

Juneau Community Resources Updated January 18, 2017

CRISIS HOTLINES		SUICIDE PREVENTION									
EMERGENCY - Police - Fire - Ambulance	911	Careline Alaska's Suicide Prevention & Someone to Talk To Line						1-877-266-4357			
United Way Human Services	211	http://carelinealaska.com/									
AIDS Hotline	1-800-478-2437	Juneau Suicide Prevention Coalition						1-877-266-4357			
AWARE crisis line	586-1090	http://juneausuicideprevention.org/									
Poison Control Centers Emergency	1-888-222-1222	SEARHC Crisis Helpline						1-877-294-0074			
EMERGENCY SHELTERS		http://searhc.org/service/behavioral-health/									
AWARE - Women and Children	586-6623	National Suicide Prevention Lifeline						1-800-273-8255			
The Glory Hole - South Franklin Street	586-4159	http://www.suicidepreventionlifeline.org/									
Juneau Youth Services - Valley Office	789-4733	Veterans Crisis Line						1-800-273-8255 Press 1			
St. Vincent de Paul-Behind Nugget Mall	789-5535	https://www.veteranscrisisline.net									
PROVIDER NAME		FOOD BANKS --- PREPARED MEALS ---SHOWERS --- LAUNDRY									
CHURCHES		Phone	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Quantity	
Douglas Community United Methodist 1106 3rd St, Douglas		364-2408	~~~~	1:30-3:30	4:00-6:00	1:30-3:30	4:00-6:00	~~~~	~~~~	1 bag/ month	
Resurrection Lutheran 740 W. 10th Street		586-2380	~~~~	1:30-3:30	1:30-3:00	1:30-3:30	1:30-3:00	1:30-3:30	~~~~	once each week	
St. Brendan's Episcopal 4207 Mendenhall Loop		789-5152	~~~~	4:30-6:00	~~~~	~~~~	4:30-6:00	~~~~	~~~~		
Shepherd of the Valley 4212 Mendenhall Loop		789-4093	~~~~	~~~~	6:30-7:30 P	~~~~	~~~~	~~~~	9:00-10:00 A	dry & canned	
OTHER PROVIDERS		Phone	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Quantity	
Helping Hands Switzer Village Rec Hall		789-4390	~~~~	~~~~	5:30-7:00	~~~~	~~~~	5:30-7:00	~~~~	\$1.00 requested	
Love INC No walk in location Individuals can call in to request a variety of assistance		780-4090	~~~~	10 AM-2PM	~~~~	10 AM-2PM	~~~~	10 AM-2PM	~~~~	Calls Only	
St. Vincent de Paul 8617 Teal St		789-5535	~~~~	When funding exists, food vouchers of \$15.00 to Fred Meyers are given.						~~~~	Please call first
Salvation Army 439 W. Willoughby Ave		586-2136	~~~~	~~~~	9:00 A-11:30A	~~~~	4:00-6:30P	~~~~	~~~~	once a week	
Southeast Food Bank 10020 Crazy Horse Drive		789-6184	~~~~	Agency	Agency Only	Agency Only	Agency Only	Agency Only	8:30-10:00	bring a bag	
WIC-Women & Infant Children 3245 Hospital Drive		463-4099	~~~~	App'ts 8:00 A-4:30 P	App'ts 8:00 A-4:30 P	Walk-In 8:00 A - 4:30 P	App'ts 8:00 A-4:30 P	Serving Southeast	~~~~	ID & proof of income	
PREPARED MEALS		Phone	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Quantity	
Glory Hole Shelter & Soup Kitchen 247 S. Franklin St		586-4159	Daily Breakfast at 8:30 AM Daily Lunch at Noon Daily Dinner at 6:00 PM							Daily	
Meals On Wheels 895 W. 12th St Call first to determine eligibility		463-6179	~~~~	Delivered Monday through Friday about noon. Must be over 60 years old or house bound.					~~~~	1 meal per week day	
St. Brendan's Episcopal 4207 Mendenhall Loop		789-5152	~~~~	~~~~	~~~~	~~~~	Community Supper 6 PM	~~~~	~~~~	~~~~	
SHOWERS and LAUNDRY		Phone	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Specifics	
Alaska Laundry and Dry Cleaning 1114 Glacier Ave		586-1133	9AM-6PM	8AM-8PM	8AM-8PM	8AM-8PM	8AM-8PM	8AM-8PM	9AM-7PM	Must use Quarters	
Glory Hole Shelter & Soup Kitchen 247 S. Franklin St Perform a chore or pay \$1.00		586-4159	Not Available	9 AM-5 PM	9 AM-5 PM	9 AM-5 PM	9 AM-5 PM	9 AM-5 PM	9 AM-5 PM	Showers	
			Not Available	1:30 P-3:30P	1:30 P-3:30 P	1:30 P-3:30 P	1:30 P-3:30 P	1:30 P-3:30 P	1:30 P-3:30 P	1:30 P-3:30 P	Laundry
Coin-Op Laundry and Showers 11806 Glacier Hwy		321-5588	7 AM- 10 PM	7 AM- 10 PM	7 AM- 10 PM	7 AM- 10 PM	7 AM- 10 PM	7 AM- 10 PM	7 AM- 10 PM		
Recreation Center UAS National Guard Joint Use		National Guard Closures, Holiday Adjusted Hours and Closures see http://www.uas.alaska.edu/juneau/rec/hours.html									
Recreation Center UAS & National Guard Joint Use 12300 Mendenhall Loop Rd.		796-6544	11AM-8PM	6:30A-10 P	6:30A-10 P	6:30A-10 P	6:30A-10 P	6:30A-10 P	11AM-8PM	Open Daily	
		FREE access to gymnasium for active duty military Coast Guard \$3.00 per visit									