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-
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

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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 appoints 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*

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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

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**UAF Student Health & Counseling Center**
(907) 474-7043  
https://www.uaf.edu/cht/  
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

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