

| Behavioral Health / Mental Health RESOURCES | PHONE | WEBSITE | COMMENTS |
|---|-----------------------|---|--|
| EMERGENCIES for Police, Fire, Emergency Medical Assistance | 911 | | |
| Alaska 211 | | www.alaska211.org | Statewide listing of community resources by location |
| Sitka Police Department (non-emergency) | (907) 747-3245 | http://www.sitkapd.com/ | |
| Sitka Fire Department / Search & Rescue (non-emergency) | (907) 747-3233 | http://www.cityofsitka.com/government/departments/fire/index.html | |
| Medical | | | |
| Sitka Community Hospital | (907) 747-3241 | http://www.sitkahospital.org/ | |
| Mt. Edgcumbe Hospital (S'ÁXT' HÍT) | (907) 966-2411 | http://searhc.org/service/mt-edgcumbe-hospital-saxt-hit/ | |
| Sitka Public Health | (907) 747-3255 | http://dhss.alaska.gov/dph/Nursing/Pages/Southeast%20Region%20Public%20Health%20Center%20Pages/Sitka-Public-Health-Center.aspx | |
| Sitka Medical Center | (907) 747-5861 | https://sitkamedical.com/ | |
| Mountainside Healthcare Clinic | (907) 747-1722 | http://www.sitkahospital.org/getpage.php?name=mountainside | |
| SEARHC | (907) 966-83818 | http://searhc.org/location/sitka/ | |
| State of AK - Div of Public Assistance | 1-800-478-3573 | http://dhss.alaska.gov/dpa/Pages/medicaid/default.aspx | entirely Juneau-based |
| Crisis | | | |
| SEARHC Crisis Helpline (24/7) | 1.877.294.0074 | http://searhc.org/service/behavioral-health/ | |
| 24/7 Crisis Text Line | Text START to 741-741 | https://www.crisistextline.org/ | |
| National Suicide Prevention Line | 1-800-273-TALK (8255) | https://suicidepreventionlifeline.org/ | |
| Sitkans Against Family Violence (SAFV) | (907) 747-6511 | https://www.safv.org/ | outside of Sitka 1-800-478-6511 |
| Substance Abuse | | | |
| Addiction Guide | | https://www.addictionguide.com/ | |
| Comprehensive Addiction Resources & Helplines | | https://www.addictionguide.com/resources/#helplines | |
| Alcoholics Anonymous | (907) 747-8866 | http://area02alaska.org/schedules.html | http://www.aa.org/ |
| Sitka Counseling | (907) 747-3636 | https://www.sitkacounseling.org/ | |
| SEARHC Clinic II / Haa Toowóo Naakw Hít | (907) 966-8611 | http://searhc.org/service/behavioral-health/ | |
| Recovery Support Groups in Alaska | | http://dhss.alaska.gov/dbh/Pages/Resources/SupportGroups.aspx | |
| Sexual Health | | | |
| Planned Parenthood | n/a | https://www.plannedparenthood.org/learn | Though no longer local, the virtual version of PP is alive and well |
| Sitka Public Health Center | (907) 747-3255 | http://dhss.alaska.gov/dph/Nursing/Pages/Southeast%20Region%20Public%20Health%20Center%20Pages/Sitka-Public-Health-Center.aspx | |
| Text for Sex Ed | Text SexEdAK to 97779 | https://iknowmine.worldsecuresystems.com/for-youth/sexual-health | AK Native Tribal Health Consortium - statewide resources |
| I Know Mine / Alaska Native Tribal Health Consortium (ANTHC) | | https://www.iknowmine.org/ | Sexual health by and for Alaska Native Youth and Young Adults |
| Food Insecurity | | | |
| Sitka Salvation Army | (907) 747-3358 | https://sitka.salvationarmy.org/ | |
| State of AK - Div of Public Assistance | (907) 465-3347 | http://dhss.alaska.gov/dpa/Pages/default.aspx | |
| Food Assistance links in Alaska | 1-800-478-3573 | http://dhss.alaska.gov/dpa/Pages/help-food.aspx | |
| Housing Insecurity | | | |
| Project Homeless Connect | (907) 738-6336 | http://eastergroup.org/ProjectHomelessConnect.html | Provides emergency funds and referrals |
| SAFV Shelter | (907) 747-3370 | https://www.safv.org/ | Emergency shelter for women and children; referrals |
| Baranof Island Housing Authority (BIHA) | (907) 747-5088 | http://bihasitka.org/index.htm | Low-income/subsidized housing; AK Native preference |
| Alaska Housing Finance Corp. (AHFC) | (907) 747-5700 | https://www.ahfc.us/ | Provides Section 8 vouchers; disabled / elderly affordable housing; low-in |
| Salvation Army | (907) 747-3358 | https://alaska.salvationarmy.org/ | Array of services, meals and items for homeless/transient |
| Employment / Vocational Services | | | |

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|---|----------------|---|---|
| State of AK - Dept. of Labor & Workforce Development (Job Center) | (907) 747-3423 | http://www.ajcn.state.ak.us/offices/index.html | http://www.ajcn.state.ak.us/offices/Workshops/Sitka.pdf |
| State of AK - Division of Vocational Rehab (DVR) | (907) 747-4788 | http://www.labor.state.ak.us/dvr/home.htm | |
| USDA Rural Development, Keith Perkins - Southeast area | (907) 747-3506 | https://www.rd.usda.gov/ak | provides education, training, tools and support for rural residents |
| Sleep Disorders | | | |
| Southeast Sleep Center | (907) 500-7368 | http://sesleep.com/ | Juneau |
| Alaska Sleep Clinics | | http://www.alaskasleep.com/ | Anchorage, Fairbanks, Soldotna, Wasilla |
| ADHD / ADD | | | |
| CHADD - National Resource on ADHD | | http://www.chadd.org/ | |
| Attention Deficit Disorder Association | | https://add.org/ | |
| UAS - Sitka Campus / Disability Support Services | (907) 747-7703 | http://www.uas.alaska.edu/sitka/support/disability-services.html | |
| Anxiety / Stress | | | |
| Sitka Counseling | (907) 747-3636 | https://www.sitkacounseling.org/ | |
| SEARHC - Clinic II (Haa Toowóo Náakw Hit) | (907) 966-8611 | http://searhc.org/service/behavioral-health/ | |
| Autism Spectrum Disorders (ASD) | | | |
| State of AK - DHHS - Div. of Public Health | | http://dhss.alaska.gov/dph/wcfh/Pages/autism/default.aspx | Statewide resources and info on ASD |
| Alaska Autism Resource Center (Anchorage-based) | 907-334-1331 | https://www.alaskaarc.org/ | On-site and distance delivery of info, training, resources, and referrals |
| Autism Society of Alaska (Fairbanks-based) | 1-877-374-4421 | http://www.asagoldenheart.org/ | |
| Bi-Polar Disorder | | | |
| National Alliance on Mental Illness (NAMI) - Alaska | | http://www.namialaska.org/ | Resources for education, advocacy, support |
| Sitka Counseling | (907) 747-3636 | https://www.sitkacounseling.org/ | |
| SEARHC Clinic II / Haa Toowóo Náakw Hit | (907) 966-8611 | http://searhc.org/service/behavioral-health/ | |
| Depression | | | |
| Sitka Counseling | (907) 747-3636 | https://www.sitkacounseling.org/ | |
| SEARHC - Clinic II (Haa Toowóo Náakw Hit) | (907) 966-8611 | http://searhc.org/service/behavioral-health/ | |
| Grief/Loss | | | |
| Brave Heart Volunteers | (907) 747-4600 | https://www.braveheartvolunteers.org/ | caregiving, companionship, respite & education |
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