

Youth Focused Resource List- Law Enforcement *If this is an emergency, call or text 911

Last Updated: 9/18/2025

Agency	Access Information
Grand Forks Police Department	Business Hours: M-F 8am-5pm CST 122 S 5th St, Grand Forks, ND 58201 Call: 701-787-8000
Grand Forks County Sheriff's Office	3005 Heartland Dr, Grand Forks, ND 58201 Call: 701-780-8280
East Grand Forks Police Department	Business Hours: M-F 8am-5pm CST 520 Demers Ave, East Grand Forks, MN 56721 Call: 218-773-1104
Polk County Sheriff's Office	Business Hours: M-F 8am-4:30pm CST 600 Bruce St, Crookston, MN 56716 Call: 218-281-0431
Thompson Police Department	Business Hours: M-Th 8am-5pm CST 306 Pacific Ave, Thompson, ND 58278 Call: 701-599-2973 Email: dkurtz@cityofthompson.org
Emerado Police Department	Business Hours: M-Th 8am-4pm CST 201 Main St, Emerado, ND 58288 Call: 701-594-5100
Fisher Police Department	320 Thompson Ave, Fisher, MN 56723 Call: 218-280-1396 Email: fishcitypd@rrv.net

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: Bullying, Child Abuse, Culturally Specific, Dating Violence/Relationships, LGBTQIA2S+, Sexual Violence, Stalking, & Trafficking. Some resources also help with other things (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- Violence

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Agency	Access Information	Description of Service	Code
Altru	Website: altru.org	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. 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.	
	Address: 1200 South Columbia Rd Grand Forks, ND 58201		
Bloom (brought to you by Chayn)	Website: bloom.chayn.co	Most services provided including the website are multilingual (English, Spanish, Hindi, French, Portuguese, & German). Supportive weekly messages are in English only.	Dating Violence/Relationships & Sexual Violence
	Email through Website	Provides free support for teen and adult survivors of sexual violence, image-based abuse, and more. Support/services include online videos & courses, 1 on 1 messaging (via email), reflective activities, grounding exercises, and weekly supportive messages through WhatsApp. Must create an account to access services.	
		Link to a global directory of support organizations that you can filter based on where you are, what you're looking for, and more. This directory is run by Chayn which operates Bloom and offers additional resources for survivors on their website (chayn.co). Directory is free to use but organizations listed might charge for services.	
Bright Sky	Website: us.bright-sky.org	Free service that provides education and resources to domestic violence/dating violence victims and survivors as well as their friends and family. Offered in 23 languages.	Dating Violence/Relationships, Sexual Violence, and Stalking
	Mobile App: Bright Sky US (link to download can be found at the bottom of the website)	Both the website and app have a safety questionnaire (helps determine the safety of your or a friend's relationship), journal to track feelings and abuse, an online safety guide, educational components to learn about the signs and what abuse can look like, tips on helping a friend or loved one, and a resource locator to find the nearest support services and agencies as well as national helplines.	
Call Blackline	Website: callblackline.com	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.	Culturally Specific, General Support/Mental Health, General Violence, & LGBTQIA2S+
	Call or Text: 1-800-604-5841		
	Email: info@callblackline.org	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.	
	Contact through Call Blackline App	App provides space for peer support, counseling, reporting of mistreatment, resources, and witnessing and affirming lived experiences.	

Covenant House	Website: covenanthouse.org	Free service that provides immediate and long-term support for young people facing homelessness and survivors of trafficking, including 24/7 shelters.	Homeless/Runaway & Trafficking
	Call: 1-800-388-3888, M-F 7:30am-4pm CST	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	
Crisis Text Line	Forms of Communication are 24/7	English & Spanish	Bullying, Dating Violence/ Relationships, Eating Disorders, Friendships, General Support/Mental Health, Suicide/Self-Harm and more
	Website: crisistextline.org	Free & confidential text-based mental health support and crisis intervention for anyone who needs it	
	Text "HOME" or "HOLA" to 741741		
	Chat on Website		
	Message on WhatsApp		
	International Lines Available on Website		
CCRI (Cyber Civil Rights Initiative)	Website: cybercivilrights.org	Interpretation available in most languages. Free service.	Sexual Violence
	Call: 844-878-2274, 24/7 Line	For victims of nonconsensual intimate image abuse (nonconsensual sharing of nudes), recorded sexual assault, or sextortion (blackmail or threats involving nudes). Provides information, support, referrals, and non-legal advice. Primarily for those 18 and older in the image(s)/video(s). If you are under 18 in the image(s)/video(s), The National Center for Missing and Exploited Children (NCMEC) would be a better resource (listed further down in this list). Website also has a safety center with information on attorneys, international resources, state laws, sextortion scams, and a step-by-step guide. Website is free to use, but services by attorneys listed may not be free.	
Ditch The Label	Website: ditchthelabel.org	Global youth charity for youth and young people between the ages of 12-25 to find support through tough situations. Free service.	Bullying, Friendships, Dating Violence/Relationships, General Support/Mental Health
	Chat on Community Forum	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.	
Esperanza United (MN only)	Website: esperanzaunited.org	Free, bilingual crisis line that provides Minnesota residents confidential help and support for those in situations of domestic violence, sexual assault, dating violence, and stalking. Focuses on Latin@ communities.	Culturally Specific, Dating Violence/Relationships, Sexual Violence, and Stalking
	Call: 651-772-1611, 24/7 line	Community resource directory, educational information, and additional resources on website. All free to use but resources on directory may charge for services.	
LGBT National Help Center	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: lgbthotline.org	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.	
	Chat on Website	Free service.	
	Resource Hub: lgbtnearme.org	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.	
Minnesota Day One (MN & Fargo, ND only)	Forms of Communication are 24/7 and Interpreters Available	Deaf and Hard of Hearing access available.	Dating Violence/Relationships, Sexual Violence, and Trafficking
	Website: dayoneservices.org	Provides free help and resources for victims of general crime, domestic violence, sexual assault, trafficking, or those concerned about their relationships anywhere in Minnesota and Fargo, ND.	
	Crisis Call: 1-866-223-1111	General local provider directory as well as culturally-specific safety planning and providers on website. *Directory is free to use, but providers may charge for services.	
	Crisis Text: 612-399-9995		
	Crime Call: 1-866-385-2699		
	Crime Text: 612-399-9977		
	Crisis and Crime Chat on Website		
	Email: safety@dayoneservices.org		
MyAlly	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: myallyhealth.org	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.	

MyAlly Continued	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.	Healthcare
myPlan Teen	Website: myplanapp.org Mobile App: myPlan Teen	There is a website and app for adults (myPlan) and one for teens (myPlan Teen). Teen app is designed and tested by teens who have been in toxic relationships and is backed by John Hopkins University research. *Both apps and website is free to use. App (mobile or browser) is personalized based on your answers; offers customized strategies for building healthier relationships, reaching out for support, and staying emotionally and physically safe; provides resources for dating abuse, mental health, and more. Anonymous to use (no account required), protected by a secure pin, "safe mode" that hides contents of the app, quick exit buttons, and a changeable icon to hide the app on your home screen.	Dating Violence/Relationships
My Story, My Terms (A Workbook for Survivors)	Link to Download and/or Print Workbook: Click Here	This workbook supports sexual violence survivors in healing, discovering their own resilience and in learning about sharing their story on their own terms- what parts, who they tell, when and how. Workbook contains activities and different journaling prompts. You can complete the workbook on your own, work on it with a therapist, or work on it in a group therapy setting. The workbook gives additional tips on how to do this, how to practice self-care while using the workbook, and how to use it safely.	Sexual Violence
National Child Abuse Hotline	Forms of Communication are 24/7 Website: childhelp.org Call or Text: 1-800-422-4453 For Hearing Impaired: 1-800-222-4523 Chat on Website	Free service you can contact if you have been abused, suspect a child or teen is being sexually abused, or if you are an abuser.	Child Abuse
National Center for Missing and Exploited Children	Forms of Communication are 24/7 Website: missingkids.org/home Call: 1-800-848-5678 Make a CyberTipline report: report.cybertip.org	Free service you can contact or use free CyberTipline to share information to authorities about child sexual abuse materials (can include explicit photos/nudes of you that were or could be shared online) &/or child sex trafficking. Can also call to report a missing child. Amber Alert & legal services resources Mental health and peer support services for victims, survivors, siblings, and caregivers.	Child Abuse and Trafficking
National Deaf Domestic Violence Hotline	Forms of Communication are 24/7 Website: thedeafhotline.org Video Call: 855-812-1001 Email on Website	ASL accessible free hotline that answers questions and provides safety planning, crisis intervention, and emotional support to those who are in abusive relationships and/or concerned family and friends. Educational resources and a deaf programs directory on website. *Directory is free to use but providers listed may charge for services.	Dating Violence/Relationships
National Domestic Violence Hotline	Forms of Communication are 24/7 Website: thehotline.org Call: 1-800-799-7233 Text "START" to 88788 Chat on Website	Over 200 languages available. Provides free, confidential and compassionate support, crisis intervention, education, and referral services. Educational resources, local provider directory, and state coalition list on website. *Directory is free to use but providers listed may charge for services.	Dating Violence/Relationships
National Human Trafficking Hotline	Forms of Communication are 24/7 Website: humantraffickinghotline.org/en Call: 1-888-373-7888 TTY: Dial 711 Text: 233733 Chat or Submit Online Tip on Website Email: help@humantraffickinghotline.org	Over 200 languages available. Free service you can contact to report a tip, connect with anti-trafficking services in your area, or to request anti-trafficking resources.	Trafficking
National Safe Place TXT 4 HELP	Website: nationalsafeplace.org/txt-4-help 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	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. 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.	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
National Sexual Assault Legal Hotline	Forms of Communication are 24/7 Website: takebackthenight.org/legal-assistance Call: 567-742-8837 Fill out Request Form on Website	Free service that provides information about your legal options and resources. Can also look into taking you on as a client for civil action (would not be responsible for upfront costs). Typical response time after calling or submitting request form is 3-4 business days, but may be up to 6 weeks for certain cases. Will have to contact a parent or guardian if you are under 18 years old. You will be asked about when, where, and what happened to you as well as your name and contact information.	Sexual Violence
National Teen Dating Abuse Helpline (Love Is Respect)	Forms of Communication are 24/7 Website: loveisrespect.org Call: 1-866-331-9474 Text "LOVEIS" to 22522 Chat on Website	Free service that offers information, support, and advocacy to young people between the ages of 13 and 26 who have questions or concerns about their romantic relationships. Also provides support to concerned friends, family, teachers, counselors, and others. Educational resources on website.	Dating Violence/Relationships
North Dakota Domestic and Sexual Violence Coalition (ND only)	Website: nddsv.org	Find ND agencies near you that can help with domestic/dating violence, stalking, and sexual violence. Shows the agency's service area and contact information.	Dating Violence/Relationships, Sexual Violence, and Stalking

North Dakota Domestic and Sexual Violence Coalition (ND only) Continued	Call: 701-255-6240	Shares statistics and resources about different forms of harm and state laws on website.	Dating Violence/Relationships, Sexual Violence, and Stalking
OutFront Minnesota (MN only)	Forms of Communication are M-F 9am-5pm CST Website: outfront.org Call: 800-800-0350 Email: avp@outfront.org	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. Additional information and resources on website.	Dating Violence/Relationships, General Violence, LGBTQIA2S+, & Sexual Violence
PACER Center's Kids Against Bullying	Website: pacerkidsagainstbullying.org	Free resource that provides information about what bullying is, how to know if you are being bullied and/or are being a bully, how to get help, and how you can help others. Website has articles, videos, and quizzes you can take. Information is appropriate for all ages, but is geared towards elementary students.	Bullying
Planned Parenthood	Website: plannedparenthood.org Call: 1-800-230-7526 Find specific location phone numbers on website	Provides information about relationships, your body, and more. 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 free resources and information about specific topics for teens on website.	Bullying, Dating Violence/Relationships, General Support/Mental Health, Sexual Violence, and more
RAINN's National Sexual Assault Hotline	Forms of Communication are 24/7 Website: rainn.org Call: 800-656-4673 TEXT "HOPE" to 64673 Chat on Website Chat via WhatsApp (link on website or use the app) Call or Chat using RAINN Mobile App	Free service that provides support, resources, referrals, and law information to survivors and/or their loved ones. Additional information, statistics, and resources on website. Staff are mandated reporters, so do not provide name, age, or location if you do not want them to file a report. Youth HelpRoom- free, anonymous, and confidential group chat service for young people who are experiencing or have experienced sexual violence to connect with and support one another in a moderation and secure environment. Separate sessions for those between ages of 14-17 and ages 18-24. Sessions are topic specific and scheduled on a monthly basis. Check out rainn.org/youth-helproom for upcoming sessions, the link to join, ground rules, and additional information. RAINN Mobile App can connect you to the hotline (call or chat), allows you to chat with other survivors, has self-care tools, and additional information.	Sexual Violence
Stomp Out Bullying	Website: stompoutbullying.org 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
StopBullying	Website: stopbullying.gov	English, Spanish, Chinese, and Korean languages available on website. Website provides free information and resources about bullying, including steps you can take if you are being bullied or witness bullying, and videos for kids.	Bullying
Stop It Now!	Form of Communication Hours Vary M-F (find on website) Website: stopitnow.org Call: 1-888-773-8368 Chat or Email on Website	Free service that provides support and information to individuals with questions or concerns about child sexual abuse.	Child Abuse
StopNCII (Stop Non-Consensual Intimate Image Abuse)	Website: stopncii.org	Free tool to support victims of Non-Consensual Intimate Image Abuse (non-consensual sharing of nudes). You must be 18 or older in the image. If you are younger than 18 in the image/video, use the Take It Down resource in this list instead. Upload your image(s)/videos(s) that have been shared without your consent or you think might be shared without your consent (ex: someone is threatening to do so) to start a case. NCII creates a hash (digital fingerprint) to help platforms identify and take down the images/videos if they are shared. Participating platforms listed on the website but include TikTok, Snapchat, and Instagram. Step by Step Guide of how website works, frequently asked questions and additional resources on website.	Sexual Violence
StrongHearts Native Helpline	Forms of Communication are 24/7 Website: strongheartshelpline.org Call or Text: 844-762-8483 Chat on Website	Free, safe, confidential and anonymous domestic and sexual violence helpline for Native Americans and Alaska Natives, offering support and advocacy. Educational resources on website.	Culturally Specific, Dating Violence/Relationships and Sexual Violence
Take It Down	Website: takeitdown.ncmec.org	Free tool to help remove or stop the online sharing of nude, partially nude, or sexually explicit images or videos of you. Must be under 18 in the image(s)/video(s). If you are 18 or older in the image/video, use the StopNCII resource in this list instead. Upload your image(s)/videos(s) that have been shared without your consent or you think might be shared without your consent (ex: someone is threatening to do so). Take It Down creates a hash (digital fingerprint) to help platforms identify and take down the images/videos if they are shared. Participating platforms listed on the website but include TikTok, Snapchat, YouTube, & Instagram.	Sexual Violence

Take It Down Continued		Step by Step Guide of how website works, frequently asked questions and additional resources on website.	
Teen Line	Website: teenline.org 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
The HopeLine	Website: thehopeline.com Chat on Website (have to select a topic from website list to start), 24/7 	Free, confidential chat with a Hope Coach to receive support, resources, and advice about what you are going through. 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.	Baby/Pregnancy, Bullying, Child Abuse, Dating Violence/Relationships, Eating Disorders, Friendships, General Support/Mental Health, Sexual Violence, Substance Misuse, Suicide/Self-Harm, Trafficking, and more
WhatsOK	Forms of Communication Hours Vary M-F (find on website) Website: whatsok.org Call: 844-942-8765 Text "WHATSOK" to 1-888-532-0550 Chat or Email on Website	For ages 14-21 Free service you can contact if you have concerns about your own or a friend's sexual thoughts, feelings, and behaviors.	Child Abuse
Your Life Your Voice (Run by Girls & Boys Town National Hotline)	Forms of Communication are 24/7 Website: yourlifeyourvoice.org Call: 800-448-3000 Text "Voice" to 20121 Email on website Mobile App: Your Life Your Voice	Free service that helps kids, teens, and young adults get through difficult situations. Q&A Board to ask and find advice. Additional tips and tools available on website and app.	Bullying, Child Abuse, Dating Violence/Relationships, Friendships, General Support/Mental Health, Substance Misuse, Suicide/Self-Harm, and more
Youthworks (ND only)	Website: youthworksnd.org Email through Website	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. 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.	Homeless/Runaway & Trafficking