

MEDICAL/MENTAL HEALTH SERVICES

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

EMERGENCY FOOD PANTRIES

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

HOUSING/RENTAL ASSISTANCE

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

ADDITIONAL RESOURCES

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

Revised 12/31/25



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

JAMESTOWN / SURROUNDING AREAS

ALCOHOL/SUBSTANCE ABUSE TREATMENT/SUPPORT

South Central Human Service Center	701-253-6300
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EMERGENCY SHELTERS

BISMARCK

Welcome House	701-751-1218
Abused Adult Resource Center	701-222-8370

DEVILS LAKE

Lake Region Community Shelter	701-662-3732
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FARGO

Dorothy Day House	218-233-5763
Fraser	701-356-8585
Gladys Ray	701-364-0116
YWCA	701-232-3449

ADVOCACY/ADULT SERVICES

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

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