

## MEDICAL/MENTAL HEALTH SERVICES

<b>BARNES COUNTY Health District</b> .....	701-845-8518
<b>Mercy Hospital – Valley City</b> .....	701-845-6400
<b>DICKEY COUNTY Health District</b> .....	701-349-4348
<b>Oakes Community Hospital</b> .....	701-742-3291
<b>FOSTER COUNTY Public Health</b> .....	701-652-3087
<b>CHI St. Alexius – Carrington</b> .....	701-652-3141
<b>GRIGGS COUNTY Public Health</b> .....	701-332-5624
<b>Cooperstown Medical</b> .....	701-797-2221
<b>LAMOURE COUNTY Public Health</b> .....	701-883-5356
<b>LOGAN COUNTY Public Health</b> .....	701-252-8130
<b>Napoleon Clinic</b> .....	701-754-2322
<b>MCINTOSH COUNTY Public Health</b> .....	701-288-3957
<b>Ashley Medical Center</b> .....	701-288-3285
<b>Wishek Hospital</b> .....	701-754-2326
<b>STUTSMAN COUNTY</b>	
<b>Central Valley Health</b> .....	701-252-8130
<b>Essentia Health</b> .....	701-253-5300
<b>Jamestown Regional Medical</b> .....	701-252-1050
<b>Medallus Urgent Care Center</b> .....	701-401-8496
<b>ND State Hospital</b> .....	701-253-3650
<b>Sanford Health</b> .....	701-251-6000
<b>SCHSC Crisis Line</b> .....	701-253-6304
<b>South Central Human Service</b> .....	800-260-1310
<b>WELLS COUNTY Public Health</b> .....	701-547-3756
<b>Harvey Medical Center</b> .....	701-324-4651

## EMERGENCY FOOD PANTRIES

<b>Barnes County</b> .....	701-845-4300
<b>Salvation Army</b> .....	701-840-0098
<b>Dickey County – Ellendale</b> .....	701-349-3406
<b>Oakes Area</b> .....	701-742-3576
<b>Foster County – Carrington</b> .....	701-652-2333
<b>Griggs County – Cooperstown</b> .....	701-797-3278
<b>McIntosh County – LaMoure</b> .....	701-778-7031
<b>Logan County – Gackle</b> .....	701-754-2283
<b>Stutsman County:</b>	
<b>Community Action Region VI</b> .....	701-252-1821
<b>Salvation Army</b> .....	701-252-0290
<b>Progress Enterprises</b> .....	701-251-2964

## HOUSING/RENTAL ASSISTANCE

<b>Community Options</b> .....	701-223-2417
<b>Barnes County – Valley City</b> .....	701-845-2600
<b>Dickey/Sargent County – Ellendale</b> .....	701-349-2217
<b>Foster County – Carrington</b> .....	701-652-3276
<b>Griggs County – Cooperstown</b> .....	701-662-3099
<b>High Plains Fair Housing</b> .....	701-203-1077
<b>LaMoure/McIntosh Counties – Ashley</b> .....	701-288-3645
<b>Logan/Stutsman/Wells Counties – Jamestown</b> .....	701-252-1098

## ADDITIONAL RESOURCES

<b>ND Navigator (health insurance)</b> .....	800-233-1737
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For additional copies of this pocket resource guide, contact MFP Housing at 800-233-1737.

Revised 4/11/24



# WHERE TO GO FOR HELP

This is not a complete list of services. For more information, call 2-1-1 or visit [www.myfirstlink.org](http://www.myfirstlink.org)

## JAMESTOWN / SURROUNDING AREAS

### ALCOHOL/SUBSTANCE ABUSE TREATMENT/SUPPORT

<b>South Central Human Service Center</b> .....	701-253-6300
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### EMERGENCY SHELTERS

#### BISMARCK

<b>Welcome House</b> .....	701-751-1218
<b>Abused Adult Resource Center</b> .....	701-222-8370

#### DEVILS LAKE

<b>Lake Region Community Shelter</b> .....	701-662-3732
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#### FARGO

<b>Dorothy Day House</b> .....	218-233-5763
<b>Fraser</b> .....	701-356-8585
<b>Gladys Ray</b> .....	701-364-0116
<b>YWCA</b> .....	701-232-3449

## ADVOCACY/ADULT SERVICES

Community Options .....	701-223-2417
Freedom Resource Center – Jamestown .....	701-252-4693
ND Center for Persons with Disabilities .....	800-233-1737
Options Resource Center for Ind. Living .....	218-773-6100
Protection & Advocacy .....	800-472-2670

## EMPLOYMENT

Community Options .....	701-223-2417
Jamestown Job Service .....	701-253-6200
Job Service of ND .....	701-328-2825
Vocational Rehabilitation .....	701-252-6388
Unemployment Insurance .....	701-328-4995

## MEDICATION ASSISTANCE

Prescription Connection for North Dakota .....	888-575-6611
Prescription Drug Repository Program .....	888-575-6611

## DOMESTIC VIOLENCE/RAPE CRISIS AGENCIES

Barnes County – Valley City .....	701-845-0072
Dickey County – Ellendale .....	701-349-4729
Foster County – Jamestown .....	701-251-2300
Sargent County – Ellendale .....	701-349-4729
Stutsman County – Jamestown .....	701-251-2300

## LEGAL ASSISTANCE

Legal Services (Under 60 years old) .....	800-634-5263
Legal Services (60+ years) .....	866-621-9886

## COUNTY SOCIAL SERVICES

Barnes County Social Services .....	701-845-8521
Dickey County Social Services .....	701-349-3271
Foster County Social Services .....	701-652-2221
Griggs County Social Services .....	701-797-2127
LaMoure County Social Services .....	701-883-5301 ext.7
Logan County Social Services .....	701-754-2283
McIntosh County Social Services .....	701-288-5170
Stutsman County Social Services .....	701-952-6850
Wells County Social Services .....	701-547-3694

## VETERAN RESOURCES

Barnes County – Valley City .....	701-845-8511
Dickey County	
Oakes .....	701-742-2223
Ellendale .....	701-349-3249
Foster County – Carrington .....	701-652-2170
Griggs County – Cooperstown .....	701-797-3717
LaMoure County – LaMoure .....	701-833-5301
Logan County	
Kidder County Veteran Services .....	701-475-2206
Napoleon .....	701-754-2751
McIntosh County – McPherson .....	701-452-2885
Stutsman County – Jamestown .....	701-252-9043
Wells County – Harvey .....	701-324-2888
National Veterans Administration .....	800-827-1000
Region VI Community Action .....	701-252-1821
Veterans Crisis Line .....	800-273-8255

## TRANSPORTATION ASSISTANCE

North Dakota Association for the Disabled .....	800-532-6323
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## COUNTY SHERIFF OFFICES

Barnes County .....	701-845-8530
Dickey County .....	701-349-3215
Foster County .....	701-652-2251
Griggs County .....	701-797-2202
Lamoure County .....	701-883-5720
Logan County .....	701-754-2495
McIntosh County .....	701-288-5160
Stutsman County .....	701-252-9000
Wells County .....	701-547-3211

## THRIFT STORES

Christy's Closet – Carrington .....	701-653-5287
Goodwill Store – Jamestown .....	701-253-7301
Lisbon Open Door Center .....	701-683-2201
Lovingly Used-Clothing – Carrington .....	701-652-2858
More for Less – Cooperstown .....	701-797-3499
Nearly New – Valley City .....	701-845-1022
Nitas Attic – Jamestown .....	701-952-2795
Nitas Attic/Coffee Haus – Napoleon .....	701-754-2528
Salvation Army – Jamestown .....	701-251-9142
Thrift E-Shop – Valley City .....	701-845-4189
Thrift Shop – Fessenden .....	701-547-3361