



## Where to Go for Help in North Dakota

### Community Action in North Dakota

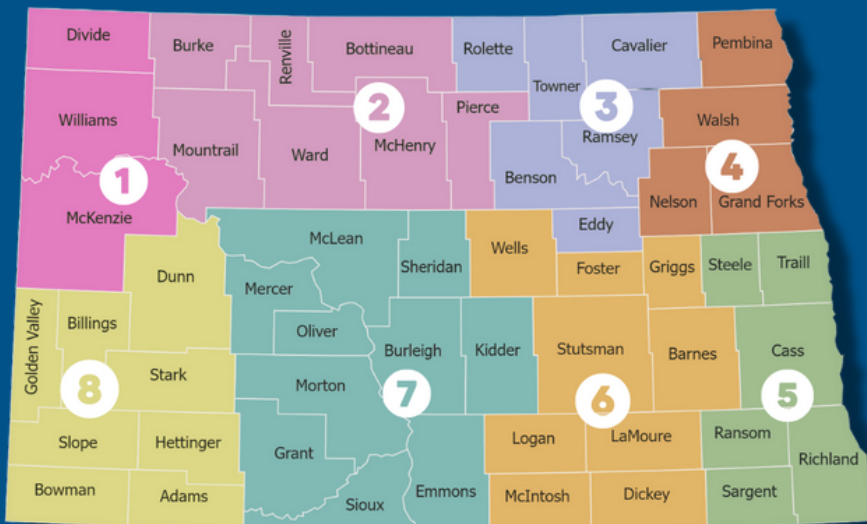
Each of the eight Community Action Agencies across North Dakota offer a wide variety of programs to serve those in need. Each agency offers unique programming based on the needs in their community. Programs and services can include: Weatherization Assistance, Volunteer Income Tax Assistance (VITA), Emergency Rental Assistance, Energy Assistance, Supportive Services for Veteran Families, Head Start, Child Care, Budgeting and Money Management, Food Pantry and Commodities, other Housing Supports, and more.

CAP - Williston Region  
120 Washington Ave  
Williston, ND 58801  
(701) 572-8191  
[www.willistoncap.org](http://www.willistoncap.org)

CAP - Minot Region  
2020 8th Ave SE  
Minot, ND 58701  
(701) 839-7221  
[www.capminotregion.org](http://www.capminotregion.org)

DPCAA  
223 4th St NE  
Devils Lake, ND 58301  
(701) 662-6500  
[www.dpcaa.org](http://www.dpcaa.org)

RRVCA  
4212 Gateway Dr  
Grand Forks, ND 58203  
(701) 746-5431  
[www.rrvca.com](http://www.rrvca.com)



CAP - Dickinson Region  
202 Villard  
Dickinson, ND 58601  
(701) 227-0131  
[www.dickinsoncap.org](http://www.dickinsoncap.org)

CAP - Bismarck Region  
2105 Lee Ave  
Bismarck, ND 58504  
(701) 258-2240  
[www.cap7.com](http://www.cap7.com)

CAP - Jamestown Region  
1108 5th Ave NE  
Jamestown, ND 58402  
(701) 252-1821  
[www.cap6.com](http://www.cap6.com)

SENDCAA  
3233 S University Drive  
Fargo, ND 58104  
(701) 232-2452  
[www.sendcaa.org](http://www.sendcaa.org)

### Job Service of North Dakota

Job Service of North Dakota administers the state unemployment insurance program and has resources to locate employment. For assistance with unemployment:

[www.jobsnd.com/unemployment-individuals](http://www.jobsnd.com/unemployment-individuals)  
Phone: (701) 328-4995

For other employment resources and to look at open jobs across North Dakota, visit:

[www.jobsnd.com/job-seeker](http://www.jobsnd.com/job-seeker)

### Resourceful

Resourceful is a free community resource guide to help you find free and reduced cost services near you.

<https://resourceful.findhelp.com/>

### First Link 2-1-1

First Link 2-1-1 helps connect people with important community services. This statewide information referral crisis management service is free and operator-served 24 hours a day, 7 days a week.

Types of assistance provided include: Basic Human Needs Resources, Physical and Mental Health Provider Referrals, Services for Older Americans and People with Disabilities, Crisis Management Services including suicide intervention, domestic violence, supportive listening, and more.

**Dial 2-1-1 or call (701) 235-7335 for assistance**

For additional resources and information, visit:

[www.myfirstlink.org](http://www.myfirstlink.org)

# Where to Go for Help in North Dakota

## Department of Health and Human Services (DHHS):

### North Dakota Human Service Zones

The Human Service Zones throughout North Dakota help vulnerable North Dakotans of all ages maintain or enhance their quality of life, which may be threatened by lack of financial resources, emotional crises, disability conditions, or an inability to protect oneself. This department provides programs in the following areas: Adults and Aging, Child Support Enforcement, Children and Family Services, Supplemental Nutrition Assistance Program (SNAP), Healthy Steps, Temporary Assistance for Needy Families (TANF), Low-Income Home Energy Assistance Program (LIHEAP), Medical, Mental Health and Substance Abuse, Services for Individuals with Disabilities, and Medicaid.

Find the Human Service Zone for Your Area:

[www.hhs.nd.gov/human-service/zones](http://www.hhs.nd.gov/human-service/zones)

Department of Human Services Phone: 1-866-614-6005

### DHHS Adults and Aging Services

The Department of Human Services administers programs and services that help older adults and people with physical disabilities to live safely and productively. Programs include: Assisted Living Services, Family Caregiver Support Program, Home and Community-Based Care, Long Term Care Ombudsman Program, Qualified Service Providers and Vulnerable Adult Protective Services, and more.

For more information about programs and resources:

[www.hhs.nd.gov/human-services/adults-and-aging](http://www.hhs.nd.gov/human-services/adults-and-aging)

### Supplemental Nutrition Assistance Program (SNAP)

The Supplemental Nutrition Assistance Program (SNAP) provides nutrition benefits to supplemental the food budget of qualifying families. Benefits are issued on EBT cards and can only be used to buy food products at grocers, farmers' markets and other USDA-approved vendors.

For more information and to determine your eligibility, visit:

[www.hhs.nd.gov/applyforhelp/snap](http://www.hhs.nd.gov/applyforhelp/snap)

### Health and Substance Abuse

There are eight Regional Human Service Centers across North Dakota. Each serves a multi-county area, providing counseling and mental health services, substance abuse treatment, disability services and other human services.

For more information about programs and services or to find the center for your area visit:

[www.hhs.nd.gov/regional-human-service-centers](http://www.hhs.nd.gov/regional-human-service-centers)

### Child Care Assistance Program

The Child Care Assistance Program (CCAP) helps pay a portion of the cost of childcare for working families, or families in training or education programs. In most cases, families pay a co-payment, which goes towards the cost of care. A co-payment is determined on a sliding fee scale based on a family's income and household size.

For more information and to determine your eligibility visit:

[www.hhs.nd.gov/applyforhelp/ccap](http://www.hhs.nd.gov/applyforhelp/ccap)

Economic Assistance Phone: (701) 328-1000

### ND Medicaid

North Dakota Medicaid helps to cover a specific list of medical services for individuals who qualify.

For more information about Medicaid, visit:

[www.hhs.nd.gov/human-services/medicaid](http://www.hhs.nd.gov/human-services/medicaid)

Medical Services Phone: (800) 755-2604

The North Dakota Medicaid expansion gives more individuals the opportunity to have affordable coverage, preventive services and greater economic security in the event of accidents or illness.

For more about North Dakota Medicaid Expansion, visit:

[www.hhs.nd.gov/human-services/medicaid/expansion](http://www.hhs.nd.gov/human-services/medicaid/expansion)

### Women, Infants, and Children (WIC)

WIC provides resources, knowledge and tools to help support families. It's free for moms, dads, grandparents, foster parents and all North Dakota families who qualify. WIC's goal is to help keep pregnant and breastfeeding women and children younger than age 5 healthy. WIC offers free healthy food, nutrition education, breastfeeding support, and more.

For more information and to determine your eligibility, visit:

[www.hhs.nd.gov/food-programs/WIC](http://www.hhs.nd.gov/food-programs/WIC)

To find a clinic near you:

[www.hhs.nd.gov/food-programs/WIC/apply](http://www.hhs.nd.gov/food-programs/WIC/apply)  
Find a Clinic Phone: (800) 472-2286



# Where to Go for Help in North Dakota

## Women's Way

Women's Way may provide a way to pay for breast and cervical cancer screenings for eligible North Dakota women. Women's Way may also provide patient navigation services to help women overcome barriers and get timely access to quality care. Limited diagnostic procedures are also available to women enrolled in Women's Way.

For more information and resources, visit:

[www.health.nd.gov/womens-way](http://www.health.nd.gov/womens-way)  
Phone: 800-449-6636 or (701) 328-3398

## Legal Services of North Dakota

Legal Services of North Dakota is a non-profit organization providing legal assistance on a variety of matters to low-income and elderly North Dakotans. Help is available by calling these toll free numbers:

Age 59 and Under: 1-800-634-5263

Age 60 and Over: 1-866-621-9866

[www.legalassist.org](http://www.legalassist.org)

## Public Health

North Dakota's Public Health system is made up of 28 single- and multi-county public health units. Services offered by each public health unit vary, but all health units provide services in the areas of maternal and child care, health promotion and education, and disease prevention and control. Some local public health units maintain environmental services such as public water system inspections, nuisance and hazard abatement, and food service inspections

To find a Public Health Center in your area:

[www.ndhealth.gov/localhd/](http://www.ndhealth.gov/localhd/)

To learn more about Public Health in North Dakota, visit:

[www.hhs.nd.gov/health](http://www.hhs.nd.gov/health)

## Disability - SSDI/SSI

The Social Security Disability Insurance (SSDI) and Supplemental Security Income (SSI) disability programs are the largest of several Federal programs providing assistance to people with disabilities. Both are administered by the Social Security Administration (SSA). Individuals with a disability who meet medical criteria may qualify for benefits under these programs. Contact your local Social Security Office for more information or visit:

[www.ssa.gov/disability](http://www.ssa.gov/disability)

Phone: 1-800-772-1213

## Community Options

Whether it is people with developmental or physical disabilities, or helping people with brain injuries or mental health/substance abuse issues find work, at the heart of it is their mission: Community Options exists to help people live individually and be active in their community.

For more information and resources, visit:

[www.communityoptionsnd.com](http://www.communityoptionsnd.com)

Phone: (701) 223-2417

## Great Plains Food Bank

The Great Plains Food Bank is the hunger-relief organization in North Dakota providing information about and assisting with area food pantries, soup kitchens, mobile food pantries, Senior Food Pack Program, and SNAP Outreach.

For more information or to find a food resources near you:

[www.greatplainsfoodbank.org](http://www.greatplainsfoodbank.org)

Phone: (701) 232-6219

## High Plains Fair Housing

High Plains Fair Housing Center works to end housing discrimination and ensure equal access to housing through advocacy and enforcement programs. They assist persons who feel they may be victims of housing discrimination in understanding their rights and options under fair housing laws. They also provide education programs and activities to increase fair housing knowledge.

For more information and resources, visit:

[www.highplainsfhc.org](http://www.highplainsfhc.org)

Phone: (701) 203-1077

## North Dakota Housing Finance Agency

The North Dakota Housing Finance Agency is dedicated to making housing affordable. The Agency facilitates affordable mortgage financing, assures continued availability of low-income rental housing, and provides for other state housing needs including the Open Doors Program which helps Medicaid-eligible households secure housing by providing landlords with coverage beyond the security deposit if a participant causes excessive damage to a rental unit or a loss of revenue.

For more information about programs and services, visit:

[www.ndhfa.org](http://www.ndhfa.org)

Phone: (800) 292-8621





# Where to Go for Help in North Dakota

## Supportive Services for Veteran Families (SSVF)

The SSVF program across North Dakota provides individualized case management to Veterans, assists them in securing housing, works to effectively meet Veterans' needs and helps to resolve individual barriers through follow-up, advocacy, and collaborations with community service providers. Veteran families may qualify for assistance with time-limited payments to third parties for rent, utilities, and other expenses for housing stability.

For more information visit or contact your local  
Community Action Agency:

[www.capnd.org/programsandinitiatives/statewideprograms/supportive-services-for-veteran-families/](http://www.capnd.org/programsandinitiatives/statewideprograms/supportive-services-for-veteran-families/)

## ND Housing Assistance

There are several Housing Authority offices throughout North Dakota. Housing Authorities are local administrative agencies for housing assistance programs funded by the federal Department of Housing and Urban Development (HUD) including Housing Choice Voucher Programs (formerly known as Section 8) which help pay rent in the form of housing assistance payments.

Contact your area office for more information.

To find your area housing authority, visit:

[www.hud.gov/states/north\\_dakota/renting/hawebites](http://www.hud.gov/states/north_dakota/renting/hawebites)

## Low Income Home Energy Assistance Program (LIHEAP)

The Low Income Home Energy Assistance Program (LIHEAP) helps eligible families with home heating and weatherization costs. The program partially pays the cost of natural gas, electricity, propane, fuel oil, coal, wood, or other fuel sources. The program also covers:

- Weatherization services (insulation, weather stripping around doors and windows, etc.)
- Furnace cleaning, repair, and replacement
- Energy Assistance

For more information or to apply for assistance  
<https://www.hhs.nd.gov/applyforhelp/liheap>  
Economic Assistance Phone: (701) 328-2332

## North Dakota Veterans Affairs

The North Dakota Department of Veteran Affairs assists veterans and their dependents in obtaining all benefits to which they are entitled, both federal and state, either by direct contact or through the assistance of County Veterans Service Officers, Tribal Veterans Service Officers, or National Service Officers.

For more information about programs and benefits:

[www.veterans.nd.gov](http://www.veterans.nd.gov)

Phone: (701) 239-7165

Fargo Regional Office: [www.benefits.va.gov/fargo](http://www.benefits.va.gov/fargo)

To view Healthcare, Benefit, and Cemetery Administration  
Locations by State, visit:

[www.va.gov/directory](http://www.va.gov/directory)

## Weatherization Assistance Program

The U.S. Department of Energy's Low-Income Weatherization Assistance Program works to increase the energy efficiency of homes owned or occupied by low-income persons, reducing their total residential energy expenditures, and improving their health and safety.

For more information and to verify eligibility, visit:

[www.commerce.nd.gov/community-services/low-income-programs/weatherization-assistance](http://www.commerce.nd.gov/community-services/low-income-programs/weatherization-assistance)

Residential energy conservation programs are available to North Dakota citizens through the eight local Community Action Agencies. For information on your county's Weatherization program, contact your local Community Action Agency.

Find your local Community Action Agency:

[www.capnd.org/aboutus/](http://www.capnd.org/aboutus/)



Community Action Partnership of North Dakota  
3233 South University Drive | Fargo, ND 58104 | 701-232-2452  
[www.capnd.org](http://www.capnd.org) | [info@capnd.org](mailto:info@capnd.org)

*\*\* Programs and services have varying eligibility requirements. Please contact the appropriate agency to verify eligibility for services*