



VIRTUAL RESOURCES

if you are
STRUGGLING



Suicide Hotline

1-800-273-8255
or text 741-741

Provides 24/7, free and confidential support for people in distress, prevention and crisis resources for any caller



Careline of Alaska

(907) 452-4357

or text 4help to 839863 from 3-11 p.m. Tuesday-Saturday
This is Alaska's suicide prevention program, providing similar services as the Suicide Hotline.



Virtual NA + AA Meetings

[Recoverycentersofamerica.com](https://recoverycentersofamerica.com)

With this link, you are able to go to anonymous support groups to find support with drug addictions.



Global Recovery Group

intherooms.com

With this link, you are able to join online meetings for people in recovery from addiction, while enjoying fun activities.



Alaska 211

This resource is able to provide any information regarding housing, food, childcare, etc. By calling this hotline you are able to find answers to most needs.

Have questions about these resources?

Call Northern Hope Center at (907)456-4610 or come by in person