



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

