For KuC Students Help & Resources

**Emergency Services**
- 9-1-1 for police (emergency)
- 3-1-1 (non-emergency)
- Bethel Police Department: 543-3781 (non-emergency)
- State Troopers for village issues: 543-2294
- Fire Department: 543-2131
- YK Behavioral Health Crisis Response Line: 543-6449

**UAF/KuC Wellness & Support**
- KuC Counselor: DeShan Foret, Office: 543-4526, Cell: 802-922-7910
- Confidential support to students on sexual identity and orientation (LGBTQIA2+): Contact DeShan Foret, 543-4526/Email: dforet@alaska.edu
- UAF Nanook Diversity & Inclusion: 907-474-6369
- Elder Wisdom Support: To speak with an Elder for wisdom and guidance on college life, contact Diane McEachern, Office Ph: 543-4597, email: dmmceachern@alaska.edu
- UAF Student Health & Counseling Services: 1-907-474-7043

**Health Care, Behavioral Health, Substance Abuse Help in Bethel**
- YKHC Hospital: 543-6000
- YK Behavioral Health: 543-6101 (non-emergency)
- Bethel Family Clinic: 543-3773 (non-urgent medical, dental, mental health, substance abuse services)
- Public Health Nursing: 543-2110 (birth control, women’s health, sexual health)

**Sexual Assault and Sexual Abuse Help**
- Tundra Women’s Coalition Crisis Line: 907-543-3456 or 1-800-478-7799
- UAF Confidential Reporting-Sexual Assault & Sexual Misconduct: 1-855-251-5719

**Crisis and Suicide Lifeline**
- Suicide & Crisis Lifeline: Dial 988
- Careline Crisis Intervention: 1-877-266-4357 (24 hrs), Text “4 help” to 839863 (3-11pm, Tue-Sat)
- Suicide Lifeline: 1-800-273-8255
- Crisis Text Line: Text HOME to 741741 to connect with a crisis counselor (24 hrs)

Get help with understanding resources to support your mental, emotional and physical health.
Contact DeShan Foret, KuC Wellness Counselor
Office #: 907.543.4526
Email: dforet@alaska.edu

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