</a> Call: 1-800-950-6264 Text "Friend" to 62640 Email: <a href="mailto:helpline@nami.org">helpline@nami.org</a>	Free peer-support service providing one-on-one emotional support, mental health information, and resources for when you are going through a difficult time or challenge(s). Teen & young adult resource directory (helplines, videos, articles, and other resources split up by specific categories- <a href="#">click for link</a> ), FAQs for teens, and college guide on website. *Directory is free to use but resources on directory might charge for services.	General Support/Mental Health
<b>Narcotics Anonymous</b>	Website: <a href="http://na.org">na.org</a> Call: 818-773-9999 Mobile App: NA Meeting Search (links to download at bottom of the website) Email through Website	Not a hotline service. Provides support for individuals and loved ones seeking recovery from addiction. No age requirement. Find free NA meetings (in-person or virtual) on the website or app. *Closest in-person meeting to Grand Forks/East Grand Forks is Fargo & no virtual ND meetings Website has additional resources and information.	Substance Misuse
<b>Naseeha Mental Health-USA</b>	Website: <a href="http://naseehausa.org">naseehausa.org</a> Call or Text: 1-866-627-3342, 24/7 line Chat on Website, 24/7 Email: <a href="mailto:info@naseehausa.org">info@naseehausa.org</a>	24/7 helpline is English only, but there are other languages available during specific times. Languages include Arabic, Urdu/Hindi, French, Somali, Dutch, and Hausa. Schedule of times can be found on the website. Confidential & free helpline (call, text, & livechat) that is Zakat-eligible, peer run by counselors who are Muslim & familiar with Islamic culture and traditions, and is designed specifically to help address unique mental health challenges faced by Muslims, but anyone is welcome to use the helpline still. You can request a male or female counselors, you do not have to be in crisis, and calls can last 30-40 minutes at a time. *Not a therapy or religious ruling service/line; Cannot issue Islamic rulings or discuss issues pertaining to Islamic law They also have a list of online therapists, but they are state specific (none in ND & 1 for MN but only serves adults). Services provided by therapists do cost money.	Culturally Specific, General Support/Mental Health & Substance Misuse
<b>National Abortion Hotline</b>	Website: <a href="http://prochoice.org">prochoice.org</a> Call: 1-800-772-9100, M-F 7am-6pm & Sat-Sun 7am-3pm CST Chat on Website, M-F 8am-4pm CST	Provides free information about abortion laws, safety of abortion, and providers. Also may provide consultations, case management services, and limited financial assistance.	Baby/Pregnancy
<b>National Alliance for Eating Disorders</b>	Forms of Communication are M-F 8am-6pm CST Website: <a href="http://allianceforeatingdisorders.com">allianceforeatingdisorders.com</a> Call: 866-662-1235 Email: <a href="mailto:info@allianceforeatingdisorders.com">info@allianceforeatingdisorders.com</a>	Free services that provides referrals, education, and support for individuals experiencing eating disorders and their loved ones. Offers free, therapist led support groups in a few states and virtually. Find specific groups as well as meeting dates/time, registration link, join meeting link, groups rules, and FAQs on website. Individual Pro-Recovery groups are 18+, but the Loved Ones Support Groups are 12+ with an adult present (Loved Ones Groups are for friends, family members, and other supporters who have a loved one experiencing or recovering from an eating disorder). Additional resources and treatment center/practitioner directory on website. *Directory is free to use but practitioners may charge for services.	Eating Disorders
<b>National Association of Anorexia Nervosa and Associated Disorders (ANAD)</b>	Website: <a href="http://anad.org">anad.org</a> Call: 1-888-375-7767, M-F 9am-9pm CST	Free service that you can contact if you think you or someone else has an eating disorder, for treatment referrals, for support and encouragement, and/or if you have general questions about eating disorders. Recovery Mentor Program offers free eating disorder support online for those who struggle with eating disorders but are motivated to recover. Mentors have been in recovery for at least 2 year. Eligibility criteria, mentorship format, application, and more information can be found on website. Free Peer Support Groups meet weekly for 75 minutes on Zoom. No late admittance and led by trained volunteers with lived experience. Specific groups include LGBTQ+, BIPOC, Caregivers, Older Adults, Teen & Young Adults, Siblings (13+), People in Larger Bodies, Men, Binge Eating Disorder, Chronic Illness and Long Term Disability. Meeting days/times, submission form, and more information can be found on website. Treatment Directory, statistics, and others resources can be found on website. *Directory free to use but providers on directory may charge for services.	Eating Disorders
<b>National Eating Disorders Association</b>	Website: <a href="http://nationaleatingdisorders.org">nationaleatingdisorders.org</a> Email: <a href="mailto:info@nationaleatingdisorders.org">info@nationaleatingdisorders.org</a>	English & Spanish. Free service that provides resource information, screening tools, and list of events. Has a few different treatment finder maps and website you can use to find a treatment provider in your area or online (generic, insurance based, virtual based, and AAPI & BIPOC focused). Also has support group finders. *Free to use but specific treatment and services may cost money to receive	Eating Disorders
<b>National Parent and Youth Helpline</b>	Website: <a href="http://nationalparentyouthhelpline.org">nationalparentyouthhelpline.org</a> Call or Text: 855-427-2736 Chat or Email on Website	240 languages, including ASL Free service that serves parents, youth, and young adults who need support and guidance.	General Support/Mental Health

<b>National Queer &amp; Trans Therapists of Color Network (NQTTCN)</b>	Website: <a href="http://nqttcn.com/en">nqttcn.com/en</a>	Provides a mental health directory of queer and trans therapists of color & additional community resources. *Directory is free to use but services provided by therapists may cost money.	Culturally Specific, General Support/Mental Health, & LGBTQIA2S+
	Email: <a href="mailto:directory@nqttcn.com">directory@nqttcn.com</a>	Even if there are no therapists physically/in-person in your state (none in ND and only a couple in MN), there are therapists who meet with you virtually and can accept clients from several different states including ND & MN.	
<b>National Runaway Safeline</b>	Forms of Communication are 24/7	Free service that serves runaway and homeless youth, teens in crisis, and concerned family/friends.	Homeless/Runaway
	Website: <a href="http://1800runaway.org">1800runaway.org</a>		
	Call or Text: 1-800-786-2929		
	Chat, Email, & Forum on Website		
<b>National Safe Haven Alliance Crisis Hotline</b>	Forms of Communication are 24/7	Free service you can contact if you want to surrender your baby or are pregnant and have questions about how the Safely Surrendered Baby laws in your state can help you.	Baby/Pregnancy
	Website: <a href="http://nationalsafehavenalliance.org">nationalsafehavenalliance.org</a>		
	Call or Text: 1-888-510-2229		
<b>National Safe Place TXT 4 HELP</b>	Website: <a href="http://nationalsafeplace.org/txt-4-help">nationalsafeplace.org/txt-4-help</a>	Nationwide, confidential & free 24 hr. text-for-support service for youth in crisis. Provide support and offer additional suggestions for immediate help regardless of where you are.	Baby/Pregnancy, Bullying, Child Abuse, Dating Violence/Relationships, Eating Disorders, Friendships, General Support/Mental Health, Homeless/Runaway, Sexual Violence, Substance Misuse, Suicide/Self-Harm, and Trafficking
	Text "SAFE" and your current location (address, city, state) to 4HELP (44357). Once connected, reply with "2Chat" to speak one-on-one with a professional, 24/7 line	Provides information on the closest Safe Place location to you (none in North Dakota or Minnesota). Safe Place locations are 24/7 locations youth in crisis can go to for immediate help.	
		Additional resources and information on website.	
<b>North Dakota Protection &amp; Advocacy Project (ND Only)</b>	Website: <a href="http://www.ndpanda.org">www.ndpanda.org</a>	This program protects and advocates for the rights of people with disabilities of any age and any disability, at no cost. *If you are under 18, you most likely need a parent/guardian involved to receive services.	Disability
	Call: 701-328-2950		
	Toll-Free: 1-800-472-2670	This program can help with finding information & referrals, limited advocacy assistance, advocacy representation, legal representation, protective services, & training and support. Read more specific information about services on the website.	
	TDD Relay: 711 Email: <a href="mailto:panda_intake@nd.gov">panda_intake@nd.gov</a>		
<b>Northlands Rescue Mission (Grand Forks &amp; East Grand Forks)</b>	Website: <a href="http://northlandsrescuemission.org">northlandsrescuemission.org</a>	Northlands Rescue Mission is the local homeless shelter (18+ only). They provide free "to-go" community meals for anyone though, even youth/minors without a parent/guardian present. Meals are served daily at 12pm & 5pm. Go to Door #1 (front office) at the designated time to receive a meal (can leave after grabbing your meal). No identification or forms needed. Call or email if you have any questions.	General Support & Homeless/Runaway
	Call: 701-772-6600		
	Email on Website or <a href="mailto:info@northlandsrescuemission.org">info@northlandsrescuemission.org</a>		
	Address: 420 Division Ave. Grand Forks, ND 58201		
<b>OutFront Minnesota (MN only)</b>	Forms of Communication are M-F 9am-5pm CST	Free service that provides crisis intervention services, confidential crisis services, and other advocacy services for Minnesota LGBTQ+ victims/survivors of violence and harassment. Specifically helps with incidents of anti-LGBTQ+ bias/hate violence, relationship abuse, and sexual assault.	Dating Violence/Relationships, General Violence, LGBTQIA2S+, & Sexual Violence
	Website: <a href="http://outfront.org">outfront.org</a>		
	Call: 800-800-0350		
	Email: <a href="mailto:avp@outfront.org">avp@outfront.org</a>		
<b>Pathfinder Services of North Dakota (ND Only)</b>	Website: <a href="http://pathfinder-nd.org/index.php">pathfinder-nd.org/index.php</a>	Statewide nonprofit that offers resource to educate parents, youth, professionals, and the community, focusing on people birth-26 with learning differences or challenges. More specifically they provide one-on-one direct support, resources and information, training, and outreach & leadership.	Disability & Homeless/Runaway
	Call: 701-837-7500	The Pathfinder Family Center (PTI) program provides information on early intervention, special education, section 504, and life after high school. The Homeless Connection Program offers youth and young adults experiencing homelessness with resources, training, and one-on-one support. Individual must be between the ages of 14-24 and be either an unaccompanied youth (not residing with parent or guardian) or a young adult experiencing homelessness. You can find information about either programs on the website or by calling or emailing. The physical location is located in Minot, ND (address on website).	
	Email: <a href="mailto:info@pathfinder-nd.org">info@pathfinder-nd.org</a>		
<b>Planned Parenthood</b>	Website: <a href="http://plannedparenthood.org">plannedparenthood.org</a>	Provides information about relationships, your body, and more.	Bullying, Dating Violence/Relationships, General Support/Mental Health, Sexual Violence, and more
	Call: 1-800-230-7526	Find information on website or use website to find a location near you (virtual and in-person appointments). *Services cost money but specific locations might be able to help with cost	
	Find specific location phone numbers on website	Find free resources and information about specific topics for teens on website.	
<b>Q Chat Space</b>	Website: <a href="http://qchatspace.org">qchatspace.org</a>	Free, live, chat-based discussion groups for LGBTQ+ teens ages 13-19 to find support.	General Support/Mental Health & LGBTQIA2S+
		Currently not hosting chats (hoping to start up again if they can find a new agency to take it over) but has recommendations for other resources you can use.	
<b>RehabSpot</b>	Website: <a href="http://rehabspot.com">rehabspot.com</a>	Help individuals or loved ones struggling with addiction find a treatment provider & rehab facility. *Free to use but providers may charge for services	Substance Misuse
	Call: 866-412-3294	Provides information and resources about treatment, drug addiction, alcohol addiction, mental health and addiction, and family support as well.	
<b>SAMHSA (Substance Abuse and Mental Health Services Administration)</b>	Forms of Communication are 24/7	English and Spanish available when you call. English only for text.	Substance Misuse
	Website: <a href="http://samhsa.gov">samhsa.gov</a>	Free service that provides referrals to local treatment facilities, support groups, and community-based organizations for individuals and family members facing mental and/or substance use disorders. *Specific services may cost money.	
	Call: 1-800-662-4357	Treatment locator and resources on website as well.	
	TTY: 1-800-487-4889 Text Your Zip code to 435748		
<b>Stand with Trans</b>	Website: <a href="http://standwithtrans.org/community-connections/">standwithtrans.org/community-connections/</a>	Based in Michigan but offers community connection groups that are virtual and available nationwide. Other services are specific to states like Michigan	General Support/Mental Health & LGBTQIA2S+
	Call: 248-907-4853	Offers free, virtual community groups for trans & nonbinary youth and young people looking for support. Groups are for ages 9-12, 13-17, and 18-24 (group for parents as well).	

<b>Stand with Trans Continued</b>	Email: <a href="mailto:info@standwithtrans.org">info@standwithtrans.org</a>	Calendar, group times, facilitator information, and sign up link can be found on the website.	General Support/Mental Health & LGBTQIA2S+
<b>Start Your Recovery</b>	Website: <a href="http://startyourrecovery.org">startyourrecovery.org</a>	Free service that offers support resources for individuals and loved ones struggling with substance abuse in Colorado and nationwide. Website can be tailored to who is using it and what exactly you are looking for. Additional information and resources such as finding treatment on website.	Substance Misuse
<b>St. Joseph's Social Care (Summer Only)</b>	Website: <a href="https://www.stjosephsocialcaregf.org/get-help.php">https://www.stjosephsocialcaregf.org/get-help.php</a> Call: 701-795-8614	Provides free breakfast and lunch in Grand Forks parks from June through mid-August for youth in the community. Check website or call for specific locations and times. Do not have to have an adult present, must be 18 years or younger, must eat meal on-site (can not leave with it), must take at least 3 of the 5 food items, and you have to be respectful, share, use kind language, and listen to instructions. Just show up (do not need identification).	General Support & Homeless/Runaway
<b>Stomp Out Bullying</b>	Website: <a href="http://stompoutbullying.org">stompoutbullying.org</a> Chat on Website, Tu & W 6-10pm & F 8pm-12am CST	Free, confidential online chat that helps youth ages 13-24 with issues around bullying and cyberbullying; also provides support to youth who may be at risk of suicide. Has additional resources and information about bullying and getting help on the website.	Bullying & Suicide/Self-Harm
<b>Teen Line</b>	Website: <a href="http://teenline.org">teenline.org</a> Call: 800-852-8336, 8pm-12am CST every night Text "TEEN" to 839863, 8pm-11pm CST every night Email on Website	Calls/texts are answered by trained high school students (receive over 100 hours of training from mental health professionals) who are ready to listen and talk about anything you are going through & provide resources. *Free to use. Has teen run Q&A boards on website, but plan on shutting these down.	Dating Violence/Relationships, Friendships, General Support/Mental Health, Suicide/Self-Harm, and more
<b>The Arc</b>	Website: <a href="http://thearc.org/chapter/the-arc-of-north-dakota-inc/">thearc.org/chapter/the-arc-of-north-dakota-inc/</a> Call: 701-772-6191 Email: <a href="mailto:psolga@arcuv.com">psolga@arcuv.com</a> Address: 2500 Demers Ave, Grand Forks, ND 58201	Non-profit that provides advocacy to people of any age with intellectual and developmental disabilities and their families to ensure they are being included and supported within the community. *If you are under 18, a parent/guardian must be involved in order for you to receive services. They can help with civil rights, direct support professionals, education, employment, healthcare, housing, legal, Medicaid, and more. There is a branch in Grand Forks (contact information to the right is for this branch), as well as other branches throughout ND & other states. Check website to find a branch & contact information near you (only a Duluth branch for MN).	Disability
<b>The HopeLine</b>	Website: <a href="http://thehopeline.com">thehopeline.com</a>	Free, confidential chat with a Hope Coach to receive support, resources, and advice about what you are going through.	Baby/Pregnancy, Bullying, Child Abuse, Dating Violence/Relationships, Eating
<b>The HopeLine Continued</b>	Chat on Website (have to select a topic from website list to start), 24/7	Website also offers free information and resources about each specific topic listed. Free email mentor program offered for ages 13 and up. Fill out form on website and mentor will reach out within 48-72 hours.	Disorders, Friendships, General Support/Mental Health, Sexual Violence, Substance Misuse, Suicide/Self-Harm, Trafficking, and more
<b>The Trevor Project</b>	Forms of Communication are 24/7 Website: <a href="http://thetrevorproject.org">thetrevorproject.org</a> Call: 1-866-488-7386 Text "START" to 678678 Chat on Website	Free service that provides support and information to LGBTQIA2S+ individuals who are struggling with issues like coming out, their identity, depression, and suicide. Educational resources, blogs, and guides on the website. Trevor Space- a free online social community for LGBTQIA2S+ young people between ages of 13-24. Must create an account to use. Find more information and access <a href="#">here</a> or on the website.	General Support/Mental Health, LGBTQIA2S+, & Suicide/Self-Harm
<b>TransFamily Support Services</b>	Website: <a href="http://transfamilyyos.org">transfamilyyos.org</a> Email: <a href="mailto:info@transfamilyyos.org">info@transfamilyyos.org</a> Contact via Form on Website	Free service that provides education, support, resources, and advocacy to guide Transgender & Gender Non-Binary youth and their families through the gender transitioning process. Offers LGBTQ+ Youth Community Spaces for middle schoolers, high schoolers, and young adults. Each has a Discord group and online meetings every week. More information and link to register is on the website. *Free service. Offers free, virtual family engagement sessions as well. One-on-one spaces where your family can share about your needs and receive guidance and support on those needs.	General Support/Mental Health & LGBTQIA2S+
<b>Trans Lifeline</b>	Website: <a href="http://translifeline.org">translifeline.org</a> Call: 877-565-8860, M-F 12pm-8pm CST	English and Spanish; US and Canada. Free, anonymous, and confidential trans peer support program that provides support and crisis services for trans and questioning peers (do not have to be in crisis to call). Resource library, ID change library, blogs, and additional education on website. Link to "Hey! I'm Trans" which is a platform designed to help people come out to different groups in their lives and information about being an ally on website as well (this link also has additional resources). *Free to use	General Support/Mental Health & LGBTQIA2S+
<b>Trans Mentor Project</b>	Website: <a href="http://samandevorah.org">samandevorah.org</a>	Free, non-crisis, virtual national support resource for trans, nonbinary, intersex, gender non-conforming, or questioning youth/young people ages 13-24 (need caregiver consent if you are 13-17 years old). You connect with a trans/nonbinary mentor weekly one-on-one through a secure video meetup platform. You do need to make an account/become a member to do so (do so with Google or email address).	General Support/Mental Health & LGBTQIA2S+
<b>United Way (Grand Forks, East Grand Forks, &amp; Surrounding Area)</b>	Hours of Operation are M-F 8:30am-5:00pm CST	Agency that helps people in the community thrive by addressing homelessness, hunger, and poverty.	General Support & Homeless/Runaway

<b>United Way (Grand Forks, East Grand Forks, &amp; Surrounding Area)</b>	Website: <a href="http://givevegfe.org">givevegfe.org</a>	Grand Forks Kidz closet is free and open to anyone in the community, including youth without an adult present. Can go once a month to get a week's worth of clothing, hygiene products, school supplies, and other items for each person in your household. Will need to fill out a form with your name & how many people are in your household, & they will check what items you take for data purposes only. Schedule time to shop at the Grand Forks location at <a href="#">this link</a> . Locations also available in Emerado, Larimore, & Minto. Call to find out more about these locations & when you can shop. Pop-up shops occur throughout the year too.	General Support & Homeless/Runaway
	Call: 701-775-8661 or 833-337-8430	Larimore Food Pantry is free and open to entire Larimore & surrounding rural communities, including youth without an adult present. Address is 109 Terry Avenue Larimore, ND & contact number is 701-775-8661 extension 101. Food pantry is open on the 3rd Wednesday of each month from 5:30pm-7:00pm. Will need to fill out a form with your name & staff will weigh how much food you grab for data purposes only. You can just show up and grab how much you need.	
	Email through Website	Backpack program is free and offered to students in the East Grand Forks School District, East Grand Forks Head Start Program, Grand Forks Head Start program, Mayville State Head Start Program in Grand Forks, Larimore Elementary School, and the SAIL Program through the Grand Forks Public School System. This program sends students home with a bag of food for the weekend every Friday. If interested in this program, talk to your school counselor or social worker for help signing up. *Other Grand Forks schools may qualify- talk to your counselor or social worker to find out if you qualify.	
	Address: 1013 N 5th St. Grand Forks, ND 58203	Families First program is for families experiencing homelessness in the Greater Grand Forks region (Grand Forks County, ND or Western Polk County, MN), including minors who have at least one child and are officially declared homeless. This free program provides your family with emergency shelter, case management services, community resources, and other support/assistance to help you find stable housing. You can apply for help on their website, call, or go to their office.	
<b>Warmlines</b>	Website: <a href="http://warmline.org">warmline.org</a>	For those who need to talk to somebody but are not in crisis.	General Support/Mental Health and Substance Misuse
		Free service that helps you find lines that are specific to your state (some do accept calls outside of their specified state).	
		Each line lists hours, languages, website, and phone number to call. Typically lines are free to use.	
		Lines are run by peer specialists-people who have personally struggled with mental illness and/or addiction.	
<b>Wellness in the Woods (MN)</b>	Website: <a href="http://mmwtw.org">mmwtw.org</a>	Texting services are available in English, Spanish, Hmong, Somali, Simplified Chinese, and Vietnamese. Translation services available when calling.	General Support/Mental Health & Substance Misuse
<b>Wellness in the Woods (MN) Continued</b>	Call or Text: 1-844-739-6369, Every Day from 5pm-9pm CST	The Peer Support Connection Warmline of Minnesota is a safe and free way for individuals to receive confidential and anonymous one-on-one peer support from trained peers, certified peer support specialist, and recovery coaches. All staff have lived experiences with mental health and substance use challenges.	
	Call or Text for an African American Peer: 1-855-244-5050, Tu & Th 5pm-9pm CST	Also offers free Virtual Peer Support Network. You can join Zoom meetings online or through your phone to connect with other peers. Website has a calendar with the meeting dates/times and topics listed (topics include art, Spanish speaking, LGBTQ+ wellbeing, substance use recovery, & peer networking & connection). Meetings are available everyday between 9am & 5pm. This program is only available to Minnesota residents.	
<b>WeRNative</b>	Website: <a href="http://wernative.org">wernative.org</a>	Free, comprehensive health resource for Native youth, by Native youth, providing content and stories about topics that matter most to them.	Culturally Specific & General Support/Mental Health
	Text "NATIVE" to 24587	Has a section on the website called "My Mind" that features resources about building resilience, mental health challenges, and getting help.	
<b>Young People in Recovery</b>	Website: <a href="http://chapters.youngpeopleinrecovery.org">chapters.youngpeopleinrecovery.org</a>	Provides free peer recovery support services for youth and young adults in recovery from substance use disorder. Program consists of community-based chapters, as well as 2 virtual options (national and military), which can be found and you can sign up for on the website.	Substance Misuse
	Call: 720-600-4977	Program also has a podcast called Recovery Corner which is available on Spotify, Google Podcasts, Apple Podcasts, and YouTube. Highlights topics that affect the recovery community and movement and shares inspiring personal stories of recovery.	
	Email Addresses on Website- You can email the Colorado office (where agency is based) or a specific chapter you want to join.	Additional resources as well as a link to a calendar of events on website. *Advocacy services like recovery coaches are specific to residents in Colorado.	
<b>Your Life Your Voice (Run by Girls &amp; Boys Town National Hotline)</b>	Forms of Communication are 24/7	Free service that helps kids, teens, and young adults get through difficult situations.	Bullying, Child Abuse, Dating Violence/Relationships, Friendships, General Support/Mental Health, Substance Misuse, Suicide/Self-Harm, and more
	Website: <a href="http://yourlifeyourvoice.org">yourlifeyourvoice.org</a>		
	Call: 800-448-3000	Q&A Board to ask and find advice.	
	Text "Voice" to 20121	Additional tips and tools available on website and app.	
	Email on website Mobile App: <a href="#">Your Life Your Voice</a>		
<b>Youthworks (ND only)</b>	Website: <a href="http://youthworksnd.org">youthworksnd.org</a>	Free service that provides direct services for runaway, homeless, and street youth, juvenile offenders, youth failing in school, youth suspended or expelled from school, young arrested and unable to immediately return home, youth needing emergency care, youth needing peer support or cross-age mentoring, youth with anger issues, and young parents and pregnant moms under 22.	Homeless/Runaway & Trafficking
	Email through Website	Services depend on location & locations include Bismarck, Fargo, Dickinson, Grand Forks and Minot. Grand Forks does not have as much services as other areas. Grand Forks provides Day Report, after-school program for teens ages 14-17 who have a history of involvement with juvenile court that provides support services (must be referred by juvenile court). Grand Forks also provides support and early intervention to youth entering the juvenile court system (must be referred by juvenile court). Finally, Grand Forks has an anti-human trafficking program that provides direct services and intensive case management to young survivors of human trafficking. Check out website for specific details on what services your location provides.	