

During, and in the aftermath of, a crisis like an earthquake, tsunami evacuations, and the COVID-19 pandemic, it is common to experience strong emotions—leaving you to feel overwhelmed, depressed, or anxious.

Support is a phone call away. You are **NOT** alone.

Eastern Aleutian Tribes' **Crisis Hotline** is staffed with qualified mental health professionals who are **here for you; to listen and offer support** to you **from the comfort of your home**. All communication is confidential.

We are here for you 24 hours a day, seven days a week. **Call the Crisis Hotline** today at **(844) 870-1750**.

