## Family Stress and Mental Health Services

### Alaska Youth & Family Network
- **Services:** Parents trained as “peer navigators” can help support parents of children with mental health, substance abuse, autism or fetal alcohol syndrome needs. Services include finding available resources, negotiating services, understanding systems and terminology, providing support and advocating for your child’s rights.

**Contact:** 770-4979

**Website:** www.ayfn.org

### Bartlett Mental Health Outpatient Psychiatric Services
- **Services:** Psychiatric assessment, consultation, therapy, and medication management for families and young children.

**Contact:** 796-8498

**Address:** 3240 Hospital Drive, across from Emergency Department Entrance

**Website:** www.bartletthospital.org

### Denali Kid Care
- **Services:** Basic insurance for children and pregnant women, covering a wide range of medical and dental services to income eligible families.

**Contact:** 465-3537, 1-800-478-3537

**Address:** Juneau District Office: 10002 Glacier Hwy., Suite 200

**Website:** dhss.alaska.gov/dhcs/Pages/denalikidcare

### Juneau Mental Health
- **Services:** This user friendly site is full of mental health resources, such as the Juneau Mental Health Directory which provides a comprehensive list of all the mental health agencies, psychiatrists, psychologists and mental health therapists in Juneau, with a clear explanation of what services and populations they serve. There are also links to tools and resources such as an online survey for signs of depression, and what to do if you know someone that is suicidal.

**Contact:** www.juneaumentalhealth.org

### Juneau Public Health Center
- **Services:** Include immunizations, tuberculosis and sexually transmitted infections treatment, home visits for high risk families, well-child checkups, pregnancy testing and referral, and family planning services for uninsured children and low income families.

**Contact:** 465-3353

**Address:** 3412 Glacier Highway
Juneau Teen Health Center
www.juneauteenhealthcenter.weebly.com
JDHS: 523-1634 • Room 124
Yaakoosge-Daakahidi: 523-1823 • Marie Drake Room 206
TMHS: 780-1973 • Yellow Wing, Room E214B
Working to promote the health and well-being of teenagers in the Juneau community. Everything is confidential. Referrals and follow-up for health problems are also available.

SEARHC Help Line available 24/7 every day!............1-877-294-0074
A new service from SEARHC for Southeast Alaska residents, for personal or family crisis matters. You talk to a real counselor. Confidential, effective, and compassionate.

Southeast Regional Health Consortium (SEARHC)............463-6608
1200 Salmon Creek Lane | www.searhc.org
Offers outpatient services for Alaska Natives and their families, including family medicine, pediatrics, prenatal care, vision, radiology, pharmacy, dental, physical therapy and behavioral health. Pediatric Dental and Behavioral Health is open to all community members. Wellness programs also provided.