Are you depressed, thinking of ending your life, anxious, having panic attacks, using substances more or drinking more than usual? Are you trying to "shelter in place", but home is not a safe place to be?

Karuk Tribe Pikyav Domestic Violence Services Program: (530)-598-9992
Karuk Tribe Victim Services Program: (530)-598-2468
Call Two Feathers Crisis Phone Line: (707) 382-0629
National Suicide Prevention Hotline: (800) 273-8255
Crisis Text Line: Text HOME to 741741
Karuk Behavioral Health Line: (530)841-3141