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, Toll-free 844-543-6499

KuC Wellness & Support
- KuC Counselor: DeShan Foret, Office: 543-4526, Cell: 802-922-7910
- Confidential support to students on sexual identity and orientation (gay, lesbian, bisexual, transgender): Contact DeShan Foret, 543-4526/Email: dforet@alaska.edu
- 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 Counseling Services: 1-855-510-5688 for after hours emergencies

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: 1-800-478-7799
- UAF Confidential Reporting-Sexual Assault & Sexual Misconduct: 1-855-251-5719

Crisis and Suicide Lifeline
- Careline Crisis Intervention: 1-877-266-4357 (24 hrs), Text “4 help” to 839863 (3-11pm, Tue-Sat)
- Suicide Lifeline: 1-800-273-8255
- National Suicide Prevention Helpline: 1-800-784-2433

COVID-19 Information and Services
- YKHC Testing: Every Wed from 12-4pm in YK parking lot, no appointment needed
- YKHC COVID Line: 543-6949, to get results or make an appointment for a test

Get help with understanding resources to support your mental, emotional and physical health.
Contact DeShan Foret, KuC Counselor
Office #: 543.4526
Email: dforet@alaska.edu

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