



AK RESPONDERS RELIEF LINE

Your well-being matters.
Behavioral health colleagues are
standing by to talk 24/7.

1-844-985-8275

*AK Responders Relief Line is a free,
anonymous call line available seven days
a week, 24 hours a day for health care
providers and frontline responders*

WHO: Anyone who is at risk of exposure to COVID-19 as a result of their job in a medical setting: EMTs, doctors, nurses, health aids, social workers, CNAs, hospital and facility staff, respiratory therapists, dietary services staff, facilities or maintenance staff, admitting staff

YOUR WELL-BEING MATTERS: Immediate behavioral health and practical support

- From a person trained in brief intervention, as well as suicide screening and prevention services
- Referrals to Alaska behavioral health services and supports
- Referrals to practical supports, such as housing assistance, food

RELIEF IS AVAILABLE: Just as you are there for your patients, please know your behavioral health colleagues are standing by for you. If you're feeling anxious, having trouble sleeping, depressed, need help coping, or just want to talk to someone about your day, please call 844-985-8275 anytime.