

NEWS RELEASE | **FOR IMMEDIATE RELEASE** | July 26, 2021

Help is Here: Department of Human Services' Behavioral Health Division shares information, resources at North Dakota State Fair

BISMARCK, N.D. – Over the past year, there has been a lot of uncertainty and challenges. “Help is Here” is the latest initiative launched by the North Dakota Department of Human Services’ Behavioral Health Division that focuses on supporting the behavioral health needs of North Dakotans.

The public is invited to learn more about it and what resources are available to support their wellness by stopping by the Behavioral Health Division’s booth at the North Dakota State Fair in Minot, now through July 31 in Commercial Building II from 10 a.m. to 9 p.m.

“The state fair offers the perfect opportunity to interact directly with people who may need a connection to some help or are looking for ways to support their behavioral health,” said division director Pamela Sagness.

The booth will highlight different behavioral health topics and related prevention, treatment and recovery-oriented programs. On Monday, July 26, fair attendees received free Narcan (naloxone), a prescription medication that temporarily reverses an opioid overdose, and training on how to use it.

Resources at the booth will also offer information on self-care practices using an interactive board, family-friendly mindfulness activities and ways to encourage discussion about mental wellness. Behavioral health team members will also be available to answer questions throughout the week.

To learn more about the “Help is Here” initiative, go online to www.behavioralhealth.nd.gov/helpishere.

The Department of Human Services’ Behavioral Health Division is responsible for the reviewing and identifying service needs and activities in the state’s behavioral health system to ensure health and safety, and access to quality services for those with behavioral health needs. It also establishes quality assurance standards for the licensure of substance use disorder program services and facilities, and provides policy leadership in partnership with public and private entities. For more information, visit www.behavioralhealth.nd.gov.

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