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Mental Health Resources & Hotlines

Alaska



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Mental Health Resources & Hotlines: Alaska

North Star Behavioral Health: North Star Behavioral Health is a toll-free option in Alaska for people who struggle with psychiatric issues or substance abuse. They are a 24/7 option with no-cost help and confidential assessments. There is an online messaging system available. Contact them on their main line at (907) 258-7575 or 1-800-478-7575 or visit their website [here](#).

South Central Counseling Center: This 24-hour crisis line is based in Anchorage. This hotline generally serves Southcentral Alaska. Contact this line at (907) 563-3200.

Careline Crisis Intervention: This option is available 24/7, and it is based in Fairbanks. Contact the main line at (907) 452-HELP (4357) or 1-877-266-HELP (4357) or visit their brochure [here](#).

Central Peninsula Counseling Services: This operation is based in Kenai and is available 24/7. Contact this service on their main line at (907) 283-7511.

Gateway Center for Human Services: Gateway Center for Human Services is based in Ketchikan, and this hotline is available 24/7. Contact them on their main line at (907) 225-4135 or visit their website [here](#).

Serving Mat-Su Valley Residents – Life Quest Comprehensive Mental Health Services: This crisis line is operated from Wasilla and is available 24/7. Contact them on their main line at (907) 376-2411 or visit their website [here](#).