

# National Indian Health Board



## Alaska Careline

Alaska Careline provides crisis intervention for individuals considering suicide, or experiencing crisis, isolation, or depression. Careline also supports survivors of suicide through ongoing support, crisis intervention, education, and referral. Careline offers:

Free, immediate and confidential help, 24-hours per day, 365 days per year.

Treats callers with respect.

Listens without judging.

Helps callers discover their own solutions and offers support along the way.

Provides intervention to those who are considering suicide.

Provides information to those who are concerned about someone else.

Assist those who are not receiving the mental health care they need.

Call toll-free statewide at **877-266-HELP (4357)** or **800-273-8255**.

Check out our Chat feature: [www.CarelineAlaska.com](http://www.CarelineAlaska.com)

## Careline Crisis Intervention

726 26th Avenue

Fairbanks, Alaska 99701

Phone - (907) 452-2771

Fax - (907) 457-2442

**SUICIDE HURTS**  
It doesn't have to happen

Your throat hurts, you tell someone.  
Your knee hurts, you tell someone.

**Your life hurts.  
Tell someone!**

Call Alaska's Careline  
1-877-266-HELP (4357)  
[www.carelinealaska.com](http://www.carelinealaska.com)

A message from the Alaska Mental Health Trust and  
Alaska Statewide Suicide Prevention Council.

You KNOW me THE TRUST  
The Alaska Mental Health Trust  
[www.mhtrust.org](http://www.mhtrust.org)