

- Kaktovik: 907-640-6303
- Nuiqsut: 907-480-6727
- Wainwright: 907-763-2815
- Point Hope: 907-368-2537



Section 5: Telehealth & Statewide Support

You don't have to be in a city – or even leave your home – to get connected to quality care. Telehealth and statewide services help North Slope residents access mental, emotional, and behavioral health resources, no matter where they live. These services are available through tribal health organizations, state agencies, and community-based providers.

TELEHEALTH SERVICES FOR NORTH SLOPE RESIDENTS

- Telehealth makes it possible to connect with providers remotely for behavioral health care, medical appointments, substance use counseling, psychiatric medication management, and more. Services are available through:
- Arctic Slope Native Association (ASNA): Grief support circles individual support services, parenting classes via virtual methods.

- Alaska Native Tribal Health Consortium (ANTHC): Coordinates telehealth and specialty care for tribal members across Alaska.
- Indian Health Service (IHS): Offers remote care services to Alaska Native and American Indian beneficiaries through partnered tribal organizations.
- Maniilaq and Tanana Chiefs Conference (TCC): Provide telehealth behavioral health and psychiatry for residents in Point Hope and Anaktuvuk Pass, respectively.
- Iḷisaḡvik College Wellness Office: Offers remote counseling and student wellness supports to enrolled students.

STATEWIDE RESOURCES AND HELPLINES

- Alaska 2-1-1: Dial 2-1-1 to get connected with statewide services including housing, mental health, food assistance, and emergency shelter. Available Monday–Friday, 8 AM to 5 PM. Website: www.alaska211.org
- Alaska Careline: 1-877-266-4357 (HELP) – 24/7 support. Free, confidential crisis line for anyone in emotional distress, or for those who are worried about someone else.
- Veteran Service Officers (VSOs): VSOs are available statewide to help veterans, their dependents, and survivors navigate benefits, healthcare access, and claims. North Slope Tribal Veteran Representatives include: Wesley Aiken, Lucinda Akootchook, Jennifer Brower, Johnnie Brower, Alex Dattilo, Kim Edwards, Nancy Grant, Lilly Aveoganna, Veronica Morales, Paul Ningeok, Shayna Patkotak.
- Adult Protective Services (APS) | 1-800-478-9996: To report abuse, neglect, or exploitation of vulnerable adults.
- Office of Children’s Services (OCS) | 1-800-478-4444: For reporting child abuse or neglect; Fairbanks office also supports North Slope families.
- Aging and Disability Resource Centers (ADRCs) | 907-452-2551: ADRCs help seniors, caregivers, and people with disabilities access long-term services and support. They assist with things like transportation, home modifications, meals, and care planning.
- Access Alaska | Toll-Free: 800-770-4488: Supports Alaskans with disabilities in building self-confidence, accessing assistive technology, and gaining independence. Services also aim to reduce barriers in housing, communication, and the workplace.

RECOVERY AND SUBSTANCE USE VIRTUAL PEER SUPPORT

Many groups are available by phone or online.

- Alcoholics Anonymous (AA) Alaska: www.akaa.org
- SAMHSA’s National Helpline: 1-800-662-HELP (4357) – 24/7 support for substance use and mental health referrals.

STATE OF AK DEPT OF HEALTH: DIVISION OF BEHAVIORAL HEALTH

The State of Alaska Department of Health's Division of Behavioral Health is committed to promoting a comprehensive and integrated behavioral health system for all Alaskans. Their

website offers a central point of information for state-run programs, services, and resources. For the most current information, visit their website: health.alaska.gov.

Key resources that can be accessed through the Department of Health include:

- **Finding a Provider:** The website provides links to search for mental health and substance abuse treatment facilities through FindTreatment.gov and also has resources for finding providers that accept Alaska Medicaid.
- **988 Suicide & Crisis Lifeline:** Immediate, confidential crisis counseling is available 24/7 by calling or texting 988.
- **Prevention and Early Intervention:** The state supports programs focused on suicide prevention, substance abuse prevention, and Fetal Alcohol Spectrum Disorders (FASD).
- **Treatment and Recovery Support:** The Division of Behavioral Health oversees state and federally funded grant programs that support critical behavioral health services statewide, including opioid response, mental health services for adults and adolescents, and substance use disorder treatment.



Section 6: Activities for Healing & Wellness

Everyone experiences stress, grief, or overwhelm at times. Whether you're facing a crisis or just trying to get through a hard day, small tools and practices can make a difference. This section offers simple, culturally respectful strategies to help you stay grounded and connected – and reminds you that support is always available.