

WELL BEINGS

Alaska Mental Health Resource Toolkit



WELL BEINGS

The **WELL BEINGS** campaign addresses the critical health needs of Americans through broadcast content, original digital content, and impactful local events. The multi-year campaign, created by WETA Washington, D.C., brings together partners from across the country, including patients, families, caregivers, teachers, medical and mental health professionals, social service agencies, private foundations, filmmakers, corporations and media sponsors, to create awareness and resources for better health for all. To learn more, visit WellBeings.org or follow @WellBeingsOrg on [Instagram](#), [Facebook](#), or [Twitter](#), and join the conversation with #WellBeings.

Mental Health challenges come in many forms, from all walks of life. **WELL BEINGS** has put together this guide as a reference to the resources that exist nationally and right in your backyard that are available to help you or someone you care about that might be facing a Mental Health challenge.

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.



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.

24 HOUR CRISIS HOTLINE (PROVIDENCE ALASKA)

<https://alaska.providence.org/services/s/suicide-prevention>

907-563-3200

If you're having thoughts of suicide, call for help or contact a mental health professional, or reach out to someone you love and trust. Suicide prevention works. People can and do put suicidal thoughts behind them.

ALASKA BEHAVIORAL HEALTH

<https://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 FAMILY SERVICES - BEHAVIORAL HEALTH TREATMENT CENTER

<https://www.akafs.org>

907-376-4000

Providing integrated behavioral health services, including psychiatric assessments, substance abuse counseling and individual, group and family counseling.

ALASKA NATIVE TRIBAL HEALTH CONSORTIUM - BEHAVIORAL HEALTH

<https://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 YOUTH & FAMILY NETWORK

<https://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.

BENTEH NUUTAH VALLEY NATIVE PRIMARY CARE CENTER

<https://www.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.

CARELINE ALASKA

<https://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.

CODI - COMPASSIONATE DIRECTIONS

<http://www.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

<https://www.healthymatsu.org/connect-mat-su-2>

specialist@connectmatsu.org

907-373-2628

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

LOCAL RESOURCES

CONSUMER DIRECT CARE NETWORK - BEHAVIORAL HEALTH

<https://consumerdirectak.com/behavioral-health>

infoCDAK@consumerdirectcare.com
888-966-8777

A customized care approach so that individuals and families are engaged in maintaining and improving their own health. Their commitment is to empower clients to identify and realize their strengths, hopes, and dreams.

DENALI FAMILY SERVICES

www.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.

FACING FOSTER CARE IN ALASKA

<http://www.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.

INTEGRATIVE WELLNESS SOLUTIONS

<https://integratedak.com>

907-357-7781

Providing support to people of all ages including individual and group therapy, counseling for psychiatric medication withdrawals, and therapy addressing trauma.

KPACE COUNSELING, LLC

<https://kpacecounseling.net>

kpacecounseling@gmail.com
907-279-9278

This practice provides a safe, non-judgmental, and relaxed atmosphere for clients. Kpace Counseling has worked with children, families, and young adults dealing with a wide range of complex issues such as; trauma, depression, anxiety, developing healthy relationships, and sexual issues.

MAT-SU HEALTH SERVICES

<https://www.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

<https://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

<https://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

<https://www.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.

LOCAL RESOURCES

PROVIDENCE BEHAVIORAL MEDICAL GROUP

<https://alaska.providence.org/services/b/behavioral-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.

PTARMIGAN CONNECTIONS

<https://ptarmiganconnections.com>

907-357-4400

Supporting patients with complex co-occurring disorders with behavioral concerns/diagnosis. Most of their clients have significant conditions that require intensive case management. They also provide evaluations that may open the door to further therapies.

SOUTHCENTRAL FOUNDATION BEHAVIORAL HEALTH SERVICES

<https://www.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.

SPIRIT OF YOUTH - ALASKA TEEN MEDIA

<https://www.spiritofyouth.org>

info@spiritofyouth.org

907-272-2875

Dedicated to creating, promoting and recognizing youth involvement in communities across Alaska. The Alaska Teen Media Institute provides journalism training for youth and creates a distribution point for teen-related news in Alaska.

SUNSHINE COMMUNITY HEALTH CENTER - TALKEETNA

<https://www.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.

VOA ALASKA

<https://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

<https://www.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

www.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.

AMERICAN PSYCHIATRIC ASSOCIATION FOUNDATION

[Notice. Talk. Act. at School 2020 Briefing Report](#)

Notice. Talk. Act.™ at School uses the unique position of teachers and educational staff to monitor and interact with middle school, junior high, and high school adolescents on a daily basis. Early referral to treatment is key in preventing or lessening maladaptive outcomes, and evidence-based reviews support the implementation of school-based programs to alter negative

trajectories and give youth the greatest chance possible for a healthy future.

[What do Disruptive Behaviors Indicate?](#)

This resource provides community members with an overview of how schools approach disruptive behaviors, the harmful impacts of zero tolerance policies, and a potential solution for how schools can view disruptive behaviors as a need for support, not discipline.

[Diversity & Health Equity Education](#)

View educational resources, including fact sheets, guides and online learning modules, that address the mental health needs of culturally diverse populations.

[Working Remotely During COVID-19](#) workplacementalhealth@psych.org 202-559-3900

We are navigating uncharted waters with COVID-19, making it important to find new ways to work and interact while also taking care of our mental health and well-being. This resource provides practical tips on taking care of our mental health and well-being.

[Resilience: A Strong Workforce Needs It](#)

workplacementalhealth@psych.org
202-559-3900

Our fast-paced culture results in people working hard, meeting tight deadlines, managing work relationships and

staying constantly connected through mobile devices. But this pace can lead to stress and burnout. Resilience is a key strategy that helps employees tackle stress, a competitive job market, workplace conflicts, and address challenges on the job.

ASHA INTERNATIONAL

<https://myasha.org>

gayathri@myasha.org

971-340-7190

ASHA International is a nonprofit organization dedicated to normalizing conversations about mental health and inspiring hope & 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)

<https://www.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)

<https://blackmentalhealth.com/>

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

NATIONAL RESOURCES

CALL TO MIND

calltomindnow.org

@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

<https://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

<https://www.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 & caregivers as well as those with depression or bipolar.

HERSH FOUNDATION

http://www.struckbyliving.com/uploads/resources/Adult_SENSE_2020.pdf

http://www.struckbyliving.com/uploads/resources/College_SENSE_2020.pdf

This resource includes Common Sense strategies for adult & college age mental health from Julie K. Hersh. Julie Hersh is President of the Hersh Foundation, an organization committed to education and leadership programs in research and prevention of mental illness.

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](#)

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.

NATIONAL RESOURCES

Uline

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

Equity in Mental Health Framework

The Equity in Mental Health Framework provides academic institutions with a set of recommendations to help strengthen their activities and programs to address the mental health disparities facing students of color in higher education.

And you can find JED Voices and JED Storytellers videos, along with other JED videos, on our YouTube Channel: <https://www.youtube.com/c/jedfoundation/playlists>

JUVENILE BIPOLAR RESEARCH FOUNDATION

<https://www.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.

KAISER PERMANENTE THRIVING SCHOOLS

<https://thrivingschools.kaiserpermanente.org>
Thriving Schools is an all-in engagement to improve health for students, staff, and teachers. On this site, you'll find the tools and ideas to help you create healthier school environments, build habits for healthy eating and active lifestyles, and support social and emotional well-being.

THE LOVELAND FOUNDATION

<https://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

<https://www.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

<https://www.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

<https://www.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

conversations.movember.com

#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

www.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/namiconnnect twitter.com/namiconnnect

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 www.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

ONE MIND PSYBERGUIDE

[@PsyberGuide](https://onemindpsyberguide.org/info@psyberguide.org)

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.

OTSUKA PATIENT SUPPORT

OtsukaPatientSupport.com

1-855-242-7787 (M-F, 8am-8pm ET)
“In the midst of a global crisis, our purpose at Otsuka becomes more meaningful. To help our patients defy the limitations that COVID-19 has forced on our world, we are pleased to announce cost-free Otsuka medication to patients in the US experiencing hardships.”

- Kabir Nath, President and CEO, Otsuka North America Pharmaceutical Business

If you lost your job or insurance status due to the COVID-19 crisis, your prescribed Otsuka medication in the US can be provided at no cost. Please visit otsukapatientssupport.com or call 1-855-242-7787 (M-F, 8am-8pm EDT) for more information.

SMI ADVISER

Individuals and Families page: <https://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.

SUTTER HEALTH

<https://www.sutterhealth.org/about/mental-health>

24-Hour Crisis Support Call (800) 273-TALK(8255)

Text Crisis Line

Text MHA to 741741 for support.

Sutter Health strives to be an industry innovator by integrating physical and mental health to care for each person’s total health and wellbeing. Sutter care centers have experienced therapists, psychologists and psychiatrists who can assess and treat a wide range of behavioral health issues, including the most complex disorders.

NATIONAL RESOURCES

THE STEVE FUND

www.stevelfund.org
info@stevelfund.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 & 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)
Enter code "strong" to connect with trained listeners for free, 24/7:
7cups.com/p/strong365/?wla=strong365
info@strong365.org

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.

THERAPY FOR BLACK GIRLS

<https://therapyforblackgirls.com/>
An online space dedicated to destigmatizing mental health care and helping Black women find their ideal practitioner.

THERAPY FOR BLACK MEN

<https://therapyforblackmen.org/>
A dedicated space for men and boys of color to educate themselves on mental wellness, connect and control their own narrative on mental health matters.

THE TREVOR PROJECT

www.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 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

<https://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.

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.

WELL BEINGS

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