



Karuk Human Services

Karuk Human Services is aware of the stress that our community members are experiencing during this difficult time. We want our clients to be aware that we are available for telecommunication appointments during the "shelter in place" order.

We are here to support you and encourage you to reach out and continue your care. We realize some of you may be worried about missing their appointments and we want to alleviate your concerns.

You may call us at 841-3141 Monday through Friday 8:00 am – 5:00 pm. Our Happy Camp and Orleans offices are closed during the "shelter in place" order, however we are able to coordinate appointments for those areas through our Yreka number.

You may also work with your therapist or counselor to make a plan that might include phone check-ins, a safety plan, home activities, and tips and tools to get you through. You may also want to look into other online support resources that might be of use and your counselor may have some suggestions.

If you find your self in a psychiatric crisis please call 911. You may also call the crisis line:

Siskiyou County – 1800 842-8979

Humboldt County – Suicide Prevention Lifeline: 1-800-273-8255 or text "HOME" to 741-741.

