## Wellness WE NEED YOU



+907-225-9355



info@ketchikanwellness.org



602 Dock St. #108 Ketchikan, AK

Reentry COALITION youth Prevention COALITION

Strengthening CULTURAL UNITY

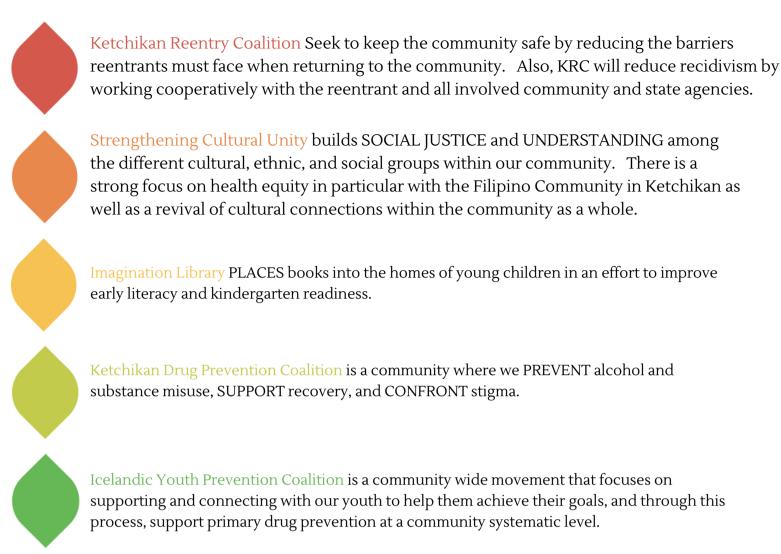
Behavioral HEALTH

Imagination

Building a Healthy
COMMUNITY

Ketchikon Drug PREVENTION COALITION

Ketchikan CRISIS NOW





Behavioral Health Taskforce works to DECREASE the stigma associated with mental illness, to INCREASE access to mental health resources, and to PREVENT suicide deaths. Particular focus this year will be on providing resources to the community on social media safety, online bullying, and ways to talk with your friends and family about the digital world addictions.

Building a Healthy Community PROMOTES physical activities, works to DECREASE obesity, and EDUCATE about nutrition. This Taskforce also includes Ketchikan Community Gardens which is a network of community gardens that aim to BUILD knowledge and DEVELOP food security. Island Recycles is another community led taskforce that increases ECO-FRIENDLY waste practices within Ketchikan and the surrounding communities.

Ketchikan Crisis Now is working to improve ACCESS to crisis care within Ketchikan and nearby areas. Someone to TALK to, someone to RESPOND, and somewhere to GO.