







Chugachmiut Care Line

Call to talk to one of our counselors any day or time.

 **Emotional Support:** For anyone experiencing emotional distress, mental health struggles, or substance use concerns

 **Grief and Loss:** To support those grieving, or feeling low and in need of someone to talk with

 **Community Resources:** Help connecting with statewide resources that can provide support, guidance, and services

 **Crisis Intervention:** We are available if you or someone you know is in crisis and needs support.

You can also text / call [988](tel:988) for immediate support



1-844-891-0444
Dial 711 for Alaska Relay Services



Your call is free, confidential, and without judgment.