

Suicide Prevention 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 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.**

Local 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.

Local 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.

Local 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.

National Resources

Help is available for you, your family, friends, neighbors and colleagues, all those in your life that might need support at this time. Find access to national mental health resources, organizations, tools and support groups using the links provided here. This guide is designed as a place to start or continue the journey of navigating mental health resources for you or someone you care about.

ACTIVE MINDS

activeminds.org

Active Minds is a nonprofit organization dedicated to raising mental health awareness among students via peer to peer dialogue and interaction. Programs include Send Silence Packing®, Active Minds Speakers, the Healthy Campus Award, and Active Minds @ Work.

AMERICAN ACADEMY OF CHILD AND ADOLESCENT PSYCHIATRY

aacap.org

The mission of AACAP is to promote the healthy development of children, adolescents, and families through advocacy, education, and research, and to meet the professional needs of child and adolescent psychiatrists throughout their careers. The website includes tool kits, resource libraries, educational materials and discussions for families and clinicians.

ASHA INTERNATIONAL

myasha.org

gayathri@myasha.org
971-340-7190

ASHA International is a nonprofit organization dedicated to normalizing conversations about mental health and inspiring hope and wellbeing, one story at a time.

Programs include Let's Talk About Mental Health & My Story MY SUPERPOWER Movement.

BLACK EMOTIONAL AND MENTAL HEALTH (BEAM)

beam.community

The Black Emotional and Mental Health Collective (BEAM) is made up of therapists, yoga teachers, lawyers, and activists with a mission to break down the barriers to Black healing.

BLACK MENTAL HEALTH ALLIANCE (BMHA)

blackmentalhealth.com

A nonprofit providing training, consultation, support groups, resource referral, public information, and educational resources regarding mental health and mental illness issues.

CALL TO MIND

calltomindnow.org

[@calltomindnow](https://twitter.com/calltomindnow)

Call to Mind is American Public Media's (APM) initiative to foster new conversations about mental health. Call to Mind believes that mental well-being is for everyone and that it's time to end the misconceptions and discrimination associated with mental health conditions.

CREDIBLEMIND & WELL BEING TRUST

wellbeingtrust.org/mental-health-resources

Well Being Trust is a national foundation dedicated to advancing a vision of a nation where everyone is well—in mental, social and spiritual health. The website includes a widget built by CredibleMind that makes it is easy to search and access by topic and type of material, curated mental health resources.

DANA FOUNDATION

dana.org

danainfo@dana.org

Explore the brain with the Dana Foundation's free resources for kids and adults. Find fact sheets, lesson plans, articles, and puzzles about brain function and health, all reviewed and approved by scientists.

DEPRESSION & BIPOLAR SUPPORT ALLIANCE

dbsalliance.org/brochures

DBSA offers a variety of free educational materials that can be downloaded or sent directly to your home. The website includes materials detailing strategies and information applicable for both loved ones and caregivers as well as those with depression or bipolar.

National Resources

HOPE SQUAD

hopesquad.com
#hopesquads
support@hopesquad.com
801-342-3447

A peer-to-peer suicide prevention program for grades 4 -12. Members are trained to promote mental wellness, recognize signs of crisis, and refer at-risk peers to trusted adults.

THE JED FOUNDATION

JED's POV on Student Mental Health and Well-Being in Fall Campus Reopening shares considerations for college and university campuses as they continue to prepare and work through supporting the mental health and well-being of their communities during the fall reopening.

Seize the Awkward

Seize the Awkward provides young adults with tips on how to sustain a conversation with their peers around mental health.

Love is Louder Action Center and COVID-19 Resource Guide

JED's Love is Louder Action Center and COVID-19 Resource Guide provide resources and tips for protecting mental health and supporting each other during the COVID-19 pandemic.

Set to Go

Set to Go provides students, families, and educators resources on how to get emotionally prepared for the transition from high school to college or adulthood.

Press Pause

JED and MTV's Press Pause includes animated PSAs and an online hub with simple mindfulness techniques—like breathing exercises, meditation, perspective checks, music and movement—to deal with common stresses and challenges that can make young adults feel overwhelmed or hopeless.

Ulifeline

Ulifeline is an online resource for college students. Schools can sign up and post campus-specific information on how to access treatment and crisis services.

JUVENILE BIPOLAR RESEARCH FOUNDATION

jbrf.org/families
Supporting children and families suffering from bipolar or Fear of Harm disorder through research, education, and outreach. Includes general information, educational concerns and diagnostic tools, research news, virtual support groups, parent training and treatment options.

THE LOVELAND FOUNDATION

thelovelandfoundation.org/
loveland-therapy-fund
The Loveland Foundation provides financial assistance to Black women and girls seeking mental health services nationwide via its Therapy Fund.

MELANIN & MENTAL HEALTH

melaninandmentalhealth.com
Serving the mental health needs of Black and Latinx communities by offering a therapist directory and podcast on mental health issues.

MENTAL WELLNESS COLLECTIVE

mentalwellnesscollective.com
An online community focused on helping women of color prioritize their mental health and normalize help seeking. Their goal is to build a safe place for women to express themselves, break the stigma around mental health, raise awareness to issues that are important to the Black community, and provide access to providers.

MENTAL HEALTH FIRST AID

mentalhealthfirstaid.org
Mental Health First Aid is a course that teaches you how to help someone who is developing a mental health problem or experiencing a mental health crisis. The training helps you identify, understand, and respond to signs of addictions and mental illnesses. Mental Health First Aid is provided by the National Council for Behavioral Health.

MOVEMBER CONVERSATIONS

us.movember.com/mens-health/
mental-health
#Movember
A free interactive online tool, Movember Conversations offers practical guidance on how to start a difficult conversation with someone who might be struggling. Movember Conversations uses simulations to explore different scenarios and demonstrates the changing ways your response can lead to deeper conversations. You can't fix someone else's problems, but a listening ear can make all the difference.

National Resources

NAMI - THE NATIONAL ALLIANCE ON MENTAL ILLNESS

nami.org

#NotAlone

Call the NAMI Helpline at 800-950-6264 M-F, 10 am-6pm, ET
Or in a crisis text “NAMI” to 741741 for 24/7, confidential free counseling

The National Alliance on Mental Illness (NAMI) is the nation’s largest grassroots mental health organization dedicated to improving the lives of individuals and families affected by mental illness. Join the conversation at: nami.org

facebook.com/nami

instagram.com/namicommunicate

twitter.com/namicommunicate

NAMI Basics OnDemand

NAMI Basics is a 6-session education program for parents, caregivers and other family who provide care for youth (ages 22 and younger) who are experiencing mental health symptoms. This program is free to participants, 99% of whom say they would recommend the program to others. NAMI Basics is available both in person and online through NAMI Basics OnDemand.

The OnDemand program is also guided by parents and family members with lived experience but is self-paced and available 24/7. OnDemand offers the flexibility of participating in the course on your schedule. Both formats provide identical information, strategies and the opportunity to connect with other parents and caregivers.

NAMI Frontline Wellness

NAMI has developed a suite of no cost digital resources for frontline professionals, which

are available now at NAMI.org/FrontlineWellness. These custom-made resources were developed based on the findings from a comprehensive needs assessment and include: techniques to build resilience, access to confidential and professional services, peer support groups, support for family members, how to identify signs of a potential mental health emergency and suicide prevention information. #FirstRespondersFirst

NATIONAL SEXUAL ASSAULT HOTLINE

rainn.org/get-help

800-656-4673

ONE MIND PSYBERGUIDE

onemindpsyberguide.org

info@psyberguide.org

@PsyberGuide

One Mind PsyberGuide is a non-profit project providing guidance to people interested in using technology to live mentally healthier lives. There are thousands of publicly available mental health apps, but few have been vetted in any way. We provide expert reviews of apps, free of preference, bias, or endorsement, to help people make informed decisions.

SMI ADVISER

Individuals and Families page: smiadviser.org/individuals-families

SMI Adviser is a technical resource center to raise awareness and promote the use of evidence-based practices in the treatment of serious mental illness. When you go to the website, you have the option of accessing resources by clicking the “Clinician” button or the “Individuals & Families” button.

THE STEVE FUND

stevefund.org

info@stevefund.org

401-249-0044

The Steve Fund works with colleges and universities, non-profits, researchers, mental health experts, families, and young people to promote programs and strategies that build understanding and assistance for the mental and emotional health of the nation’s young people of color. The Fund holds an annual conference series, Young, Gifted & @Risk, and offers a Knowledge Center with curated expert information along with on-campus and on-site programs and services for colleges and non-profits.

STRONG 365

strong365.org

#URstrong

@strong365community

(Facebook, Instagram)

@strong365 (Twitter)

A project of the non-profit organization One Mind, Strong 365 aims to shorten the path to effective, life-saving help by connecting young people in the earliest stages of psychosis to both online and community-based support.

SUBSTANCE ABUSE/MENTAL HEALTH HOTLINE

samhas.gov/find-help/national-helpline

800-662-4357

National Resources

THE TREVOR PROJECT

TheTrevorProject.org
If you or someone you know needs help or support, contact The Trevor Project's TrevorLifeline 24/7 at 1-866-488-7386. Counseling is also available 24/7 via chat every day at TheTrevorProject.org/Help, or by texting "START" 678-678. The Trevor Project is the world's largest suicide prevention and crisis intervention organization for LGBTQ young people.

THE YOUTH MENTAL HEALTH PROJECT

The Parent Support Network™
ymhproject.org/parent-support-network
#youthmentalhealthproject
parentsupportnetwork@ymhproject.org
773-501-9548
The Parent Support Network™, a program of The Youth Mental Health Project™, offers free and confidential support meetings run by and for parents who are concerned about the mental health of their children, teens, and young adults.

THIS IS MY BRAVE

thisismybrave.org
This Is My Brave enables high-school and college-aged students to use storytelling to combat stigma around mental health. This Is My Brave brings stories of mental illness and addiction out of the shadows and into the spotlight.

VETERAN SUICIDE CRISIS LINE

1-800-273-8255, press 1
Veterans call by phone, chat online at veteranscrisisline.net, or text to 838255.

WORK2BEWELL

Work2BeWell.org
The #Work2BeWell digital wellness and empowerment program focuses on positively impacting the emotional well-being of teens and promoting mental health. Here you will find free curriculum, programs, and assets that can be used to help educate teens about mental health and wellness.

Find more resources at

alaskapublic.org/hope

