



# 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.

**BBAHC Crisis Line & Behavioral Health**  
1-888-865-0799      907-842-1230

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988 or 1-800-273-8255

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