


Suicide Prevention Resources



These resources can help you or a loved one develop coping strategies, create a safety plan, reach out to mental health professionals, and most importantly, show you that YOU are important.

National and State Crisis Support

- ◉ [Alaska Native Medical Center Emergency Department](https://anmc.org/)
<https://anmc.org/>
(907) 729-1729
- ◉ [Alaska Psychiatric Institute](http://dhss.alaska.gov/api/Pages/default.aspx)
<http://dhss.alaska.gov/api/Pages/default.aspx>
Mainline: (907) 269-7100
- ◉ **Anchorage Crisis Line**
Provided by [Providence Alaska Medical Center](https://alaska.providence.org/services/s/suicide-prevention)
<https://alaska.providence.org/services/s/suicide-prevention>
24-Hour Hotline: (907) 563-3200
- ◉ [Crisis Text Line](https://www.crisistextline.org/)
<https://www.crisistextline.org/>
For immediate help, call 911
Texting Hotline: Text “home” to 741741.
- ◉ [Careline AK Helpline](http://dhss.alaska.gov/dbh/Documents/Prevention/docs/Careline-Brochure-General.pdf)
<http://dhss.alaska.gov/dbh/Documents/Prevention/docs/Careline-Brochure-General.pdf>
24-Hour Hotline: (877) 266-4357
Texting Hotline: “4help” to 839863.
Available Tues.-Sat., 3-11 p.m.
- ◉ [Mental Health America](https://www.mhanational.org/)
<https://www.mhanational.org/>
(800) 969-6642
- ◉ [988 Suicide & Crisis Lifeline](https://suicidepreventionlifeline.org/)
<https://suicidepreventionlifeline.org/>
24-Hour Call and Text: 988
- ◉ [National Alliance for Mental Illness](https://www.nami.org/Home)
<https://www.nami.org/Home>
(800) 950-NAMI (6264)
- ◉ [State of Alaska Suicide Prevention Council](http://dhss.alaska.gov/SuicidePrevention/Pages/default.aspx)
<http://dhss.alaska.gov/SuicidePrevention/Pages/default.aspx>
(877) 266-HELP (4357)
- ◉ [Providence Crisis Recovery Center](https://alaska.providence.org/services/c/crisis-recovery-center)
<https://alaska.providence.org/services/c/crisis-recovery-center>
24-Hour Hotline: (907) 563-5006
- ◉ [Providence Psychiatric Emergency Department](https://alaska.providence.org/services/p/psychiatric-emergency-department)
<https://alaska.providence.org/services/p/psychiatric-emergency-department>
(907) 212-2800
- ◉ [Providence Mental Health Unit](https://alaska.providence.org/services/m/mental-health-unit)
<https://alaska.providence.org/services/m/mental-health-unit>
(907) 212-3040
- ◉ [University of Alaska Anchorage Psychological Services Center](https://www.uaa.alaska.edu/academics/college-of-arts-and-sciences/departments/psychology/psychological-services-center/index.cshml)
<https://www.uaa.alaska.edu/academics/college-of-arts-and-sciences/departments/psychology/psychological-services-center/index.cshml>
(907) 786-1795

Other Resources

- [Alaska Adult Protective Services](#)
<http://dhss.alaska.gov/dsds/Pages/aps/default.aspx>
Main Line: (907) 269-3666
- [Alaska Mental Health Consumer Web](#)
<https://www.theweb.ngo/>
Main Line: (907) 222-2980.
Available Mon.-Fri., 8:30 a.m.–5 p.m., and Sat., 10 a.m.–4 p.m.
- [Alaska State Troopers](#)
<https://dps.alaska.gov/AST/Home>
Anchorage Post: (907) 269-5511
- [Anchorage Community Mental Health Services](#)
<https://acmhs.com/>
Adults: (907) 762-8667
Child and Family: (907) 563-1000
- [Anchorage Police Department](#)
<http://www.muni.org/departments/police/Pages/default.aspx>
For emergencies, dial 911.
Non-Emergency Line: (907) 786-8900
- [Brother Frances Shelter](#)
<https://www.cssalaska.org/our-programs/brother-francis-shelter/>
(907) 277-1731
- [Covenant House Alaska](#)
<https://covenanthouseak.org/>
(907) 272-1255
- [Depression Resources](#)
<https://www.nimh.nih.gov/health/publications/depression/index.shtml>
Provided by National Institute for Mental Health
- [Mental Health Screening Tools](#)
<https://screening.mhanational.org/screening-tools>
Provided by Mental Health America
If you or someone you know is struggling or in crisis, help is available. Call or text 988 or chat 988lifeline.org. You can also reach Crisis Text Line by texting MHA to 741741.
- [Suicide Prevention Advocacy](#)
<http://www.suicidology.org/>
Provided by American Association of Suicidology
- [Suicide Prevention in Alaska Resources](#)
<http://www.sprc.org/states/alaska>
Provided by Suicide Prevention Resource Center
[Suicide Prevention and Idealization Worksheet](#)
https://www.sprc.org/sites/default/files/Brown_St StanleySafetyPlanTemplate.pdf
[Safety Planning Guide](#)
<http://www.sprc.org/sites/default/files/SafetyPlanningGuide%20Quick%20Guide%20for%20Clinicians.pdf>

Domestic Violence Crisis Support

- [Abused Women's Aid in Crisis](#)
<http://www.awaic.org/>
24-Hour Hotline: (907) 272-0100
 - [National Domestic Violence Hotline](#)
<https://www.thehotline.org/help/>
24-Hour Hotline: (800) 799-7233 (SAFE)
Text "START" to 88788
 - [Standing Together Against Rape](#)
<http://www.staralaska.com/>
24-Hour Hotline: (800) 478-8999 / (907) 276-7273
 - [Victims for Justice](#)
<https://victimsforjustice.org/>
Main Line: (907) 278-0977
Toll Free: (888) 835-1213
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Friend/Family

- [How to Offer Help to a Friend or Family Member](#)
<https://www.activeminds.org/about-mental-health/be-there/>
Provided by Active Minds

Teens and College

- [Teens and College Students Resources](#)
<https://adaa.org/living-with-anxiety/college-students>
Provided by the Anxiety and Depression Association of America

Youth

- [Youth Suicide Prevention Resources](#)
<https://suicidepreventionlifeline.org/help-yourself/youth/>
Provided by the Suicide Prevention Lifeline
- [Starting the Conversations with our Children](#)
<https://www.nationwidechildrens.org/family-resources-education/700childrens/2018/08/suicide-conversation-with-kids>
Provided by Nationwide Children's
- [How to Talk to Your Kids about Mental Health](#)
<https://www.nationwidechildrens.org/giving/on-our-sleeves/find-help/support/how-to-talk-to-your-kids-about-mental-health>
Provided by Nationwide Children's

LGBTQ

- [LGBTQ Youth Suicide Prevention and Crisis Intervention](#)
Provided by [The Trevor Project](#)
<https://www.thetrevorproject.org/get-help-now/>
24-Hour Hotline: (866) 488-7386
- [LGBTQ 25 and Under Suicide Prevention and Crisis Intervention](#)
Provided by [You Matter](#), a project of the Suicide Prevention Lifeline
<https://youmatter.suicidepreventionlifeline.org/about-you-matter-2/>

Alaska Native and American Indian

- [Alaska Native Medical Center Emergency Department](#)
(907) 729-1729
 - [Depression and Suicide Prevention Resources](#)
<https://www.ihs.gov/suicideprevention/patientresources/>
Provided by Indian Health Service
 - [Suicide – Mental Health Challenges](#)
<https://www.wernative.org/my-mind/mental-health-challenges/suicide>
Provided by We R Native
 - [Native American Suicide Prevention Resources](#)
<https://suicidepreventionlifeline.org/help-yourself/native-americans/>
Provided by Suicide Prevention Lifeline
 - [Southcentral Foundation Behavioral Health | Fireweed and ANPCC](#)
<https://www.southcentralfoundation.com/services/behavioral-health/fireweed-anpcc/>
(907) 729-2500
Available Mon.-Fri., 7:30 a.m.-6:30 p.m.
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Self-Care

- [Self-Care and Distraction Methods](https://www.activeminds.org/about-mental-health/self-care/)

<https://www.activeminds.org/about-mental-health/self-care/>
Provided by Active Minds

- [Signs and Symptoms](https://www.activeminds.org/about-mental-health/signs-and-symptoms/)

<https://www.activeminds.org/about-mental-health/signs-and-symptoms/>
Provided by Active Minds

Substance Abuse and Sobriety

- [Promoting Reasons for Life and Sobriety in Yup'ik](http://www.sprc.org/resources-programs/qungasvik-toolbox-toolbox-promoting-youth-sobriety-reasons-living-yup'ik-cup'ik)

<http://www.sprc.org/resources-programs/qungasvik-toolbox-toolbox-promoting-youth-sobriety-reasons-living-yup'ik-cup'ik>
Provided by the Suicide Prevention Lifeline

- [Suicide Prevention Resources](https://www.samhsa.gov/suicide)

<https://www.samhsa.gov/suicide>
Provided by the Substance Abuse and Mental Health Services Administration