

- Ask whether you need a referral or can self-schedule
- If you're not sure where to start, call the NSB Crisis Line at 907-855-0833

Your Privacy

All behavioral health providers are required to protect your information by law. Services are confidential, and many providers offer private spaces for telehealth or in-person visits.

You have a right to access care in a way that feels safe and respectful to you.

Section 3: Pathways to Support – What to Expect When You Need Help

Knowing where to start or what to expect when you or a loved one needs behavioral health support can feel overwhelming. This section is designed to make that process clearer and less confusing.

On the following pages, you will find simple, step-by-step guides that show the path to getting connected with care in three different situations:

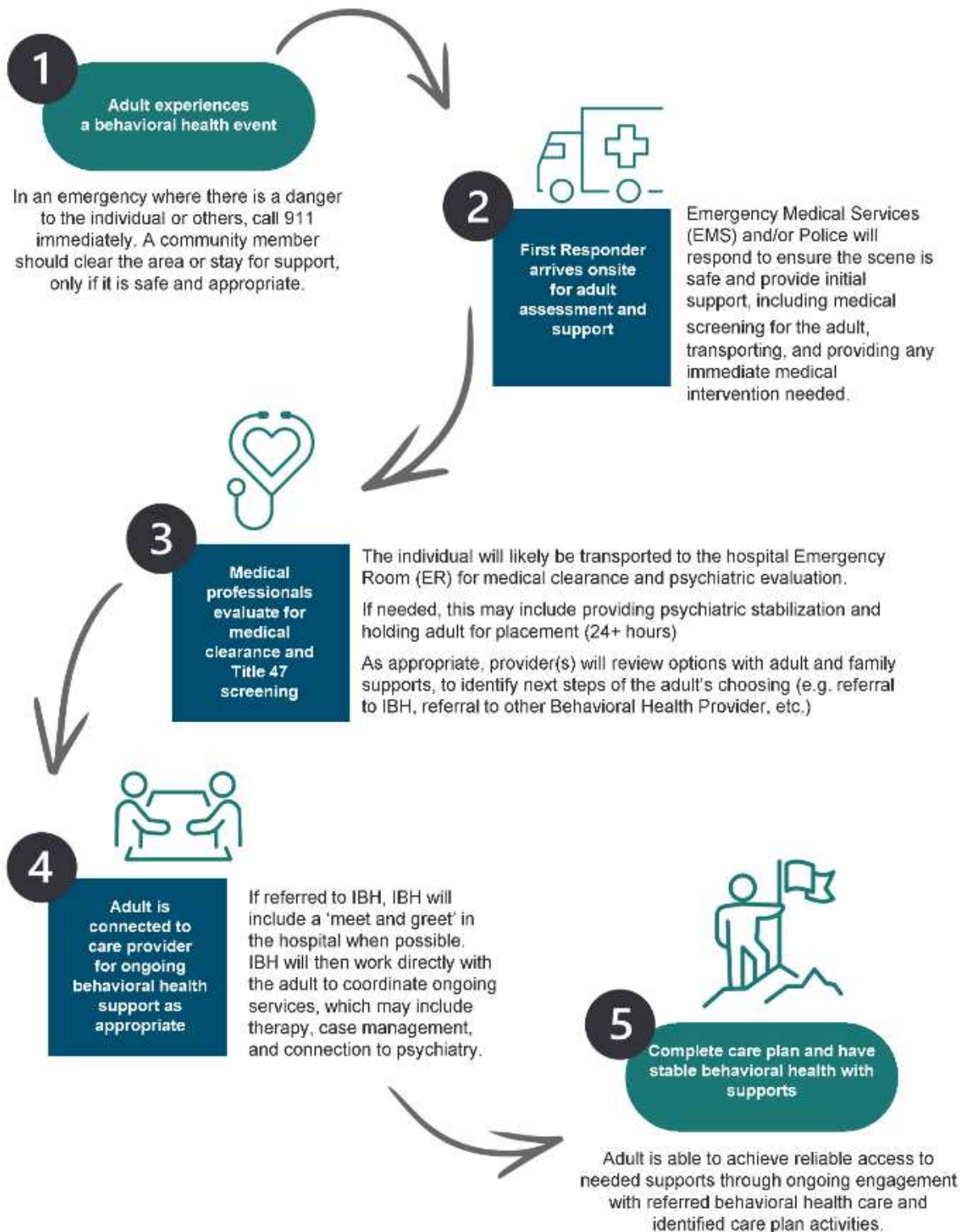
- **When an adult is experiencing a behavioral health crisis:** This can include situations where someone is at immediate risk of harming themselves or others, experiencing psychosis, or is overwhelmed by extreme distress that they cannot manage on their own. For example, a person might be actively considering suicide or experiencing a severe panic attack.
- **When a youth needs support at school:** This could involve a student who is struggling with anxiety about schoolwork, showing signs of depression by withdrawing from friends, or having behavioral issues like frequent outbursts in class. These are situations where a school guidance counselor can provide initial help.
- **When a community-wide event occurs that affects the well-being of many residents:** This refers to large-scale events like a natural disaster, an act of violence, or a tragic event that impacts the entire community. Following such events, widespread feelings of grief, anxiety, and stress are common and may require a coordinated support response.

These visual maps help take the guesswork out of the process by showing you who to contact first and what the likely next steps will be.



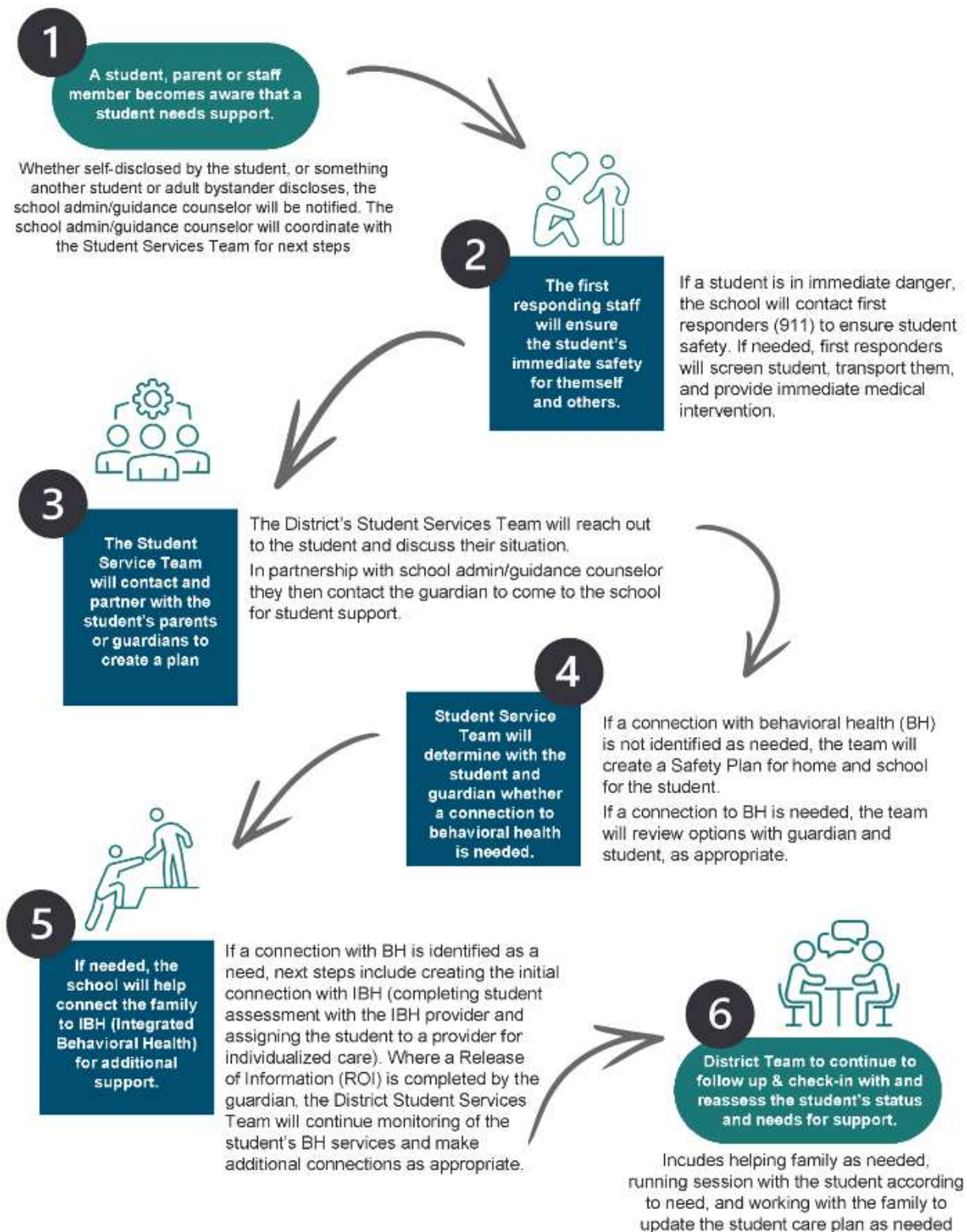
WHEN AN ADULT IS EXPERIENCING A BEHAVIORAL HEALTH EVENT...

This chart shows you the most direct path from crisis to care, allowing you to understand the system that is in place to help.



WHEN A STUDENT NEEDS SUPPORT AT SCHOOL...

This chart empowers parents, students, and school staff to take the first step in seeking help within the school environment.



WHEN A COMMUNITY-WIDE EVENT OCCURS

Especially if something happens that affects the well-being of many residents, this chart shows you the coordinated support system that exists for any large-scale event that may take place in your community.

