



# Agassiz Associates

## Live Life Intentionally

Greetings fellow service providers and agencies. We hope this letter finds you well as we all navigate the global COVID-19 pandemic. North Dakota, like the rest of the United States, has been significantly impacted by increased stress and financial strain resulting in an increased demand for mental health and substance use disorder services while simultaneously having fewer resources available during the COVID-19 pandemic. The impact of the COVID-19 pandemic upon individuals' mental health is significant. We are writing to bring awareness to some statewide resources and services that have been made available to individuals who have been impacted by the COVID-19 pandemic.

### **WHAT is being offered?**

Information, resources and direct telehealth treatment services for adults.

### **WHO qualifies for these services?**

Adult individuals impacted by COVID-19 who reside in North Dakota and who are experiencing mental health (less than severe/chronic mental health illnesses) and/or co-occurring substance use disorder issues. Individuals do not need to have health insurance in order to receive these services and/or use the resources available.

### **HOW do I find out more information regarding these resources and services?**

Go to <https://www.agassizassociates.com> and click on COVID-19 ND Resources.

Go to <https://www.behavioralhealth.nd.gov> and click on COVID-19 Resources.

To speak with someone directly regarding these available resources and services, you can also contact Agassiz Associates, PLLC @ (701) 746-6336. Please ask to speak with Agassiz's COVID-19 case manager.

### **WHAT if I am in a crisis right now?**

Individuals who are feeling suicidal can receive immediate support.

Go to <https://www.myfirstlink.org> and click GET HELP NOW.

Or, you may call 1 (800) 273-8255 (TALK).

This effort is associated with North Dakota's Emergency Grants to Address Mental and Substance Use Disorders During COVID-19 (Emergency COVID-19), funded by the federal Department of Health and Human Services Administration (SAMHSA), administered through the North Dakota Department of Human Services.

Our best to each of you during this time of uncertainty and significant need.