Need someone to talk to?
There are People who can Help

Suicide & Crisis Lifeline: 988
- Available 24 hours per day, 7 days per week.
- The Lifeline provides free and confidential support by call or text.

BBAHC Crisis Line: 1-888-865-0799
- Available 24 hours per day, 7 days per week

BBAHC Behavioral Health: 907-842-1230
- Available Monday-Friday, 8 am-5 pm

Strong Hearts Native Helpline: 1-844-762-8483
- Available 24 hours per day, 7 days per week. Safe, confidential and anonymous domestic, dating, and sexual violence helpline for American Indians and Alaska Natives, offering culturally-appropriate support and advocacy.

Alaska Careline: 1-877-266-4357
- Available 24 hours per day, 7 days per week.