



A 501 (c) (3) charitable organization

Coast to Coast & Around the World - Since 2001

NORTH DAKOTA (ND)

Population: 760,077 (USA Rank: 47)

Per Capita Income: \$34,848 (USA Rank: 17)

U.S.Governments: <https://www.usa.gov/elected-officials>

(Federal, State & local - most recent elected officials)

North Dakota: <https://www.nd.gov>

Governor's office: <https://www.governor.nd.gov>

Secretary of State: <https://sos.nd.gov>

Tourism: www.ndtourism.com

Major Cities: Fargo, Bismarck, Grand Forks, Minot, West Fargo

Multicultural Council of America

Non-Profit umbrella organization, promoting world cultures, education & healthcare

<https://www.multiculturalcouncil.org> Email: info@multiculturalcouncil.org

WE are a non-profit membership organization, helping you connect with people and organizations within **North Dakota** and beyond, for better communication, exchanging ideas, learning & helping communities locally, nationally and globally thru Multicultural Council Chapters.

We encourage you to please become a *member*, join one of our committees, **be a volunteer or mentor**, *donate your time & money and share your ideas to help the communities*. Membership is open to individuals, organizations, corporations and governments.

Please *advertise* your organization, services or products in this website to reach out to local, regional and global multicultural communities.

Tourism Promotion has become our special project during these uncertain times. Tourism is the world's largest industry. Prior to the pandemic, according to the National Travel and Tourism Week (NTTW) the travel industry was a powerful economic engine, supporting jobs and driving local economies in every pocket of America. The industry had experienced 107 straight months of growth, generated \$2.6 trillion in economic output, supported 17 million American jobs and delivered a \$51 billion trade surplus to the U.S.

In 2020, 18.7 million visitors spent \$2.1 billion in North Dakota, a 32 percent decline from 2019 due to pandemic and 21% decline in tourists, causing significant unemployment.

While Tourism bounced back strongly in 2022, driven by pent-up demand and the lifting of travel restrictions, the international travel remains 54.6% below pre-pandemic. The recovery is fragile with new uncertainties from the economic slowdown & geopolitical instability.

The Multicultural Communities within North Dakota and throughout the world have always been instrumental in increasing Tourism Revenues for North Dakota, for employment and our economic growth. Let's work together to help each other.

Population by Race: Source: Census Bureau – American Community Survey (<https://census.gov/acs>) & *Pew Research*

	North Dakota				U. S.A.	Change 2010-21	% increase
1	White	85.7%			192,750,000	-4,060,000	(<0%)
2	Black or African American	3.4%			39,270,000	1,580,000	7%
3	Hispanic or Latino	3.6%			62,530,000	12,050,000	52%
4	Asian	1.8%			18,890,000	4,420,000	19%
5	American Indian and Alaska Native	5.4%			-	-	-
6	Two or more Races	2.3%			14,300,000	8,330,000	36%
7	Pacific Islanders	0.0%			-	-	-
8	North Dakotans Speaking A Foreign Language at Home	7.4%			-	-	-

How Much Do You Need To Earn, to Live Well in North Dakota:

Family Budget Calculator, developed by the Economic Policy Institute (www.epi.org/resources/budget) allows you to calculate the average amount of money you need for Housing, Food, Childcare, Transportation, Healthcare, Taxes, etc. in the area where you live or wish to live.

North Dakota Information, Contacts & Resources

- **History & Culture:** https://en.wikipedia.org/wiki/History_of_North_Dakota
- **History & Culture:** <https://www.history.nd.gov>
- **Demographics:** <https://www.commerce.nd.gov/census/demographics>
- **Discrimination** (*Violation of Your Civil Rights based on race, color, national origin, disability, sex, religion, familial status, etc.*): 833-591-0291 or Toll-Free:1-855-856-1247 <https://civilrights.justice.gov>
- **Eldercare:** Connecting older Americans with local resources – www.eldercare.acl.gov 800-677-1116 eldercarelocator@USAging.org
- **Environment** (Air Quality in your zip-code for Home/Work) www.airnow.gov & www.enviroflash.info
- **Health:** <https://www.health.nd.gov>
- **Health: National Association of Free & Charitable Clinics:** 703-647-7427 - <https://nafclinics.org> info@nafclinics.org
- **Drug Information** (*Interactions, side-effects, etc.*): Call your local pharmacist or FDA at 1-855-543-3784 and 1-301-796-3400 or write to druginfo@fda.hhs.gov
- **Immigration & Citizenship:** www.uscis.gov/citizenship Email: Office.of.Citizenship@uscis.dhs.gov
- **IRS-Taxpayer Advocate Service:** 877-777-4778 www.taxpayeradvocate.irs.gov
- **Fraud, Scams & Bad Business Practices:** 1-877-382-4357 <https://reportfraud.ftc.gov>
- **The Innocence Project helping wrongfully convicted Americans:** <http://www.innocenceproject.org>
- Email: info@innocenceproject.org

* **Legal Services of North Dakota:** UND School of Law Ste 1 215 Centennial Drive Stop 9003 Grand Forks, ND 58202
www.legalassist.org

- **Need Urgent Legal Help?** Legal Services Corporation: 202-295-1500 (www.lsc.gov- info@lsc.gov) or American Bar Association: Toll Free: 800-285-2221 www.americanbar.org

North Dakota Crisis Hotlines: www.nd.gov/dhs Email: dhseo@nd.gov

911 (9-1-1 is a confidential and multilingual **EMERGENCY** #)

211 - North Dakota 211 is a free referral and information helpline that connects people to a wide range of health and human services

- **ND Dept. of Human Services:** 701.328.2310 or 1.800.472.2622 1 711 (TTY)

Abused Adult Resource Center: www.abusedadultresourcecenter.com Email: aarc@aacnd.com
24-Hours Crisis Line: 1-866-341-7009

Aging and Disability Resource: 1-855-462-5465 - www.carechoice.nd.gov - Email carechoice@nd.gov .

Alcohol & Drug Abuse: 701-483-0795 or 866-401-6465 or 877-461-2804 or 877-461-2804 or 701-328-8888

- **Child Abuse:** 1-833-958-3500 or 701-223-9052 - Email: info@pcand.org
Domestic Violence: 888-225-4506 or (701) 255-6240 or (701) 852-2258
Gambling Problem: 1-877-702-7848 <https://www.gamblernd.com>

Mental Health: (701) 255-3692 or 701-476-7200 or 1-800-233-3596 or (701) 258-3780 or 701-502-4150

North Dakota Crisis Centers:

Bismarck Region: 701-328-8899 or toll-free 1-888-328-2112

Serving Burleigh, Emmons, Grant, Kidder, McLean, Mercer, Morton, Oliver, Sheridan, and Sioux counties

Devils Lake Region: 701-662-5050 (collect calls accepted) or toll-free 888-607-8610

Serving Benson, Cavalier, Eddy, Ramsey, Rolette and Towner counties

*Rolla Outreach Office: 1102 Main Ave. W., Rolla N.D., 58367 - Phone: 701-477-9050

Dickinson Region: 701-290-5719

Serving Adams, Billings, Bowman, Dunn, Golden Valley, Hettinger, Slope, and Stark counties

Fargo Region: 701-298-4500 or 888-342-4900 or 2-1-1 Helpline

Serving Cass, Ransom, Richland, Sargent, Steele, and Traill counties

Grand Forks Region: 701-775-0525 or toll-free 800-845-3731

Serving Grand Forks, Walsh, Pembina and Nelson counties

*Grafton Outreach Office: Phone: 701-352-4334

Jamestown Region: 701-253-6304

Serving Barnes, Dickey, Foster, Griggs, LaMoure, Logan, McIntosh, Stutsman, and Wells counties

*Valley City Satellite Office: City-County Public Health District Bldg., 415 Second Ave. N.E

Minot Region: 701-857-8500 or toll-free 1-888-470-6968 or 701-852-2258 (courage4change.org)

Serving Bottineau, Burke, McHenry, Mountrail, Pierce, Renville and Ward counties

Williston Region: 701-572-9111 or toll-free 800-231-7724

Serving Divide, McKenzie and Williams counties

National Crisis Resources: 24-hour nationwide – Services may be available in many languages

Addiction Hotline: 800-784-2433

Child Abuse: 1-800-4-A-Child or 1-800-422-4453 (National Child Abuse Hotline) www.childhelp.org

Domestic Violence: 1-800-799-7233 (National Domestic Violence Hotline)

StrongHearts Native Helpline: Call/Chat: 1-844-7NATIVE (762-8483) www.strongheartshelpline.org

Shelters: <https://www.domesticshelters.org>

Online Chat (7am-2am CST) <https://www.thehotline.org> - All calls are toll-free & confidential

Human Trafficking Hotline: 1-888-373-7888 (Text # 233733)

National Center for Missing & Exploited Children: 1-800-THE-LOST or 1-800-843-5678
National Indigenous Women's Resource Center – 855-649-7299 – www.niwrc.org - info@niwrc.org
National Problem Gambling Helpline: 1-800-522-4700-Text: 1-800-522-4700-Chat: www.ncpgambling.org/chat
Suicide Prevention Lifeline: 1-800-273-TALK (1-800-273-8255)**Soon to be 9-8-8**
Poison Control Center For Emergencies: 1-800-222-1222
Covenant House Nineline: 1-800-RUNAWAY (1-800-786-2929) <https://teenlineonline.org>
Girls & Boys Town National Hotline: Phone, Chat, Text, and Email - 1-800-448-3000
National Youth Crisis Hotline: 1-800-442-HOPE (1-800-442-4673)
Samariteens: 1-800-252-TEENS (1-800-252-8336) - 3:00 p.m.-9:00 p.m.
Youth Crisis Hotline: 1-800-HIT-HOME (1-800-448-4663)
Youth America Hotline (YAH!): 1-877-YOURLINE (1-877-968-8454)

The Trevor Lifeline: 1-866-488-7386

* *The Trevor Lifeline is a service of The Trevor Project, a non-profit endeavor devoted to promoting tolerance and understanding for **LGBTQ** youth.*

All information contained in this website, including contacts, tel #s or emails, etc. are up-to-date to the best of our knowledge. The Multicultural Council, its officials, staff or volunteers cannot be held responsible for any errors, wrong info or for any liability of any type whatsoever arising thereof. It is strictly your responsibility to check the correct info.

GLOBAL SCHOLARSHIP PROGRAM

Please *donate* & support our Tuition-Free, Post-Secondary Education for the qualified refugees living in North Dakota or anywhere else in the world, through UNHCR and the American Academy of International Education (<https://www.americanacademyedu.org>)

Your donations may be tax-deductible because MCC is an accredited 501(c)(3) non-profit organization since 2001.

- Multicultural Council of America is a partner agency of UNHCR
- American Academy of International Education is affiliated with MCC



THANK YOU FOR VISITING OUR WEBSITE

**PLEASE FORWARD IT TO YOUR FRIENDS & ASSOCIATES
WITHIN NORTH DAKOTA AND BEYOND**

Please help us by adding, correcting & improving this website to serve our communities

Please *advertise* your goods & services in this website – to help us continue our services to communities in North Dakota - <https://multiculturalcouncil.org/media-kit-ad-rates>