

Suicide Prevention Alaska Resource Toolkit

Mental health challenges come in many forms, from all walks of life. This guide is a reference to some resources that exist in Alaska and nationally to help you or someone you care about that might be facing a mental health need.

If you are in crisis, or experiencing thoughts of suicide, please text the Crisis Text Line (text HELLO to 741741) or call the Suicide and Crisis Lifeline by dialing 988 or 1-800-273-TALK (8255). Both services are free and available, 24 hours a day, seven days a week.

IF YOU ARE EXPERIENCING A LIFE-THREATENING EMERGENCY, PLEASE CALL 911 or go immediately to your local emergency room.

Find more resources at

alaskapublic.org/hope



Alaska Resources

There is help close to home. Below we highlight community organizations that specialize in the mental health needs of Alaskan residents. Although this guide isn't a complete list of all resources in the area, it can serve as a reference if you're looking for crisis providers and support organizations for youth, teens, and adults in Alaska.

ADULT PROTECTIVE SERVICES

dhss.alaska.gov/dsds/Pages/aps/default.aspx
Phone: 907-269-3666
1-800-478-9996 (in-state only)
Adult Protective Services helps to prevent or stop harm from occurring to vulnerable adults.

ALASKA 2-1-1

alaska211.org
211 or 800-478-221
One-stop resource for finding help in the community. It's free, confidential and available in almost any language. For life challenges or everyday needs.

ALASKA BEHAVIORAL HEALTH

alaskabehavioralhealth.org
907-563-1000
Strengthening Alaska communities and improving the lives of their clients by delivering exceptional behavioral healthcare services. Every day there are stories of children and adults getting better and overcoming the impact of mental illness on their lives. Recovery is possible.

ALASKA BRAIN INJURY NETWORK

alaskabraininjury.net
907-274-2824
Connects Alaskans impacted by brain injury to meaningful resources and helps them "Be There For One Another!"

ALASKA CARELINE

carelinealaska.com
1-877-266-4357 (HELP)
Careline is free and confidential, treating callers with respect and listening without judgment. Contact them if you are in crisis, you are a survivor of an attempt, you lost someone to suicide, you are grieving, you are concerned about someone, or you're feeling down and need someone to talk to.

ALASKA FAMILY SERVICES - BEHAVIORAL HEALTH TREATMENT CENTER

akafs.org
907-376-4000
Providing integrated behavioral health services, including psychiatric assessments, substance abuse counseling and individual, group and family counseling.

ALASKA MENTAL HEALTH CONSUMER WEB

www.theweb.ngo
907-222-2980
Anchorage Alaska behavioral health recovery-based engagement/drop-in center serving many, including those with mental health issues and/or drug/alcohol abuse.

ALASKA NATIVE MEDICAL CENTER EMERGENCY DEPARTMENT

anmc.org/services/emergency-room
907-729-1729 or 907-212-3111

ALASKA NATIVE TRIBAL HEALTH CONSORTIUM - BEHAVIORAL HEALTH

anthc.org/what-we-do/behavioral-health
behavioralhealth@anthc.org
855-882-6842
Good health and healing include the mind, body and spirit. ANTHC works with Tribal health organizations throughout the state to help build stronger Alaskans and healthier communities.

ALASKA PSYCHIATRIC INSTITUTE

dhss.alaska.gov/api
907-269-7100

ALASKA STATE TROOPERS

dps.alaska.gov/AST/Home
907-269-5511
Posts assigned to four geographic detachments that provide patrol, enforcement, and search and rescue to all areas of the state and a central headquarters.

Alaska Resources

ALASKA YOUTH & FAMILY NETWORK

ayfn.org

admin@ayfn.org

907-770-4979

Cultivating wellness and stability for Alaskan families within their communities, through peer-supported advocacy, education, and behavioral health services.

AMERICAN FOUNDATION FOR SUICIDE PREVENTION

afsp.org/tag/afsp-alaska

AFSP local Chapters create a culture that's smart about mental health through education and community programs, research and advocacy, and support for those affected by suicide.

ALCOHOLICS ANONYMOUS (AA)

alcoholicsanonymous.com/aa-meetings/alaska

907-272-2312

A state-wide recovery resource devoted to supporting the men and women of Alaska. AA Alaska helps individuals struggling with alcoholism find the help they need on a local basis.

ANCHORAGE HEALTH COMMUNITY CENTER

anhc.org

907-743-7345

Provides a full range of coordinated health services that are accessible and affordable for everyone in our community.

ANCHORAGE POLICE DEPARTMENT CRISIS TEAM

anchoragepolice.com/cit

907-786-8500 or 8900

Consumers and their families receive an immediate response to the crisis by officers who are educated in mental illness and de-escalation techniques.

BENTEH NUUTAH VALLEY NATIVE PRIMARY CARE CENTER

southcentralfoundation.com/

services/behavioral-health/

benteh-nuutah-primary-care-center

907-631-7800

Also known as the Valley Native Hospital. If a client has their Bureau of Indian Affairs card, there is no cost for treatment. They have a behavioral health group that has short wait times and can address most behavioral health concerns.

CHRIS KYLE PATRIOTS HOSPITAL

chriskylepatriotshospital.com

907-433-7326

Founded to serve first responders, military service members and veterans who have experienced trauma in the line of duty or struggle with substance abuse.

CODI - COMPASSIONATE DIRECTIONS

codialaska.org

907-745-2634

Operates a compassionate not-for-profit behavioral health outpatient clinic for children (ages infant through 21) and families in the Matanuska-Susitna Borough.

CONNECT MAT-SU

connectmatsu.org

specialist@connectmatsu.org

907-373-2628

A physical and virtual space for information, referral, social connection and direct assistance specific to the Mat-Su.

COVENANT HOUSE YOUTH SHELTER

covenanthouseak.org

907-272-1255

Provides the necessities and resources for youth experiencing homelessness.

DENALI FAMILY SERVICES

denalifs.org

info@denalifs.org

907-274-8281

In Alaska, 1 in 10 children are identified as potential victims of abuse and neglect. Their mission is to support these children and their families through individualized, community-based mental health services.

DOMESTIC VIOLENCE (AWAIC)

awaic.org

907-272-0100

Provides domestic violence safe shelter, intervention, and prevention.

EMERGENCY SHELTER - BROTHER FRANCIS

cssalaska.org/our-programs/

brother-francis-shelter

907-277-1731

An emergency shelter for men and women in Anchorage without a home.

FACING FOSTER CARE IN ALASKA

ffcalaska.org

info@ffcalaska.org

907-786-6776

FFCA is a lifeline for foster youth and alumni. They seek to improve the foster care system, develop leadership skills among current and former foster youth, and create a network of peer support that is a lifeline for many foster youth and alumni.

LGBTQ+ HELPLINE: IDENTITY

identityalaska.org

907-258-4777 or 888-901-9876

Advances Alaska's lesbian, gay, bisexual, and transgender community through advocacy, education and connectivity.

Alaska Resources

MAT-SU HEALTH SERVICES

mshsak.org
info@matsuhealthservices.org
907-376-2411

Providing a range of behavioral health resources and treatments for people of all ages and demographics. They offer counseling for children, teens and adults, as well as individual and group therapy.

MY GRANDMA'S HOUSE

mygrandmashouseak.com
Seeking to expose the issues with the child abuse and neglect that many of children face today, which contributes to the suicide epidemic.

MYHOUSE

myhousematsu.org
907-373-4357
Seeking to end homelessness. If you are ages 14-24 and homeless or at risk for being homeless, drop by or give MyHouse a call. Their Gathering Grounds Café is open from 7am-5 pm, and Case Management is available from 8am-5 pm.

NAMI ALASKA

namialaska.org
907-277-1300
NAMI Anchorage: 907-272-0227
NAMI Fairbanks: 907-456-4704
NAMI Juneau: 907-463-4251
NAMI provides education, support, advocacy, and public awareness, with the vision of a state where all people affected by mental illness live healthy, fulfilling lives supported by a caring, culturally sensitive community.

NORTH STAR BEHAVIORAL HEALTH

northstarbehavioral.com
907-258-7575
A behavioral health facility that offers programs in and around

the Anchorage, Alaska area for children, teens and adults who suffer from psychiatric or substance abuse issues.

PROVIDENCE BEHAVIORAL MEDICAL GROUP

providence.org/services/mental-health
907-761-5800
A behavioral health facility that supports clients in the Mat Su. With resources for families, especially with children struggling with suicidal ideation.

Providence Crisis Recovery Center

providence.org/locations/ak/alaska-medical-center/crisis-recovery-center
907-563-5006

Providence Mental Health Unit

providence.org/locations/ak/alaska-medical-center/adult-inpatient-mental-health-unit
907-212-3040

Providence Psychiatric Emergency Room

providence.org/locations/ak/alaska-medical-center/psychiatric-emergency-department
907-261-2800

SEXUAL ASSAULT (STAR)

staralaska.com
907-276-7273 (Anchorage)
800-478-8999 (Statewide)
Responding to the needs of survivors of sexual assault, while integrating prevention and education programs with a goal of reducing harm to all Alaskans.

SOUTHCENTRAL FOUNDATION BEHAVIORAL HEALTH SERVICES

southcentralfoundation.com/services/behavioral-health
907-729-2500
Behavioral Health Services for

Alaska Native and American Indian people ages 18 and older at the Anchorage Native Primary Care Center, and for adults, children and adolescents at the Fireweed Clinic.

SUNSHINE COMMUNITY HEALTH CENTER - TALKEETNA

sunshineclinic.org
907-733-2273
This is a nonprofit, federally qualified community health center that offers comprehensive health care to people living throughout the Upper Susitna Valley of Alaska, including support for medical and behavioral concerns.

UAA CARE TEAM

uaa.alaska.edu/students/care-team
A multidisciplinary group that works to promote a safe, caring and productive learning, living and working environment at UAA

VICTIMS FOR JUSTICE

victimsforjustice.org
907-278-0986
Victims for Justice is an independent non-profit working to ensure Alaskans affected by violent crime get the support they need and deserve.

VOA ALASKA

voaak.org
info@voaak.org
907-279-9640
Provides a range of services to support the hope, health, and healing of every Alaskan. Their behavioral health professionals educate and support youth struggling with substance misuse and mental health conditions, while also providing a safe space for healing.