

Culture Heals™

A Self-guided roadmap for those struggling with addiction.

Culture Heals™ was developed to give tribal citizens access to powerful learning and behavior change tools.

Culture Heals comes with free 24/7 Crisis & Access phone support.

A self-guided, online platform to help adults address substance use and/or addictive behaviors.

Learn More:

cultureheals.com



Culture Heals™ removes barriers that help people start or restart their road to recovery.



Addresses alcohol, other drugs, and behavioral addictions (gambling, sex, food)



Builds upon evidence-based theories of change: Contextual Model & Self-Determination Theory



Contains over 6 hours of video to understand and address addiction



Includes self-help assessments and resources for people struggling with addiction



Can be used in combination with addiction medications to enhance treatment efforts



Offers coverage for hard-to-reach populations in areas where services are limited or unavailable



Includes information for families, friends, and loved ones struggling with addiction



Provides COVID-specific resources for those struggling with addictive behaviors

Culture Heals™ is a free program funded by the Central Council of the Tlingit & Haida Indian Tribes of Alaska.

Culture Heals™ is not a substitute for professional or expert treatment. It does not provide medical advice, clinical diagnoses, or replace care from a licensed clinician. The program is not a specific treatment or intervention.