

Alaska



988 Suicide & Crisis Lifeline

Call or text 988 from anywhere in the U.S. for immediate support.

https://www.akbh.org/home/crisis-services/?utm_source=chatgpt.com

Alaska Careline Crisis Intervention Line

☎ 877-266-4357

Text 4help to 839863

Disaster Distress Helpline

☎ 800-985-5990

Counseling for disaster-related stress or trauma.

🌐 Disaster Behavioral Health Response

211 Alaska

Dial 211 for statewide referrals to housing, food, and mental health programs

🌐 Get Help Now

Text Support: Text 4help to 839863

Mental Health Counseling & Community Programs

Anchorage Area

Alaska Behavioral Health https://alaskabehavioralhealth.org/what-we-do/adult-services/crisis-services/?utm_source=chatgpt.com

- Therapy and psychiatric care
- Crisis stabilization programs
- Youth and family counseling
- Substance-use treatment

Same-day crisis services may be available during clinic hours.

Akeela Inc. 🌐 Alaska Mental Health Hotline | 866-903-3787

- Inpatient and outpatient mental health services
- Substance-use treatment programs
- Telehealth therapy options
- Sliding-scale fees for low-income individuals

NAMI Alaska

- Free mental health education
- Peer support groups
- Family support programs
- Advocacy and resources statewide

Fairbanks

- Alaska Behavioral Health
Outpatient therapy, psychiatric medication management, trauma therapy, and family counseling.
- Women and Children's Center for Inner Healing
Residential treatment program offering recovery services for women and families.
https://christinaloveconsulting.com/wp-content/uploads/2025/03/Alaskas-Resource-Guide-to-Healing-and-Hope.pdf?utm_source=chatgpt.com

Juneau

- Gastineau Human Services
Behavioral health treatment including substance-use therapy, transitional housing, and integrated counseling programs. https://www.higheredcenter.org/treatment-category/Alaska/sliding-fee-scale.htm?utm_source=chatgpt.com
- Mount Juneau Counseling & Recovery
Residential treatment programs for mothers in recovery and long-term addiction treatment services.

Sitka Prevention Services

Behavioral health counseling and addiction treatment programs with residential recovery options.

Addiction Recovery & Rehabilitation Programs

Set Free Alaska

- Crisis residential stabilization services
- Psychiatric evaluations
- Medication management
- Case management and peer support  Crisis Residential Stabilization

Crisis line: 907-521-5239

Clitheroe Center (Anchorage)

- Detox and inpatient addiction treatment
- Outpatient substance-use therapy
- Long-term recovery programs

Addiction Recovery & Rehabilitation Programs

Anchorage Area

- Clitheroe Center
Detox services, inpatient rehabilitation, and outpatient recovery programs.
- Akeela House Recovery Center
Residential substance-use treatment and mental-health therapy.
- Genesis Recovery Services
Transitional housing and recovery support programs.
- Tutan Recovery Services
Recovery housing and structured sober-living environments.

Wasilla / Mat-Su Valley

- True North Recovery
Intensive outpatient addiction treatment and therapy programs.
- Euthus House
Transitional housing and recovery support for individuals reentering society after addiction treatment.

Kenai Peninsula

- Serenity House Treatment Center
Residential recovery programs and substance-use treatment.

Homeless Shelters & Housing Support



The Kids Mental Health Foundation™

Anchorage

Brother Francis Shelter

- Emergency shelter for adults
- Meals and basic support services
- Case management and housing referrals

Clare House Shelter

- Emergency shelter for women and families
- Housing assistance and support programs

Covenant House Alaska

- Shelter and services for homeless youth and young adults

Salvation Army Alaska

- Emergency shelter and housing assistance
- Food programs and case management

Regional Domestic Violence Shelters

These programs provide shelter and crisis advocacy for survivors.

- South Peninsula Haven House (Homer)
Domestic violence shelter serving Homer and surrounding communities.
- AWARE Shelter (Juneau)
Shelter and advocacy for survivors of domestic violence and sexual assault.
- LeeShore Center (Kenai/Soldotna)
Emergency shelter and crisis intervention services.
- Women in Safe Homes – WISH (Ketchikan)
Shelter and support services for domestic violence survivors.
- Kodiak Women’s Resource & Crisis Center
Shelter and crisis support services.
- Maniilaq Family Crisis Center (Kotzebue)
Emergency shelter for domestic violence survivors in Northwest Alaska.
- Bering Sea Women’s Group (Nome)
Domestic violence crisis shelter and advocacy services.

Transitional Housing & Sober Living

Programs helping individuals transition into stable housing after recovery.

- Harmony House (Anchorage)
- Lutheran Social Services Alaska
- Oxford House Denali
- Oxford House Yukon
- Homeward Bound – Rural Cap
- Eagle Crest Salvation Army

These sober-living homes help individuals rebuild their lives after addiction treatment and reconnect with work and family. https://www.alltreatment.com/ak/halfway-house/?utm_source=chatgpt.com

Rural Alaska Behavioral Health Support

Because Alaska has many remote communities, some services specifically support rural areas:

- Yukon-Kuskokwim Health Corporation Treatment Center
- Maniilaq Behavioral Health Services
- Southeast Alaska Regional Health Consortium
- Norton Sound Behavioral Health Services

These programs provide telehealth counseling, addiction treatment, and tribal health services.

Domestic Violence & Family Support

Alaska Network on Domestic Violence & Sexual Assault (ANDVSA)

- Connects individuals to local domestic violence shelters
- Crisis advocacy and safety planning


Abused Women's Aid in Crisis (AWAIC) – Anchorage

- Emergency shelter for domestic violence survivors
- Counseling and advocacy services

Alaska State Behavioral Health Resources

Alaska Department of Health – Division of Behavioral Health

Programs include:

- Supported housing for people with mental illness
- Peer support programs
- Community treatment services
- Employment programs for individuals in recovery  Recovery Supports & Services

Contact: 907-465-3370