

Community Mental Health Resources

988 Suicide & Crisis Lifeline

Text or Call '988' 24/7

Careline

Alaska's Suicide Prevention Hotline

www.carelinealaska.com

In Fairbanks:

(907) 452-4357 (452-HELP)

Toll-Free Statewide in Alaska:

1-877-266-4357(HELP)

National Suicide Prevention Lifeline:

1-800-273-8255 (800-273-TALK)

App:

<https://carelinealaska.com/get-the-app-2/>

www.identityinc.org

LGBTQ+ SPECIFIC IMMEDIATE SUPPORT

LGBT 24-hour Youth Suicide Hotline

1-866-488-7386

Trans Lifeline

1-877-565-8860

SAGE Elder Hotline

1-888-234-SAGE (7243)

LGBT National Hotline

1-888-843-4564

DeHQ – LGBTQ Helpline for South Asians

908-367-3374

The Trevor Project

<https://www.thetrevorproject.org>

1-866-488-7386

Text: 678-678 (anywhere/anytime)

Arctic Pathways, LLC

(907) 799-7695

www.arcticpathways.com

Christopher Brown, PsyD.

Psychological testing only for children, adolescents (No adults at this time, 2023). Does not provide counseling or therapy services.

Referrals only.

FYNDout Free Pregnancy Center

(907) 455-8255

<https://fyndoutfree.com/>

Monday-Thursday 1000-1500

Free and confidential Services: Sexual Health, Pregnancy Confirmation, Pregnancy Empowerment, Parenting Support

Balancing Act

Sally Fenno

(907) 378-0573

\$60/session Mon-Fri

Hospice Tanana Valley

Does not accept insurance

*Grief, growth, trauma, change

Clear Sky Counseling

(907) 479-3411

Karin Gillis, LPC

Kids, teens, and adults. EMDR, brain spotting.

BC, Premera, First Choice Health

Keystone Counseling Center

(907) 457-6002

<https://www.keystoneak.org/>

Anna Sterner, LCSW

Family, Relationships, Christian Counseling, depression, anxiety, grief and loss

BCBS, Tricare

Counseling & Therapy Services

(907) 590-8384

www.counselingandtherapyservices.com

Cathy Weeg, LPC (907-590-8384)

Jennifer Danhauser, LPC (907-978-4978)

Preferred providers for BCBS, take all other insurance except medicare/Medicaid/Denali Kid Care

Community Mental Health Resources

Douglas Pomeroy, PhD

(907) 457-1744

M-F, 9-5pm

Tricare, All Blue Cross (in and out of state),
Aetna, Union Insurance –no Medicaid

Alaska Behavioral Health (Fairbanks & Anchorage sites)

(907) 371-1300 Fairbanks

(907) 762-8668 Military Family Clinic

<https://alaskabehavioralhealth.org/>

Walk-in appointments M-F 8am-5pm

*No referral required

*Prescribing physicians

*No testing

Accepts Medicaid/private insurance, has sliding scale, Tricare

Fairbanks Psychiatric and Neurological Clinic

(907) 452-1739

www.brainclinic.com

Dr. Alisabeth Thurston-Hicks, Psychiatrist

Dr. Ronald Martino, Psychiatrist

Sally Caldwell, LPC (accepts Tricare)

*has prescribing physicians, psy testing, ADHD testing with referral

All forms of Blue Cross, Tricare, United Healthcare, Moda, and Union Insurance. Medicaid & Medicare for neurology only.

Fairbanks Veteran Affairs Clinic

(907) 361-6370

M-F, 7:30-4pm

Fairbanks Veterans Center

(907) 456-4238

1-800-273-8255 (Crisis Line)

www.va.gov

M-F, 8-4:30 pm

Family Centered Services of Alaska

(907) 474-0890

www.familycenteredservices.com

residential treatment, foster care, respite care, group homes, co-occurring disorders. 5-18 years old

Grace in Motion Counseling

3504 Industrial Ave. Ste 214

(907) 452-4673

Accepts all major insurance

*Trauma, Domestic Violence, Suicidality and Self Injury

Headwaters Wellness & Counseling

(907) 456-2256

www.headwatersfairbanks.com

Liz Pawelko, LPC

Out of Network Provider

10-6 M-F

Olivia Foote, LPC

oliviafoote.com

Accepting patients through Fairbanks Family Wellness (907) 479-2331

Telehealth

Continuing Hope Counseling

(907) 451-8208

www.continuinghope.org

Accepts private insurance, Blue Cross, Tricare, client assistance program

Hospice of the Tanana Valley

(907) 474-0311

Sally Fenno

Interior Alaska Center for Nonviolent Living

(907) 452-2293

1-800-478-7273

www.iacnvl.org

Open 24 hours

Domestic violence, sexual assault, advocacy, support, housing, legal advocacy

Community Mental Health Resources

Kintsugi Counseling

(907) 474- 0059

kintsugiak.com

Accepts Medicare and Medicaid

Kevin Lankford, MA

(907) 456-1620

klanf4d@gci.net

Psychological assessments

Learning disabilities, mood and anxiety disorders, trauma, ptsd, substance abuse, personality disorders

Pay at time of service

Will provide invoice that they can submit to insurance for reimbursement

Varied schedule, but typically Mon-Thu 8-5

Usually a 2-week turn around for the report.

LEAP

(907) 452-2473

www.leapfbks.com

fairbankstherapyassociates.com

*healthy relationships, groups, individual therapy

Lisa Root, PsyD, LPC

(907) 312-2716

Located in Wasilla

Telepsych only

trauma, PTSD, grief & loss

Tricare, Accepts private insurance.

No Medicaid/Medicare

Lynn Harrison, LMFT

(907) 479-8450

M-F, 4pm-8pm, Occasional weekends

Tricare, private insurance (Depends on diagnosis), some EAP

Making a Difference Support Services

Crystal McCormick, LCSW

<https://www.makingadifferencesupportservices.com>

(907) 750-7169

Military & Family Life Consultant Program

<https://www.militaryonesource.mil/>

(800) 342-9647

Northwind Behavioral Health, LLC

(907) 456-1434

<https://northwindbehavioral.com/>

Ralph Perdue Center

(907) 452-6251

<https://www.fairbanksnative.org/our-services/behavioral-health/ralph-perdue-center/>

*drug and alcohol treatment

Resource Center for Parents & Children

(907) 456-2866

726 26th Avenue

<https://www.rcpcfairbanks.org/>

support groups, parenting classes, WIC assistance

Tanana Chiefs Conference Behavioral Health

(907) 452-8251 ext. 3800

www.tananachiefs.org

Tanana Valley Clinic

459-3500

www.foundationhealth.org/tvc

TVC 1st Care (1101 Noble Street)

(907) 458-2682

8am-8pm (7 days a week)

Telemedicine services: 8am-8pm

Turning Point Counseling Services

(907) 374-7776

www.turningpointcounselingservices.com

Does not accept Tricare, Medicaid, or Medicare

*intensive outpatient program for substance abuse, individual therapy, brainspotting, family therapy

Community Mental Health Resources

UAF Student Health & Counseling Center

(907) 474-7043

<https://www.uaf.edu/chc/>

Students receive 6 free sessions/semester with

Health Services fee

\$25 for extra sessions

UAF Community Mental Health Clinic

(907) 474-1999

<https://www.uaf.edu/mentalhealth/>

Gruening Room 215 (one floor below entry)

UAF Dept of Military & Veterans Services

Eielson Building, Rm 104

(907) 474-7400

Tutoring, professional development, help with paperwork, military educational benefits, etc

Wendell Street Psychiatric Services

(907) 455-4135

Dr. Mikki Barker, Psychiatrist

Telehealth only

M-W 9am - 4pm

Accepts all insurance plans, call for additional questions

Support Groups

Arctic Resource Center for Suicide Prevention

816 28th Ave

Fairbanks, Alaska 99701

1-907-987-6829

Please call for appointments

www.arcsp.org

Zion Lutheran Church

(907) 456-9466

2982 Davis Road

Celebrate Recovery – Fridays @ 7pm

Alcoholics Anonymous

24-hour helpline: 1-844-751-4393

Visit website for current meetings

www.fairbanksaa.org

Narcotics Anonymous

Golden Heart Area of Narcotics Anonymous

PO Box 82824 | Fairbanks, AK 99708

Helpline: 1-866-258-6329

<https://akna.org/areas/fairbanks/index.html>

Al-Anon

907-456-6458

Visit website for current meetings

Al-anon-ak.org

National Alliance on Mental Illness (NAMI) Alaska Chapter

Namialaska.org

View their Online Support Groups tab for schedule

Foundation Health Groups

Foundationhealth.org

Various support groups offered

Visit Website under “Our Community” tab for information