



Tanana
Chiefs
Conference

Confidential **Self-Assessment**

**Gain general awareness of your
substance use patterns!**

Take a Moment for Yourself

The TCC Department of Wellness & Prevention invites community members to take a confidential self-assessment to better understand their substance use patterns and promote personal awareness.

At the end of the survey, you'll find contact information for TCC Behavioral Health Services if you'd like to connect for support or learn more about available services.

Take the self-assessment here or scan QR code:

<https://tinyurl.com/selftest2025>



Need Someone To Talk To?

TCC Behavioral Health Services

907-459-3800