

Suicide Prevention Quick Reference

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 National Suicide Prevention Lifeline at 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.

ALASKA BEHAVIORAL HEALTH
alaskabehavioralhealth.org
907-563-1000

ALASKA CARELINE
carelinealaska.com
1-877-266-4357 (HELP)

**ALASKA FAMILY SERVICES
- BEHAVIORAL HEALTH
TREATMENT CENTER**
akafs.org
907-376-4000

**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
855-882-6842

**ALASKA PSYCHIATRIC
INSTITUTE**
dhss.alaska.gov/api/Pages/
default.aspx
907-269-7100

ALASKA STATE TROOPERS
dps.alaska.gov/AST/Home
907-269-5511

**ALASKA YOUTH & FAMILY
NETWORK**
ayfn.org
907-770-4979

**ANCHORAGE HEALTH
COMMUNITY CENTER**
anhc.org
907-743-7345

**ANCHORAGE POLICE
DEPARTMENT CRISIS TEAM**
ANCHORAGEPOLICE.COM/CIT
907-786-8500 or 8900

**BENTEH NUUTAH VALLEY
NATIVE PRIMARY CARE CENTER**
southcentralfoundation.com/
services/behavioral-health/
benteh-nuutah-primary-care-
center
907-631-7800

**CHRIS KYLE PATRIOTS
HOSPITAL**
chriskylepatriotshospital.com
907-433-7326

CONNECT MAT-SU
connectmatsu.org
907-373-2628

**COVENANT HOUSE YOUTH
SHELTER**
covenanthouseak.org
907-272-1255

DENALI FAMILY SERVICES
denalifs.org
info@denalifs.org
907-274-8281

DOMESTIC VIOLENCE (AWAIC)
awaic.org
907-272-0100

**EMERGENCY SHELTER -
BROTHER FRANCIS**
cssalaska.org/our-programs/
brother-francis-shelter
907-277-1731

**FACING FOSTER CARE IN
ALASKA**
ffcalaska.org
907-786-6776

LGBTQ+ HELPLINE: IDENTITY
identityalaska.org
907-258-4777 or 888-901-9876

Suicide Prevention Quick Reference

MAT-SU HEALTH SERVICES

mshsak.org
907-376-2411

MY GRANDMA'S HOUSE

mygrandmashouseak.com

MYHOUSE

myhouseematsu.org
907-373-4357

NAMI ALASKA

namialaska.org
907-277-1300
NAMI Anchorage: 907-272-0227
NAMI Fairbanks: 907-456-4704
NAMI Juneau: 907-463-4251

NATIONAL SEXUAL ASSAULT HOTLINE

rainn.org/get-help
800-656-4673

NORTH STAR BEHAVIORAL HEALTH

northstarbehavioral.com
907-258-7575

PROVIDENCE BEHAVIORAL MEDICAL GROUP

providence.org/services/mental-
health
907-761-5800

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)

SOUTHCENTRAL FOUNDATION BEHAVIORAL HEALTH SERVICES

southcentralfoundation.com/
services/behavioral-health
907-729-2500

SUNSHINE COMMUNITY HEALTH CENTER - TALKEETNA

sunshineclinic.org
907-733-2273

THE TREVOR PROJECT

TheTrevorProject.org
1-866-488-7386 (phone)
TheTrevorProject.org/Help (chat)
"START" to 678-678 (text)

UAA CARE TEAM

uaa.alaska.edu/students/care-
team

VICTIMS FOR JUSTICE

victimsforjustice.org
907-278-0986

VOA ALASKA

voaak.org
907-279-9640

VETERAN SUICIDE CRISIS LINE

1-800-273-8255, press 1 (phone)
veteranscrisisline.net (chat)
838255 (text)

For an extensive list of resources, visit

alaskapublic.org/hope

