

# Coping with problems?



**If you or someone you know needs help,  
support is available in your community.**

Behavioral Health Aides are trained to help people affected by grief, depression, suicide, domestic violence and issues related to alcohol, drug and tobacco abuse. These are members of your community who want to help.

**Help is available. You are not alone.**

Contact your regional  
Tribal Health Organization

or Careline:  
1-877-266-HELP (4357)  
[carelinealaska.com](http://carelinealaska.com)