

COVID-19 MENTAL HEALTH

May is Mental Health Awareness Month and caring for your mental health, now more than ever, is so important with the unique challenges COVID-19 has created. **You are not alone, help is available.**

Alaska CARELINE • 1.877.985.4357

Call if you feel anxious, depressed or need mental health resources.



Disaster Distress Helpline • 1.800.985.8990

Call for free confidential counseling or text TalkWithUs to 66746.



National Suicide Prevention Lifeline

1.800.273.8255

Call for free confidential support if in distress; crisis resources also available.



Domestic Violence Hotline • 1.800.799.7233

Call if you are affected by abuse and need support; crisis resources also available. Call 911 in emergencies.

#YouAreNotAlone

#MentalHealthMonth