

# FINDING HELP:

## A HUMAN SERVICES DIRECTORY

### FOR THE STATE OF HAWAI`I



*Helping Hawai'i Live Life Well*

Mental Health America of Hawai'i

Website: [www.mentalhealth-hi.org](http://www.mentalhealth-hi.org)

1124 Fort Street Mall, Suite #205 • Honolulu, Hawai'i 96813

*(Wheelchair Accessible/Elevator entrance: 67 So. Pauahi, off Bethel)*

Ph: (808) 521-1846 • Fax: (808) 533-6995 • E-mail: [info@mentalhealth-hi.org](mailto:info@mentalhealth-hi.org)

Mental Health America of Hawai'i - Maui County Branch

95 Mahalani Street, Suite #5 • Wailuku, HI 96793

Ph: (808) 242-6461 • Fax: (808) 242-1887 • E-mail: [info@mauimentalhealth.org](mailto:info@mauimentalhealth.org)

## Mental Health America of Hawai`i

At Mental Health America of Hawai`i (MHA Hawai`i), we serve our community by advocating and educating to promote mental wellness. We offer this publication - the only comprehensive directory of human services in the state - free to the community. MHA Hawaii has the following programs:

- **Help Line.** Weekdays from 9 to 4:30, we help callers – people with mental health challenges, family members, providers, members of the general public – find the assistance they need.
- **Pono Youth Program** aims to reduce risk for the young people of Hawai`i, to raise awareness about mental health and mental illness, and to cultivate resiliency through youth and community empowerment. Each of our projects targets youth (ages 12-25) from high risk populations including: native Hawaiian youth, lesbian, gay, bisexual, transgender, questioning (LGBTQ) youth, youth with special needs, foster and former-foster youth, young mental health consumers, adjudicated youth, and rural youth.
  - **Education and advocacy about youth suicide and bullying prevention.** MHA Hawai`i has pioneered in creating educational presentations for youth and adults in how to recognize and intervene in suicide and bullying.
  - **G.R.O.W. A. R.A.I.N.B.O.W.** Resources and strategies for supporting lesbian, gay, bisexual, transgender, and questioning (LGBTQ) youth and families.
  - **College Mental Health Project:** A pilot program at a local community college which trains students, faculty and staff about how to recognize and obtain help for people with mental health problems. It also has an educational campaign to reduce the stigma of mental illness.
- **Invisible Children’s Project** offers training for providers that work with families in which a parent may have a mental illness.
- **Brown Bag Mental Health Seminars** on subjects such as *Postpartum Depression, Teen Suicide, Military Mental Health, Bipolar Illness, Post-Traumatic Stress Disorder, Eating Disorders, Schizophrenia, Autism, and Bullying*. The seminars are open to the public, providers, policymakers, mental health consumers, and families. To receive notices of the seminars, call or email us to get on our email list.
- **Live Your Life Well.** MHA Hawai`i offers presentations to employees at the workplace that provide ten clinically proven actions everyone can take to protect and enhance their mental wellness and cope better with stress.

***This Directory is provided to help you find community services.***

***It was prepared as completely and accurately as possible.***

***No endorsement is implied or intended for any agency or service on this list.***

***Those seeking assistance are urged to ask each resource for complete information on the services offered.***

*Please help us improve this Directory: If you know additional agencies/phone numbers/websites, corrections or suggestions, please contact us at 808-521-1846; fax: 808-533-6995; email: [info@mentalhealth-hi.org](mailto:info@mentalhealth-hi.org); website: [www.mentalhealth-hi.org](http://www.mentalhealth-hi.org). Mahalo!*

**The printing of this Directory was generously donated by the Bank of Hawaii.**

**April 2014**

## Table of Contents

Alcohol & Drug Abuse Services .....	4
Anger Management Services .....	5
Bereavement & Grief Support .....	5
Bilingual Services .....	6
Brain Injury / Stroke.....	6
Case Management Providers .....	7
Child & Adolescent Services .....	7
Community Health Centers .....	12
Community Mental Health Centers (CMHC's).....	12
Consumer Advocacy Agencies .....	13
Counseling Programs.....	15
Culturally Sensitive Service Providers .....	15
Developmental Disabilities.....	15
Domestic Violence .....	15
Dual Diagnosis .....	16
Eating Disorders.....	16
Elderly, Services for: See Senior Services.....	17
Health Insurance Providers .....	17
Homeless Shelters & Services .....	17
Hospitals & Medical Centers.....	18
Housing Information/Providers .....	19
Immigrant Services .....	20
Jail & Prison Services.....	20
Job Training & Placement.....	21
Legal Services .....	21
Lesbian/Gay/Bisexual/Transgender.....	22
Marriage & Family Services .....	22
Mediation Services .....	23
Military Mental Health Services.....	23
Postpartum Depression/Anxiety .....	23
Professional Organizations .....	23
Rent Assistance.....	24
Residential Treatment, Supportive Housing, Group Homes: Adults.....	24
Residential Treatment Programs: Children and Teens .....	25
Respite Services: Families, Children/Youth, and Adults .....	25
Senior Caregiver Support Services .....	25
Senior Services.....	26
Sex Abuse Treatment: Offenders .....	27
Sex Abuse Treatment: Victims .....	27
Sliding Scale Fee Agencies .....	28
Substance Abuse Services: .....	28
see Alcohol and Drug Abuse .....	28
Support Groups: Consumers.....	28
Support Groups: Family.....	29
Suicide Crisis.....	30
Suicide Prevention .....	30
National Mental Health Resources .....	31
Hawai`i 24 Hour Suicide Crisis Line .....	31
DEPRESSION SELF-SCREENING QUESTIONNAIRE.....	32

## Alcohol & Drug Abuse Services

---

### O`AHU

Al-Anon Family Groups Hawaii	546-5647	<a href="http://www.al-anon.alateen.org/al-anon-in-hawaii">www.al-anon.alateen.org/al-anon-in-hawaii</a>
Alcohol & Drug Abuse Division (State Dept. of Health)	692-7517	<a href="http://www.hawaii.gov/health">www.hawaii.gov/health</a>
Alcoholics Anonymous Oahu Intergroup	946-1438	<a href="http://www.oahucentraloffice.com">www.oahucentraloffice.com</a>
Coalition for a Drug-Free Hawaii	545-3228; 1-800-845-1946	<a href="http://www.drugfreehawaii.org">www.drugfreehawaii.org</a>
Habilitat (residential)	235-3691	<a href="http://www.habilitat.com/">www.habilitat.com/</a>
Hina Mauka	236-2600; 1-888-446-2628	<a href="http://www.hinamauka.org">www.hinamauka.org</a>
Hina Mauka Teen C.A.R.E.	236-2600 ext. #3, #2	<a href="http://www.hinamauka.org">www.hinamauka.org</a>
The Institute for Human Services	447-2800	<a href="http://www.ihshawaii.org">www.ihshawaii.org</a>
Ku Aloha Ola Mau	538-0704	<a href="http://www.kualoha.org">www.kualoha.org</a>
Narconon Hawaii	550-0005	<a href="http://www.narcononhawaii.org">www.narcononhawaii.org</a>
Narcotics Anonymous (NA) Hawai'i	734-4357	<a href="http://www.na-hawaii.org">www.na-hawaii.org</a>
PATH Clinic (prenatal for women w/ children)	791-9390	<a href="http://www.waikikihc.org/pathclinic">www.waikikihc.org/pathclinic</a>
Queen's Day Treatment Services	691-4157	<a href="http://www.queensmedicalcenter.net/services/120-day-treatment-services">www.queensmedicalcenter.net/services/120-day-treatment-services</a>
Sand Island Treatment Center (Kline-Welsh)	841-2319	<a href="http://www.sandisland.com">www.sandisland.com</a>
Wai`anae Coast Community Mental Health Center (Hale Na`au Pono)	696-4211	<a href="http://www.wccmhc.org">www.wccmhc.org</a>

### KAUA`I

Al-Anon Family Groups Hawaii	651-8399	<a href="http://www.al-anon.alateen.org/al-anon-in-hawaii">www.al-anon.alateen.org/al-anon-in-hawaii</a>
Alcoholics Anonymous on Kauai	245-6677	<a href="http://www.kauaiaa.org">www.kauaiaa.org</a>
Ke Ala Pono Recovery Center	246-0663	<a href="http://www.mckennarecoverycenter.com">www.mckennarecoverycenter.com</a>
Narcotics Anonymous (NA) Hawai'i	212-0114	<a href="http://www.na-hawaii.org">www.na-hawaii.org</a>

### HAWAI`I

ACCESS Capabilities, Inc.	334-0979; 965-1198	<a href="http://www.accesscapabilitiesinc.com">www.accesscapabilitiesinc.com</a>
Al-Anon Family Groups Hawaii	935-0971	<a href="http://www.al-anon.alateen.org/al-anon-in-hawaii">www.al-anon.alateen.org/al-anon-in-hawaii</a>
Big Island Substance Abuse Council	969-9994	<a href="http://www.hawaiiunitedway.org/big-island-substance-abuse-cou.asp">www.hawaiiunitedway.org/big-island-substance-abuse-cou.asp</a>
East Hawaii Intergroup of Alcoholics Anonymous (AA)	961-6133	<a href="http://www.hawaiiiaa.org">www.hawaiiiaa.org</a>
Ku Aloha Ola Mau - Hilo	961-6822	<a href="http://www.kualoha.org/hilo.html">www.kualoha.org/hilo.html</a>
Ku Aloha Ola Mau - Puna	982-9555	<a href="http://www.kualoha.org/puna.html">www.kualoha.org/puna.html</a>
Lokahi Treatment Centers		<a href="http://www.lokahitreatmentcenters.net">www.lokahitreatmentcenters.net</a>
Waikoloa Office	883-0922	
Honoka'a Office	775-7707	
Hilo Office	969-9292	

Kona Office	331-1175	
Kohala Office	889-5099	
Narcotics Anonymous (NA) Hawai'i	769-6016	<a href="http://www.na-hawaii.org">www.na-hawaii.org</a>
West Hawaii Alcoholics Anonymous	329-1212	<a href="http://www.westhawaiiiaa.org">www.westhawaiiiaa.org</a>
<b>MAUI/MOLOKA'I</b>		
Al-Anon Family Groups Hawaii	242-0296	<a href="http://www.al-anon.alateen.org/al-anon-in-hawaii">www.al-anon.alateen.org/al-anon-in-hawaii</a>
Alcoholics Anonymous on Maui	244-9673	<a href="http://www.aamaui.org">www.aamaui.org</a>
Aloha House, Inc.	442-6588	<a href="http://www.aloha-house.org">www.aloha-house.org</a>
Hale Ho`okupa`a	553-3231	
Ka Hale Pomaka`i	558-8480	<a href="http://www.kahalepomaikai.org">www.kahalepomaikai.org</a>
Narcotics Anonymous (NA) Hawai'i	214-1239	<a href="http://www.na-hawaii.org">www.na-hawaii.org</a>
Prevention Resource Center (Coalition for a Drug Free Hawai'i)	1-800-845-1946 x34	<a href="http://www.drugfreehawaii.org">www.drugfreehawaii.org</a>
<b>LĀNA'I</b>		
Aloha House, Inc.	565-9566	<a href="http://www.aloha-house.org">www.aloha-house.org</a>

## Anger Management Services

---

### O`AHU

Catholic Charities Hawai'i	521-4357	<a href="http://www.catholiccharitieshawaii.org">www.catholiccharitieshawaii.org</a>
Child & Family Service	543-8413; 681-3500	<a href="http://www.childandfamilyservice.org">www.childandfamilyservice.org</a>
The Community Assistance Center	537-2917	<a href="http://www.cachawaii.org">www.cachawaii.org</a>
Hawai'i Counseling and Education Center, Inc.	254-6484	<a href="http://www.hcechawaii.com">www.hcechawaii.com</a>
PACT- Parents and Children Together		<a href="http://www.pacthawaii.org/oahu_peace_center.html">www.pacthawaii.org/oahu_peace_center.html</a>
Family Peace Center	832-0855	
Queen's Medical Center		<a href="http://www.queensmedicalcenter.org/general-wellness">www.queensmedicalcenter.org/general-wellness</a>
Outpatient Behavioral Health Services	691-4591	

### KAUA'I

YWCA	245-5959	<a href="http://www.ywcakauai.org">www.ywcakauai.org</a>
------	----------	--

### HAWAI'I

Child and Family Service	935-2188; 323-2664	<a href="http://www.childandfamilyservice.org">www.childandfamilyservice.org</a>
Turning Point for Families	935-7798; 323-2664	<a href="http://www.childandfamilyservice.org">www.childandfamilyservice.org</a>

### MAUI/MOLOKA'I

Child and Family Service	877-6888; 567-6100	<a href="http://www.childandfamilyservice.org">www.childandfamilyservice.org</a>
PACT- Parents and Children Together	244-2330	<a href="http://www.pacthawaii.org">www.pacthawaii.org</a>
Sexual Assault Support Service, 24 hour crisis hotline	873-8624; 877-9888	<a href="http://www.childandfamilyservice.org">www.childandfamilyservice.org</a>

## Bereavement & Grief Support

---

### O`AHU

American Cancer Society	595-7544	<a href="http://www.cancer.org">www.cancer.org</a>
-------------------------	----------	--

Bristol Hospice Hawaii, LLC	536-8012	<a href="http://www.bristolhospice.com">www.bristolhospice.com</a>
Castle Medical Center – Bereavement Support Group	263-5343	<a href="http://www.castlemed.org">www.castlemed.org</a>
The Compassionate Friends	792-0204	<a href="http://www.compassionatefriendshonolulu.org">www.compassionatefriendshonolulu.org</a>
Counseling and Spiritual Care Center of Hawai`i	545-2740	<a href="http://www.cscch.org">www.cscch.org</a>
Grief Share	532-1111	<a href="http://www.griefshare.org">www.griefshare.org</a>
Hawaiian Humane Society- Pet Loss Support Group	356-2222	<a href="http://www.hawaiianhumane.org">www.hawaiianhumane.org</a>
HOPING(Helping Other Parents in Normal Grieving)	432-2260	<a href="http://www.safesleephawaii.org">www.safesleephawaii.org</a>
Hospice Hawai`i	924-9255	<a href="http://www.hospicehawaii.org">www.hospicehawaii.org</a>
Kids Hurt Too	545-5683	<a href="http://www.grievingyouth.org/wordpress/">www.grievingyouth.org/wordpress/</a>
Kokua Mau	585-9977	<a href="http://www.kokuamau.org">www.kokuamau.org</a>
Legacy of Life Hawai`i (Organ Procurement Agency), Bereavement Support to Families	599-7630; 1-877-855-0603	
POMC - Parents Of Murdered Children, Inc.	236-2242	
Reid Richards Foundation “Napuaokamakaola”	220-3491	<a href="http://www.reidrichardsfoundation.com">www.reidrichardsfoundation.com</a>
St. Francis Hospice	595-7566	<a href="http://www.stfrancishawaii.org/services/hospice">www.stfrancishawaii.org/services/hospice</a>
<b>KAUA`I</b>		
Prevent Suicide Kauai	651-6637	<a href="http://www.preventsuicidekauai.org">www.preventsuicidekauai.org</a>
<b>HAWAI`I</b>		
The Compassionate Friends – East Hawaii Chapter	937-7523; 896-3610	<a href="http://www.compassionatefriendshonolulu.org">www.compassionatefriendshonolulu.org</a>
Hospice of Hilo	969-1733	<a href="http://www.hospiceofhilo.org">www.hospiceofhilo.org</a>

## Bilingual Services

---

### O`AHU

Bilingual Access Line (Helping Hands Hawai`i)	526-9724	<a href="http://www.helpinghandshawaii.org/bilingual_access_line">www.helpinghandshawaii.org/bilingual_access_line</a>
---	----------	--

### KAUA`I

Bilingual Access Line (Helping Hands Hawai`i)	526-9724	<a href="http://www.helpinghandshawaii.org/bilingual_access_line">www.helpinghandshawaii.org/bilingual_access_line</a>
---	----------	--

### HAWAI`I

Bilingual Access Line (Helping Hands Hawai`i)	526-9724	<a href="http://www.helpinghandshawaii.org/bilingual_access_line">www.helpinghandshawaii.org/bilingual_access_line</a>
---	----------	--

### MAUI/MOLOKA`I

Bilingual Access Line (Helping Hands Hawai`i)	526-9724	<a href="http://www.helpinghandshawaii.org/bilingual_access_line">www.helpinghandshawaii.org/bilingual_access_line</a>
---	----------	--

### LĀNA`I

Bilingual Access Line (Helping Hands Hawai`i)	526-9724	<a href="http://www.helpinghandshawaii.org/bilingual_access_line">www.helpinghandshawaii.org/bilingual_access_line</a>
---	----------	--

## Brain Injury / Stroke

---

### O`AHU

After Brain Injury or Stroke	778-1869	Call for pamphlet (\$7.00)
------------------------------	----------	----------------------------

Brain Injury Association of Hawaii	436-8977	<a href="http://www.biausa.org/Hawaii">www.biausa.org/Hawaii</a>
Neurotrauma & TBI Services, Developmental Disabilities Division, Dept. of Health	453-6255	<a href="http://www.hawaii.gov/health/disability-services/developmental/index.html">www.hawaii.gov/health/disability-services/developmental/index.html</a>

## Case Management Providers

---

### O`AHU

Breaking Boundaries	312-1530	<a href="http://www.breakingboundariesinc.org/">www.breakingboundariesinc.org/</a>
CARE Hawaii, Inc	533-3936	<a href="http://www.carehawaii.info/">www.carehawaii.info/</a>
Community Care Services	845-7771	<a href="http://www.apshealthcare.com">www.apshealthcare.com</a>
Community Empowerment Resources	942-7800	<a href="http://www.honolulucounty.hi.networkofcare.org">www.honolulucounty.hi.networkofcare.org</a>
Helping Hands Hawai'i	536-7234	<a href="http://www.helpinghandshawaii.org">www.helpinghandshawaii.org</a>
The Institute for Human Services (IHS)	447-2800; 447-2911	<a href="http://www.ihshawaii.org">www.ihshawaii.org</a>
Kalihi-Palama Health Center	848-1438	<a href="http://www.kphc.org">www.kphc.org</a>
Life Foundation	521-2437	<a href="http://www.lifefoundation.ipage.com">www.lifefoundation.ipage.com</a>
North Shore Mental Health	638-8700	<a href="http://www.northshorementalhealth.com">www.northshorementalhealth.com</a>

### MAUI/MOLOKA`I

Maui Youth & Family Services, Inc	579-8414	<a href="http://www.myfs.org">www.myfs.org</a>
-----------------------------------	----------	--

## Child & Adolescent Services

---

### O`AHU

ACCESS and Crisis/Suicide Line	832-3100; 1-800-753-6879	<a href="http://www.health.hawaii.gov/amhd/consumer/access/">www.health.hawaii.gov/amhd/consumer/access/</a>
Alaka`i Na Keiki	523-5990; 523-7771	<a href="http://www.alakainakeiki.com">www.alakainakeiki.com</a>
Autism Society of Hawaii	393-5785	<a href="http://www.autismhi.org">www.autismhi.org</a>
Benchmark Behavioral Health	454-1411	
Bobby Benson Center	293-7555; 877-393-7555	<a href="http://www.bobbybenson.org">www.bobbybenson.org</a>
Catholic Charities Hawai'i	521-4357	<a href="http://www.catholiccharitieshawaii.org">www.catholiccharitieshawaii.org</a>
Center for Cognitive Behavior Therapy	956-9559	<a href="http://www2.hawaii.edu/~cmueller/about.html">www2.hawaii.edu/~cmueller/about.html</a>
Child and Adolescent Mental Health Division (State Department of Health)	733-9333	<a href="http://www.health.hawaii.gov/camhd/">www.health.hawaii.gov/camhd/</a>
Child and Family Service	681-3500	<a href="http://www.childandfamilyservice.org">www.childandfamilyservice.org</a>
Child Welfare Services - Hawai'i State DHS To Report Child Abuse or Neglect	832-5300	<a href="http://www.humanservices.hawaii.gov/ssd/home/child-welfare-services/">www.humanservices.hawaii.gov/ssd/home/child-welfare-services/</a>
Family Guidance Centers Central Oahu	453-5900	<a href="http://www.health.hawaii.gov/camhd/">www.health.hawaii.gov/camhd/</a>
Family Court Liaison Branch	269-9926	

Honolulu	733-9393	
Kaneohe	233-3770	
Leeward Oahu	692-7700	
Hale Kipa, Inc.	589-1829	<a href="http://www.halekipa.org">www.halekipa.org</a>
Hawaii Families As Allies	487-8785; 1-866-361-8825; 487-3845	<a href="http://www.hfaa.net">www.hfaa.net</a>
HCAP Youth Services	591-1766	<a href="http://www.hcapweb.org/youthservices.html">www.hcapweb.org/youthservices.html</a>
Hina Mauka Teen Care	236-2600 ext.259	<a href="http://www.hinamauka.org/teen-care.asp">www.hinamauka.org/teen-care.asp</a>
Ku Aloha Ola Mau	538-0704	<a href="http://www.kualoha.org">www.kualoha.org</a>
Marimed Foundation	236-2288	<a href="http://www.marimed.org">www.marimed.org</a>
New Horizons Counseling	484-1000	
The Parent Line	526-1222; 1-800-816-1222	<a href="http://www.theparentline.org">www.theparentline.org</a>
PACT- Parents and Children Together	847-3285	<a href="http://www.pacthawaii.org">www.pacthawaii.org</a>
P.A.R.E.N.T.S. Inc.	235-0255	<a href="http://www.hawaiiparents.org">www.hawaiiparents.org</a>
PATCH- People Attentive to Children	839-1988	<a href="http://www.patchhawaii.org">www.patchhawaii.org</a>
Pono Youth Program	521-1846	<a href="http://www.mentalhealth-hi.org">www.mentalhealth-hi.org</a>
Queen Lili`uokalani Children's Center Honolulu	847-1302	<a href="http://www.qlcc.org">www.qlcc.org</a>
Kaneohe	235 7613	
Waianae	668-2314	
Waimanalo	851-7790	
Windward	293-8577	
Queens Medical Center- Behavioral Health	691-4220	<a href="http://www.queensmedicalcenter.net">www.queensmedicalcenter.net</a>
Salvation Army - Family Treatment Services	732-2802	<a href="http://www1.usw.salvationarmy.org">www1.usw.salvationarmy.org</a>
SPIN- Special Parent Info Network	586-8126	<a href="http://www.spinhawaii.org">www.spinhawaii.org</a>
TIFFE- The Institute for Family Enrichment, LLC	596-8433	<a href="http://www.tiffe.org">www.tiffe.org</a>
Wai`anae Coast CMHC (Hale Na`au Pono)	696-4211	<a href="http://www.wccmhc.org">www.wccmhc.org</a>
<b>KAUA`I</b>		
ACCESS & Crisis/Suicide Line	1-800-753-6879	<a href="http://www.health.hawaii.gov/amhd/consumer/access/">www.health.hawaii.gov/amhd/consumer/access/</a>
Child and Adolescent Mental Health Division (State Department of Health)	241-3614	<a href="http://www.health.hawaii.gov/kauai/">www.health.hawaii.gov/kauai/</a>
Child and Family Service	245-5914	<a href="http://www.childandfamilyservice.org">www.childandfamilyservice.org</a>
Family Guidance Center	274-3883 ext.231	<a href="http://www.health.hawaii.gov/camhd/">www.health.hawaii.gov/camhd/</a>
Child Welfare Services - Hawai`i State DHS To Report Child Abuse or Neglect	1-800-494-3991	<a href="http://www.humanservices.hawaii.gov/ssd/home/child-welfare-services/">www.humanservices.hawaii.gov/ssd/home/child-welfare-services/</a>
Hale `Opio Kaua`i, Inc.	245-2873	<a href="http://www.haleopio.org">www.haleopio.org</a>
Ke Ala Pono/McKenna Recovery Center	246-0663	<a href="http://www.mckennarecoverycenter.com">www.mckennarecoverycenter.com</a>
The Parent Line	1-800-816-1222	<a href="http://www.theparentline.org">www.theparentline.org</a>
PATCH- People Attentive to Children	246-0622	<a href="http://www.patchhawaii.org">www.patchhawaii.org</a>



Queen Lili`uokalani Children's Center	245-1873	<a href="http://www.qlcc.org/units.htm">www.qlcc.org/units.htm</a>
SPIN- Special Parent Info Network	274-3141 ext.6-8126	<a href="http://www.spinhawaii.org">www.spinhawaii.org</a>
YWCA of Kaua`i	245-5959	<a href="http://www.ywcakauai.org">www.ywcakauai.org</a>
<b>HAWAII</b>		
ACCESS & Crisis/Suicide Line	1-800-753-6879	<a href="http://www.health.hawaii.gov/amhd/consumer/access/">www.health.hawaii.gov/amhd/consumer/access/</a>
Big Island Substance Abuse Council	935-4927	<a href="http://www.hawaiiunitedway.org/big-island-substance-abuse-cou.asp">www.hawaiiunitedway.org/big-island-substance-abuse-cou.asp</a>
Child and Adolescent Mental Health Division (State Dept. of Health)		<a href="http://health.hawaii.gov/big-island/">http://health.hawaii.gov/big-island/</a>
Hilo	974-6006	
Kona	322-4880	
Waimea	887-8114	
Child and Family Service		<a href="http://www.childandfamilyservice.org">www.childandfamilyservice.org</a>
Hilo	935-2188	
Kona	323-2664	
Child and Family Service Shelter –West Hawaii	322-7233	<a href="http://www.childandfamilyservice.org">www.childandfamilyservice.org</a>
Child Welfare Services - Hawai`i State DHS To Report Child Abuse or Neglect	1-800-494-3991	<a href="http://www.humanservices.hawaii.gov/ssd/home/child-welfare-services/">www.humanservices.hawaii.gov/ssd/home/child-welfare-services/</a>
Family Guidance Centers		<a href="http://www.health.hawaii.gov/camhd/">www.health.hawaii.gov/camhd/</a>
Hilo	933-0610	
Kona	322-1541	
Waimea	887-8100	
Family Support Hawaii	326-7778	<a href="http://www.familysupporthawaii.org">www.familysupporthawaii.org</a>
Hawaii Behavioral Health	935-7949	<a href="http://www.hibh.org">www.hibh.org</a>
Neighborhood Place of Kona	331-8777	
Neighborhood Place of Puna	965-5550	
The Parent Line	1-800-816-1222	<a href="http://www.theparentline.org">www.theparentline.org</a>
P.A.R.E.N.T.S. Inc. (Hilo)	934-9552	<a href="http://www.hawaiiparents.org">www.hawaiiparents.org</a>
PATCH- People Attentive to Children		<a href="http://www.patchhawaii.org">www.patchhawaii.org</a>
Hilo	961-3169	
Kona	322-3500	
Queen Lili`uokalani Children's Center		<a href="http://www.qlcc.org">www.qlcc.org</a>
Hilo	935-9381	
Kona	329-7336	
Kona Beach	329-0503	
The Salvation Army Family Intervention Services		<a href="http://www1.usw.salvationarmy.org/usw">www1.usw.salvationarmy.org/usw</a>
Hilo	959-5855	
Kona	323-8174	
Sex Assault Support Services & Crisis Line	935-0677	<a href="http://www.ywcahawaiiisland.org">www.ywcahawaiiisland.org</a>
SPIN – Special Parent Information Network	974-4000 ext6-8126	<a href="http://www.spinhawaii.org">www.spinhawaii.org</a>

TIFFE – The Institute for Family Enrichment, LLC		<a href="http://www.tiffe.org">www.tiffe.org</a>
Hilo	961-5166	
Kona	323-3305	
<b>MAUI/MOLOKA`I</b>		
ACCESS & Crisis/Suicide Line	1-800-753-6879	<a href="http://www.health.hawaii.gov/amhd/consumer/access/">www.health.hawaii.gov/amhd/consumer/access/</a>
Aloha House	249-2121	<a href="http://www.aloha-house.org">www.aloha-house.org</a>
Child and Adolescent Mental Health Division (State Department of Health)	984-8200	<a href="http://www.health.hawaii.gov/maui/">www.health.hawaii.gov/maui/</a>
Child and Family Service		<a href="http://www.childandfamilyservice.org">www.childandfamilyservice.org</a>
Maui	877-6888	
Moloka`i	567- 6100	
Child Welfare Services-Hawai`i State DHS To Report Child Abuse or Neglect	1-800-494-3991	<a href="http://www.humanservices.hawaii.gov/ssd/home/child-welfare-services/">www.humanservices.hawaii.gov/ssd/home/child-welfare-services/</a>
Children’s Justice Center	244-7926	
Family Guidance Centers		<a href="http://www.health.hawaii.gov/camhd/">www.health.hawaii.gov/camhd/</a>
Wailuku	243-1252	
Lahaina	662-4045	
Molokai	553-5067	
The Maui Farm	579-8271	<a href="http://www.mauifarm.org">www.mauifarm.org</a>
Maui Youth & Family Services	579-8414	<a href="http://www.myfs.org">www.myfs.org</a>
Maui Youth & Family Services – Adolescent Shelter Hotline	579-8406 ext. 1	<a href="http://www.myfs.org">www.myfs.org</a>
Molokai Community Health Center-Wellness Dept.	553-3276	<a href="http://www.molokaichc.org">www.molokaichc.org</a>
Moloka`i Healthy Start	553-8114	<a href="http://www.mfss.org/?page_id=9">www.mfss.org/?page_id=9</a>
Neighborhood Place of Wailuku	986-0700	
The Parent Line	1-800-816-1222	<a href="http://www.theparentline.org">www.theparentline.org</a>
PATCH- People Attentive to Children		<a href="http://www.patchhawaii.org">www.patchhawaii.org</a>
Maui	242-9232	
Molokai	498-4145	
Queen Lili`uokalani Children’s Center		<a href="http://www.qlcc.org">www.qlcc.org</a>
Wailuku	242-8888	
Hana	248-7218	
Molokai	553-5369	
<b>LĀNA`I</b>		
ACCESS & Crisis/Suicide Line	1-800-753-6879	<a href="http://www.health.hawaii.gov/amhd/consumer/access/">www.health.hawaii.gov/amhd/consumer/access/</a>
Child Welfare Services-Hawai`i State DHS To Report Child Abuse or Neglect	1-800-494-3991	<a href="http://www.humanservices.hawaii.gov/ssd/home/child-welfare-services/">www.humanservices.hawaii.gov/ssd/home/child-welfare-services/</a>
Family Guidance Center	565-7915	<a href="http://www.health.hawaii.gov/camhd/">www.health.hawaii.gov/camhd/</a>
Lāna`i Aloha House	565-9566	<a href="http://www.aloha-house.org">www.aloha-house.org</a>

Lāna`i Youth Center	565-7675	
The Parent Line	1-800-816-1222	<a href="http://www.theparentline.org">www.theparentline.org</a>
PACT- Parents and Children Together		
Lanai Integrated Support Services	565-9191	<a href="http://www.pacthawaii.org">www.pacthawaii.org</a>
Queen Lili`uokalani Children's Center - Ko`olau Poko	235-7613	<a href="http://www.qlcc.org">www.qlcc.org</a>
SPIN - Special Parent Information Network	1-800-468-4644 ext.6-8126	<a href="http://www.spinhawaii.org">www.spinhawaii.org</a>

## Clubhouses/Day Treatment

---

### O`AHU

Diamond Head Clubhouse	733-9188	<a href="http://www.health.hawaii.gov/amhd/consumer/clubhouse">www.health.hawaii.gov/amhd/consumer/clubhouse</a>
Hale O Honolulu Clubhouse	832-5142	<a href="http://www.health.hawaii.gov/amhd/consumer/clubhouse">www.health.hawaii.gov/amhd/consumer/clubhouse</a>
Hui Hana Pono Clubhouse (Wai`anae)	696-3716	<a href="http://www.health.hawaii.gov/amhd/consumer/clubhouse">www.health.hawaii.gov/amhd/consumer/clubhouse</a>
Ko`olau Clubhouse	233-3778	<a href="http://www.amh.health.state.hi.us/Clubhouses/Koolau/index.html">www.amh.health.state.hi.us/Clubhouses/Koolau/index.html</a>
Makaha Clubhouse (Kauhale Lahilahi)	697-7170	<a href="http://www.health.hawaii.gov/amhd/consumer/clubhouse">www.health.hawaii.gov/amhd/consumer/clubhouse</a>
Queen's Day Treatment Services	691-4221	<a href="http://www.queensmedicalcenter.org/day-treatment-services">www.queensmedicalcenter.org/day-treatment-services</a>
Statewide Clubhouse Coordinator	721-0748	<a href="http://www.health.hawaii.gov/amhd/consumer/clubhouse">www.health.hawaii.gov/amhd/consumer/clubhouse</a>
Hale Na`au Pono - The Wai`anae Coast Community Mental Health Center, Inc.	696-4211	<a href="http://www.wccmhc.org">www.wccmhc.org</a>
Waipahu Aloha Clubhouse	675-0093	<a href="http://www.waipahuclubhouse.com">www.waipahuclubhouse.com</a>

### KAUA`I

Friendship House	821-4480	<a href="http://www.health.hawaii.gov/amhd/consumer/clubhouse">www.health.hawaii.gov/amhd/consumer/clubhouse</a>
------------------	----------	--

### HAWAI`I

Hale `Oluea Clubhouse	974-4320	<a href="http://www.health.hawaii.gov/amhd/consumer/clubhouse">www.health.hawaii.gov/amhd/consumer/clubhouse</a>
Kona Paradise Clubhouse	327-9530	<a href="http://www.health.hawaii.gov/amhd/consumer/clubhouse">www.health.hawaii.gov/amhd/consumer/clubhouse</a>
West Hawai`i Mental Health Center	322-4818	

### MAUI/MOLOKA`I

Hana Kalima - Moloka`i Clubhouse	553-5874	<a href="http://www.health.hawaii.gov/amhd/consumer/clubhouse">www.health.hawaii.gov/amhd/consumer/clubhouse</a>
Hale O Lanakila – Maui Clubhouse	984-2156	<a href="http://www.health.hawaii.gov/amhd/consumer/clubhouse">www.health.hawaii.gov/amhd/consumer/clubhouse</a>
Molokai Mental Health Services	553-7889	

## Community Health Centers

---

### O`AHU

Kalihi-Palama Health Center	848-1438	<a href="http://www.kphc.org">www.kphc.org</a>
Ko`olauloa Community Health and Wellness Center		<a href="http://www.koolauloachc.org">www.koolauloachc.org</a>
Hau`ula	293-9216	
Kahuku	293-9231	
Kokua Kalihi Valley	791-9400	<a href="http://www.kkv.net">www.kkv.net</a>
Wai`anae Coast Comprehensive Health Center	697-3300	<a href="http://www.wcchc.com">www.wcchc.com</a>
Waikiki Health	922-4787	<a href="http://www.waikikihc.org">www.waikikihc.org</a>
Waimanalo Health Center	259-7948	<a href="http://www.waimanalohc.org">www.waimanalohc.org</a>

### KAUA`I

Kaua`i Community Health Center		<a href="http://www.hoolalahui.org">www.hoolalahui.org</a>
Kapa`a	240-0170	
Waimea	240-0140	

### HAWAI`I

Bay Clinic , Inc. – Family Health Centers		<a href="http://www.bayclinic.org">www.bayclinic.org</a>
Hilo	969-1427	
Ka`u	929-7311	
Kea`au	930-0400	
Pahoa	965-9711	
Hamakua Health Center	775-7206	<a href="http://www.hamakua-health.org">www.hamakua-health.org</a>
Kohala Family Health Center	889-6236	<a href="http://www.hamakua-health.org">www.hamakua-health.org</a>
West Hawaii Community Health Center	326-5629	<a href="http://www.westhawaiiichc.org">www.westhawaiiichc.org</a>

### MAUI/MOLOKA`I

Hana Health	248-8294	<a href="http://www.hanahealth.org">www.hanahealth.org</a>
Malama I Ke Ola Health Center		
Kahului	871-7772	
Lahaina	667-7598	
Moloka`i Community Health Center	553-5038	<a href="http://www.molokaichc.org">www.molokaichc.org</a>

### LĀNA`I

Lāna`i Community Health Center	565-6919	<a href="http://www.lanaicommunityhealthcenter.org">www.lanaicommunityhealthcenter.org</a>
Straub Lāna`i Family Health Center	565-6423	

## Community Mental Health Centers (CMHC's)

---

Community Mental Health Centers - Call ACCESS line to find out if you're eligible for mental health services	832-3100 or 1-800-753-6879	<a href="http://www.health.hawaii.gov/amhd/files/2013/06/CMHC-Directory.pdf">www.health.hawaii.gov/amhd/files/2013/06/CMHC-Directory.pdf</a>
--	-------------------------------	--

### O`AHU

CMHC System Administration	832-5770	
Central O`ahu CMHC – Pearl City Clinic	453-5953	

Central O`ahu CMHC – Wahiawa Counseling Center	621-8425
Diamond Head CMHC	733-9260
Kalihi-Palama CMHC	832-5800
Makaha MHC	697-7880
Windward CMHC – Kaneohe Clinic	233-3775
<b>KAUAI</b>	
Kaua`i CMHC Administration	241-3130
Kaua`i CMHC	274-3190
<b>HAWAII</b>	
Hawai`i County CMHC Administration	933-0409
East Hawai`i CMHC	974-4300
Puna AMH Services	965-2240
West Hawai`i CMHC	322-4818
Ka`u Clinic – Naalehu	929-7331
N. Hawai`i AMH Services – Honoka`a	775-8835
<b>MAUI/MOLOKA`I</b>	
Maui CMHC	984-2150
Moloka`i Satellite	553-3691
<b>LANA`I</b>	
Lana`i Satellite	565-6189

## Consumer Advocacy Agencies

---

### O`AHU

Aloha Independent Living Hawaii	1-800-385-2454	<a href="http://www.AlohaLHawaii.org">www.AlohaLHawaii.org</a>
Adult Mental Health Division, Office of Consumer Affairs (State Department of Health)	586-4688	
Child and Adolescent Mental Health Division Grievance Office (State Department of Health)	733-9353	<a href="http://www.health.hawaii.gov/camhd">www.health.hawaii.gov/camhd</a>
The Community Assistance Center	537-2917	<a href="http://www.cachawaii.org">www.cachawaii.org</a>
Disability and Communication Access Board	586-8121	<a href="http://www.hawaii.gov/health/dcab/">www.hawaii.gov/health/dcab/</a>
Hawaii Centers for Independent Living	522-5400	<a href="http://www.cil-hawaii.org">www.cil-hawaii.org</a>
Hawaii Civil Rights Commission	586-8636	<a href="http://www.labor.hawaii.gov/hcrc">www.labor.hawaii.gov/hcrc</a>
Hawaii Disability Rights Center	949-2922;	<a href="http://www.hawaiidisabilityrights.org">www.hawaiidisabilityrights.org</a>
Hawaii Families As Allies	487-8785	<a href="http://www.hfaa.net">www.hfaa.net</a>
Hawaii State Council on Developmental Disabilities	586-8100	<a href="http://www.hiddc.org">www.hiddc.org</a>
Hawaii State Hospital (psychiatric hospital) - Patient Rights Advisor	236-8244	
Learning Disabilities Association of Hawai`i	536-9684; 1-800-533-9684	<a href="http://www.lidahawaii.org">www.lidahawaii.org</a>

Legal Aid Society of Hawai`i – Intake Hotline	536-4302; 1-800-499-4302	<a href="http://www.legalaidhawaii.org">www.legalaidhawaii.org</a>
Long-Term Care Ombudsman Program (Investigation of nursing home complaints)	586-7268	<a href="http://www.health.hawaii.gov/eoa/home/long-term-care-ombudsman-program/">www.health.hawaii.gov/eoa/home/long-term-care-ombudsman-program/</a>
Mental Health America of Hawai`i	521-1846	<a href="http://www.mentalhealth-hi.org">www.mentalhealth-hi.org</a>
NAMI - National Alliance on Mental Illness	591-1297	<a href="http://www.namihawaii.org">www.namihawaii.org</a>
United Self-Help	931-6444; 1-866-866-4357 (HELP)	<a href="http://www.unitedselfhelp.org">www.unitedselfhelp.org</a>
<b>KAUA`I</b>		
Disability and Communication Access Board	274-3141 ext.68121#	<a href="http://www.health.hawaii.gov/dcab">www.health.hawaii.gov/dcab</a>
Hawaii Centers For Independent Living	245-4034	<a href="http://www.cil-hawaii.org">www.cil-hawaii.org</a>
Hawaii Disability Rights Center	1-800-882-1057	<a href="http://www.hawaiidisabilityrights.org">www.hawaiidisabilityrights.org</a>
Legal Aid Society of Hawai`i: Kuaa`i Intake Hotline	245-7580	<a href="http://www.legalaidhawaii.org">www.legalaidhawaii.org</a>
<b>HAWAI`I</b>		
Disability and Communication Access Board	974-4000 ext.68121#	<a href="http://www.health.hawaii.gov/dcab">www.health.hawaii.gov/dcab</a> <a href="http://www.cil-hawaii.org">www.cil-hawaii.org</a>
Hawaii Centers For Independent Living	935-3777	
Hawaii Disability Rights Center	1-800-882-1057	<a href="http://www.hawaiidisabilityrights.org">www.hawaiidisabilityrights.org</a>
Special Parent Information Network (SPIN)	974-4000, ext.68126	<a href="http://spinhawaii.org">spinhawaii.org</a>
<b>MAUI/MOLOKA`I</b>		
Disability and Communication Access Board		
Maui	984-2400 ext.68121#	<a href="http://www.health.hawaii.gov/dcab">www.health.hawaii.gov/dcab</a> <a href="http://www.health.hawaii.gov/dcab">www.health.hawaii.gov/dcab</a>
Moloka`i	1-800-468-4644 ext.68121#	
Hawai`i Centers For Independent Living – Maui	242-4966	<a href="http://www.cil-hawaii.org">www.cil-hawaii.org</a>
Hawai`i Centers For Independent Living – Moloka`i	553-3340	<a href="http://www.cil-hawaii.org">www.cil-hawaii.org</a>
Hawaii Disability Rights Center	1-800-882-1057	<a href="http://www.hawaiidisabilityrights.org">www.hawaiidisabilityrights.org</a>
Legal Aid Society of Hawai`i – Maui Intake Hotline	242-0724	<a href="http://www.legalaidhawaii.org">www.legalaidhawaii.org</a>
Legal Aid Society of Hawai`i – Moloka`i Intake Hotline	553-3251	<a href="http://www.legalaidhawaii.org">www.legalaidhawaii.org</a>
Mental Health America of Hawai`i, Maui County Branch	242-6461	<a href="http://www.mentalhealth-hi.org/maui-branch">www.mentalhealth-hi.org/maui-branch</a>
United Self-Help	1-866-866-4357	<a href="http://www.unitedselfhelp.org">www.unitedselfhelp.org</a>
<b>LĀNA`I</b>		
Disability and Communication Access Board	1-800-468-4644 ext. 68121#	<a href="http://www.health.hawaii.gov/dcab">www.health.hawaii.gov/dcab</a>
Hawaii Disability Rights Center	1-800-882-1057	<a href="http://www.hawaiidisabilityrights.org">www.hawaiidisabilityrights.org</a>
United Self-Help	1-866-866-4357	<a href="http://www.unitedselfhelp.org">www.unitedselfhelp.org</a>

## Counseling Programs

---

### O`AHU

Catholic Charities Hawai`i – The Counseling Center	527-4470	<a href="http://www.catholiccharitieshawaii.org/programs/counseling-center">www.catholiccharitieshawaii.org/programs/counseling-center</a>
Counseling and Spiritual Care Center of Hawai`i	545-2740	<a href="http://www.cscch.org">www.cscch.org</a>
Mental Health Kokua	737-2523	<a href="http://www.mentalhealthkokua.org">www.mentalhealthkokua.org</a>
Queens Counseling Services	691-4401	<a href="http://www.queensmedicalcenter.org/counseling-and-clinical-services">www.queensmedicalcenter.org/counseling-and-clinical-services</a>

### HAWAI`I

Catholic Charities Hawai`i – The Counseling Center Hilo	961-7000	<a href="http://www.catholiccharitieshawaii.org/programs/counseling-center">www.catholiccharitieshawaii.org/programs/counseling-center</a>
--	----------	--

## Culturally Sensitive Service Providers

---

### O`AHU

Queen Lili`uokalani Children`s Center	847-1302	<a href="http://www.qlcc.org">www.qlcc.org</a>
Susannah Wesley Community Center	847-1535	<a href="http://www.susannahwesley.org">www.susannahwesley.org</a>
Wai`anae Coast Community Mental Health Center (Hale Na`au Pono)	696-4211	<a href="http://www.wccmhc.org">www.wccmhc.org</a>

## Developmental Disabilities

---

### O`AHU

Case Management and Information Services Branch (Hawaii State Department of Health)	733-9172	<a href="http://www.health.hawaii.gov/ddd">www.health.hawaii.gov/ddd</a>
Developmental Disabilities Division (Hawaii State Department of Health)	586-5840	<a href="http://www.health.hawaii.gov/ddd">www.health.hawaii.gov/ddd</a>
Developmental Disabilities Services Branch	453-6255	
Neurotrauma Services	453-6151	<a href="http://www.health.hawaii.gov/nt/helpline">www.health.hawaii.gov/nt/helpline</a>

### HAWAI`I

Developmental Disabilities Services Branch – Hilo	974-4280	<a href="http://www.health.hawaii.gov/ddd">www.health.hawaii.gov/ddd</a>
---	----------	--

### KAUA`I

Developmental Disabilities Services Branch – Lihue	241-3406	<a href="http://www.health.hawaii.gov/ddd">www.health.hawaii.gov/ddd</a>
--	----------	--

### MAUI/MOLOKA`I

Developmental Disabilities Services Branch – Wailuku	243-4625	<a href="http://www.health.hawaii.gov/ddd">www.health.hawaii.gov/ddd</a>
--	----------	--

## Domestic Violence

---

### O`AHU

Child and Family Service	681-3500	<a href="http://www.childandfamilyservice.org">www.childandfamilyservice.org</a>
Domestic Violence Action Center	531-3771	<a href="http://www.domesticviolenceactioncenter.org">www.domesticviolenceactioncenter.org</a>
Domestic Violence Program, Catholic Charities	524-4673	<a href="http://www.catholiccharitieshawaii.org">www.catholiccharitieshawaii.org</a>

Hawaii Counseling and Education Center, Inc. – Ke Ala Pono	254-6484	<a href="http://www.hcechawaii.com">www.hcechawaii.com</a>
PACT Family Peace Center	832-0855	<a href="http://www.pacthawaii.org">www.pacthawaii.org</a>
Domestic Abuse Shelter and Crisis Hotline	841-0822	<a href="http://www.childandfamilyservice.org">www.childandfamilyservice.org</a>
Windward Spouse Abuse Shelter Hotline	528-0606	
Ohia Shelter Domestic Violence Hotline	526-2200	<a href="http://www.pacthawaii.org">www.pacthawaii.org</a>
TIFFE- The Institute for Family Enrichment, LLC	596-8433	<a href="http://www.tiffe.org">www.tiffe.org</a>
<b>KAUA`I</b>		
Child and Family Service	245-5914	<a href="http://www.childandfamilyservice.org">www.childandfamilyservice.org</a>
The Family Visitation Center	821-0574	<a href="http://www.pacthawaii.org/kauai_visitation_center.html">www.pacthawaii.org/kauai_visitation_center.html</a>
Domestic Violence Crisis Hotline	245-6362	<a href="http://www.ywcakauai.org">www.ywcakauai.org</a>
<b>HAWAI`I</b>		
Child and Family Service	935-2188	<a href="http://www.childandfamilyservice.org">www.childandfamilyservice.org</a>
Hale Ohana Domestic Violence Shelter – Hilo	959-8864	<a href="http://www.childandfamilyservice.org">www.childandfamilyservice.org</a>
Domestic Violence Shelter – Kona	322-7233	<a href="http://www.childandfamilyservice.org">www.childandfamilyservice.org</a>
TIFFE- The Institute for Family Enrichment, LLC - Hilo	961-5166	<a href="http://www.tiffe.org">www.tiffe.org</a>
TIFFE- The Institute for Family Enrichment, LLC - Kona	323-3305	<a href="http://www.tiffe.org">www.tiffe.org</a>
<b>MAUI/MOLOKA`I</b>		
Child and Family Service – Maui	877-6888	<a href="http://www.childandfamilyservice.org">www.childandfamilyservice.org</a>
Child and Family Service – Moloka`i	567-6100	<a href="http://www.childandfamilyservice.org">www.childandfamilyservice.org</a>
Hale Ho`omalua Shelter and Alternatives to Violence Moloka`i	567-6888	
PACT Family Peace Center – Maui	244-2330	<a href="http://www.pacthawaii.org">www.pacthawaii.org</a>
Women Helping Women Hotline and TRO	579-9581; 242-6600; 242-0775	<a href="http://www.whwmaui.net">www.whwmaui.net</a>

## Dual Diagnosis

---

### O`AHU

Hina Mauka	236-2600	<a href="http://www.hinamauka.org">www.hinamauka.org</a>
Po`ailani – Dual Diagnosis Treatment Center	262-2799	<a href="http://www.poailani.org">www.poailani.org</a>
Sand Island Treatment Center (Kline-Welsh)	841-2319	<a href="http://www.sandisland.com">www.sandisland.com</a>

### MAUI/MOLOKA`I

Aloha House	442-6567	<a href="http://www.aloha-house.org">www.aloha-house.org</a>
-------------	----------	--

## Eating Disorders

---

### O`AHU

Anorexia and Bulimia Center of Hawai`i- Ai Pono	540-1001	<a href="http://www.aipono.com">www.aipono.com</a>
---	----------	--



## Elderly, Services for: See Senior Services

---

### Health Insurance Providers/Plans

---

#### O`AHU

AlohaCare	973-1650	<a href="http://www.alohacare.org">www.alohacare.org</a>
Attention Plus Care	739-2811	<a href="http://www.attentionplus.com/index.php">www.attentionplus.com/index.php</a>
Hawai`i Medical Assurance Association (HMAA)	591-0088; 1-800-621-6998	<a href="http://www.hmaa.com">www.hmaa.com</a>
Hawai`i Medical Service Association (HMSA)	948-6111; 1-800-776-4672	<a href="http://www.hmsa.com">www.hmsa.com</a>
Hawai`i Medical Service Association (HMSA) Behavioral Health Care Connection	952-4400	
Hawai`i MedQUEST/Medicaid/QeXA Eligibility	587-3521	<a href="http://www.mybenefits.hawaii.gov">www.mybenefits.hawaii.gov</a>
Problems with eligibility/health plan enrollment	524-3370	
Kaiser Permanente Behavioral Services	432-5955; 1-800-966-5955	<a href="http://www.kp.org">www.kp.org</a>
Medicaid Dental Care	792-1070; 1-866-486-8030	
`Ohana Health Plan/CCS	1-888-846-4262	<a href="http://www.ohanahealthplan.com">www.ohanahealthplan.com</a> <a href="http://www.ohanacares.com">www.ohanacares.com</a>
United Healthcare Community Plan		
QUEST	1-877-512-9357	
QExA	1-888-980-8728	
UHA (University Health Alliance)	532-4000	<a href="http://www.uhahealth.com">www.uhahealth.com</a>
<b>KAUA`I</b>		
Hawai`i Medical Service Association (HMSA)	245-3393	<a href="http://www.hmsa.com">www.hmsa.com</a>
<b>HAWAI`I</b>		
Hawai`i Quest/Medicaid (West Hawai`i)	327-4970	<a href="http://www.med-quest.us/eligibility/index.html">www.med-quest.us/eligibility/index.html</a>
<b>MAUI/MOLOKA`I</b>		
Kaiser Permanente - Maui	891-6800	<a href="http://www.kp.org">www.kp.org</a>

### Homeless Shelters & Services

---

#### O`AHU

Care-A-Van Health Care for the Homeless	922-4790	<a href="http://www.waikikihc.org">www.waikikihc.org</a>
Hale Kipa Youth Services	589-1829	<a href="http://www.halekipa.org">www.halekipa.org</a>
Institute for Human Services (I.H.S.)	447-2800	<a href="http://www.ihshawaii.org">www.ihshawaii.org</a>
Kahumana	696-8844	<a href="http://www.kahumana.org">www.kahumana.org</a>
Network Enterprises (military)	833-1923	<a href="http://www.networkenterprises.org">www.networkenterprises.org</a>

Next Step Shelter	922-4790	<a href="http://www.waikikihc.org">www.waikikihc.org</a>
Transitional Housing	696-4039	
Onemalu Transitional Shelter - Kalaeloa	682-3869	
Safe Haven for Homeless Mentally Ill	737-2523	<a href="http://www.mentalhealthkokua.org">www.mentalhealthkokua.org</a>
U.S. Vets (for military) - Waianae	696-6770	<a href="http://www.usvetsinc.org/waianae">www.usvetsinc.org/waianae</a>
U.S. Vets (for military) – Kapolei	682-9000	<a href="http://www.usvetsinc.org/barberspoint">www.usvetsinc.org/barberspoint</a>
Youth Outreach (YO) for homeless youth	942-5858	<a href="http://www.waikikihc.org">www.waikikihc.org</a>
<b>HAWAI`I</b>		
Care-A-Van/Hope Services of Hawai`i (island wide)	935-3050	
Catholic Charities- Kawaihoe Transitional Housing	935-4673	<a href="http://www.catholiccharitieshawaii.org">www.catholiccharitieshawaii.org</a>
<b>KAUA`I</b>		
Kauai Economic Opportunity	245-4077	<a href="http://www.keoinc.org">www.keoinc.org</a>
Wilcox Adult Day Health	246-6919	
<b>MAUI/MOLOKA`I</b>		
Ka Hale A Ke Ola Homeless Resource Center		<a href="http://www.khako.org/index.php">www.khako.org/index.php</a>
Wailuku	242-7600	
Lahaina	662-0076	
Salvation Army		<a href="http://www1.usw.salvationarmy.org">www1.usw.salvationarmy.org</a>
Kahului Corps	871-6270	
Lahaina Corps	661-5335	

## Hospitals & Medical Centers

---

### O`AHU

Castle Medical Center (in-patient psych unit)	263-5500	<a href="http://www.castlemed.org">www.castlemed.org</a>
Hawai`i State Hospital (psychiatric hospital)	247-2191	
Hawai`i State Hospital Patient Rights Advisor	236-8244	
Kāhi Mōhala Behavioral Health (psychiatric hospital)	671-8511	<a href="http://www.kahimohala.org">www.kahimohala.org</a>
Kahuku Medical Center	293-9221	
Kaiser Permanente Moanalua Hospital and Clinic	432-0000	<a href="http://www.kp.org">www.kp.org</a>
Kalihi-Palama Health Center – Kalihi	845-0686	<a href="http://www.kphc.org">www.kphc.org</a>
Kalihi-Palama Health Center - Downtown	792-5576	<a href="http://www.kphc.org">www.kphc.org</a>
Kapiolani Medical Center	983-6000	<a href="http://www.kapiolani.org">www.kapiolani.org</a>
Kapiolani Medical Center at Pali Momi	486-6000	<a href="http://www.kapiolani.org">www.kapiolani.org</a>
Kuakini Medical Center	536-2236	<a href="http://www.kuakini.org">www.kuakini.org</a>
Queen’s Referral Line (in-patient psych unit)	691-7117; 538-9011	<a href="http://www.queens.org">www.queens.org</a>
Rehabilitation Hospital of the Pacific	531-3511	<a href="http://www.rehabhospital.org">www.rehabhospital.org</a>
Straub Clinic and Hospital	522-4000	<a href="http://www.straubhealth.org">www.straubhealth.org</a>
Tripler Army Medical Center	433-6661	<a href="http://www.tamc.amedd.army.mil">www.tamc.amedd.army.mil</a>
Wahiawa General Hospital	621-8411	<a href="http://www.wahiawageneral.org">www.wahiawageneral.org</a>

## HAWAI`I

Hale Ho`ola Hamakua	932-4100	<a href="http://www.hhh.hhsc.org">www.hhh.hhsc.org</a>
Hilo Medical Center	932-3000	<a href="http://www.hilomedicalcenter.org">www.hilomedicalcenter.org</a>
Kaiser Permanente Hilo Clinic	934-4000	<a href="http://www.kp.org">www.kp.org</a>
Ka`u Hospital - Pahala	932-4200	<a href="http://www.kau.hhsc.org">www.kau.hhsc.org</a>
Kohala Hospital	889-6211	<a href="http://www.koh.hhsc.org">www.koh.hhsc.org</a>
Kona Community Hospital (in-patient psych unit)	322-9311	<a href="http://www.kch.hhsc.org">www.kch.hhsc.org</a>
North Hawai`i Community Hospital	885-4444	<a href="http://www.nhch.com">www.nhch.com</a>

## KAUA`I

Kaua`i Medical Clinic		
Lihue	245-1500	<a href="http://www.hawaiiipacifichealth.org">www.hawaiiipacifichealth.org</a>
Eleele	335-0499	
Kapaa	822-3431	
Koloa	742-1621	
Mahelona Medical Center (in-patient psych unit)	822-4961	<a href="http://www.smmh.hhsc.org">www.smmh.hhsc.org</a>
West Kauai Medical Center	338-9431	<a href="http://www.kvmh.hhsc.org">www.kvmh.hhsc.org</a>
Wilcox Memorial Hospital	245-1100	<a href="http://www.wilcoxhealth.org">www.wilcoxhealth.org</a>

## MAUI/MOLOKA`I

Hawai`i Health Systems Corp (in-patient psych unit)	733-4020	<a href="http://www.hhsc.org">www.hhsc.org</a>
Kaiser Permanente Wailuku Clinic	243-6000	<a href="http://www.kp.org">www.kp.org</a>
Kula Hospital	878-1221	<a href="http://www.kula.hhsc.org">www.kula.hhsc.org</a>
Maui Hana Medical Center	248-7515	<a href="http://www.hanahealth.org">www.hanahealth.org</a>
Maui Memorial Medical Center (in-patient psych unit)	244-9056	<a href="http://www.mmmc.hhsc.org">www.mmmc.hhsc.org</a>
Moloka`i Family Planning Project	553-3145	
Moloka`i Family Support Services	553-3276	
Moloka`i General Hospital	553-5331	<a href="http://www.molokaigeneralhospital.org">www.molokaigeneralhospital.org</a>
Napu`uwai Native Hawaiian Health Care	560-3653	<a href="http://www.napuuwai.com">www.napuuwai.com</a>

## LĀNA`I

Lāna`i Hospital	565-8450	<a href="http://www.lch.hhsc.org">www.lch.hhsc.org</a>
-----------------	----------	--

## Housing Information/Providers

---

### O`AHU

Aloha Independent Living Hawai`i	1-800-385-2454	<a href="http://www.AlohaLHawaii.org">www.AlohaLHawaii.org</a>
Dept. of Human Services Public Assistance Info Line	643-1643	<a href="http://www.humanservices.hawaii.gov">www.humanservices.hawaii.gov</a>
Hawai`i Public Housing Authority	832-4692	<a href="http://www.hcdch.state.hi.us">www.hcdch.state.hi.us</a>
Hawai`i Centers for Independent Living	522-5400	<a href="http://www.cil-hawaii.org">www.cil-hawaii.org</a>

### HAWAI`I

Hawai`i County Housing	959-4642	
Hawai`i Centers for Independent Living	935-3777	<a href="http://www.cil-hawaii.org">www.cil-hawaii.org</a>
Hawai`i Public Housing Authority	974-4000 ext24692#	<a href="http://www.hcdch.state.hi.us">www.hcdch.state.hi.us</a>

**KAUA`I**

Kauai Economic Opportunity	245-4077	<a href="http://www.keoinc.org">www.keoinc.org</a>
----------------------------	----------	--

**MAUI/MOLOKA`I**

County of Maui	270-7805	<a href="http://www.mauicounty.gov">www.mauicounty.gov</a>
Hawai`i Public Housing Authority	984-2400 ext24692#	<a href="http://www.hcdch.state.hi.us">www.hcdch.state.hi.us</a>
Lokahi Pacific	242-5761	<a href="http://www.lokahipacific.org">www.lokahipacific.org</a>
Maui Centers for Independent Living	242-4966	<a href="http://www.cil-hawaii.org">www.cil-hawaii.org</a>
Moloka`i Hale Mahaolu	872-4100	<a href="http://www.halemahaolu.org">www.halemahaolu.org</a>

**LĀNA`I**

Hawai`i Public Housing Authority	1-800-468-4644 ext24692#	<a href="http://www.hcdch.state.hi.us">www.hcdch.state.hi.us</a>
Lāna`i Castle & Cooke Housing	565-4800	<a href="http://www.castlecookehawaii.com">www.castlecookehawaii.com</a>

**Immigrant Services**

---

**O`AHU**

Bilingual Access Line (24 hours)	526-9724	<a href="http://www.helpinghandshawaii.org">www.helpinghandshawaii.org</a>
Catholic Charities Immigrant Services	521-4357	<a href="http://www.catholiccharitieshawaii.org">www.catholiccharitieshawaii.org</a>
Child and Family Service	681-500	<a href="http://www.childandfamilyservice.org">www.childandfamilyservice.org</a>
Hawai`i Immigrant Justice Center at Legal Aid Society of Hawai`i	536-8826	<a href="http://www.kukuicenter.org/hawaii-immigrant-justice-center/">http://www.kukuicenter.org/hawaii-immigrant-justice-center/</a>
Lanakila Easy Access Project	832-5685	
Legal Aid Society of Hawai`i	536-4302	<a href="http://www.legalaidhawaii.org">www.legalaidhawaii.org</a>
Pacific Gateway Center	851-7010	<a href="http://www.pacificgatewaycenter.org">www.pacificgatewaycenter.org</a>
Susannah Wesley Community Center	847-1535	<a href="http://www.susannahwesley.org">www.susannahwesley.org</a>
U.S. Citizenship and Immigration Services	1-800-375-5283	<a href="http://www.uscis.gov">www.uscis.gov</a>

**HAWAI`I**

County Immigration Information Office	961-8220	<a href="http://www.hawaiicounty.gov/immigration">www.hawaiicounty.gov/immigration</a>
---------------------------------------	----------	--

**MAUI/MOLOKA`I**

Maui Immigrant Services	270-7791	<a href="http://www.co.maui.hi.us/index.aspx?NID=253">www.co.maui.hi.us/index.aspx?NID=253</a>
-------------------------	----------	--

**Jail & Prison Services**

---

**O`AHU**

The Community Assistance Center	537-2917	<a href="http://www.cachawaii.org">www.cachawaii.org</a>
Department of Public Safety- Health Care Division	587-1250	<a href="http://www.dps.hawaii.gov">www.dps.hawaii.gov</a>
Halawa Correctional Facility	485-5200	<a href="http://www.dps.hawaii.gov">www.dps.hawaii.gov</a>
Hawai`i Courts and Corrections	832-1852	<a href="http://www.courts.state.hi.us">www.courts.state.hi.us</a>
Oahu Community Correctional Center	832-1777	<a href="http://www.dps.hawaii.gov">www.dps.hawaii.gov</a>
Waiawa Correctional Facility	677-6150	<a href="http://www.dps.hawaii.gov">www.dps.hawaii.gov</a>
Women`s Correctional Center	266-9580	<a href="http://www.dps.hawaii.gov">www.dps.hawaii.gov</a>

**HAWAI`I**

Hawai`i Community Correctional Center	933-0428	<a href="http://www.dps.hawaii.gov">www.dps.hawaii.gov</a>
---------------------------------------	----------	--

**KAUA`I**

Kauai Community Correctional Center	241-3057	
-------------------------------------	----------	--

**MAUI/MOLOKA`I**

Maui Community Correctional Center	243-5861	<a href="http://www.dps.hawaii.gov">www.dps.hawaii.gov</a>
------------------------------------	----------	--

Moloka`i Police Station	553-5355	
-------------------------	----------	--

**LĀNA`I**

Lāna`i Police Station	565-6428	
-----------------------	----------	--

**Job Training & Placement**

---

**O`AHU**

Goodwill Vocational Training Center	836-0313	<a href="http://www.higoodwill.org">www.higoodwill.org</a>
-------------------------------------	----------	--

Lanakila Pacific	531-0555	<a href="http://www.lanakilapacific.org">www.lanakilapacific.org</a>
------------------	----------	--

Network Enterprises, Inc.	521-7774	<a href="http://www.networkenterprises.org">www.networkenterprises.org</a>
---------------------------	----------	--

State Vocational Rehab Division	692-8601	<a href="http://www.hawaiiivr.org">www.hawaiiivr.org</a>
---------------------------------	----------	--

Winners at Work	532-2100	<a href="http://www.abilitiesunlimitedhi.org">www.abilitiesunlimitedhi.org</a>
-----------------	----------	--

**KAUA`I**

State Vocational Rehab Division	274-3333	<a href="http://www.hawaiiivr.org">www.hawaiiivr.org</a>
---------------------------------	----------	--

**HAWAI`I**

Brantley Center	775-7245	<a href="http://www.thebrantleycenter.org/?p=6">www.thebrantleycenter.org/?p=6</a>
-----------------	----------	--

Economic Opportunity Council	961-2681	
------------------------------	----------	--

State Vocational Rehab Division	323-0025	<a href="http://www.hawaiiivr.org">www.hawaiiivr.org</a>
---------------------------------	----------	--

**MAUI/MOLOKA`I**

Maui State Vocational Rehab Division	984-8350	<a href="http://www.hawaiiivr.org">www.hawaiiivr.org</a>
--------------------------------------	----------	--

Moloka`i Occupational Center	553-3266	
------------------------------	----------	--

Moloka`i State Vocational Rehab Division	553-3621	
--	----------	--

**Legal Services**

---

**O`AHU**

Hawai`i Civil Rights Commission	586-8636	<a href="http://www.labor.hawaii.gov">www.labor.hawaii.gov</a>
---------------------------------	----------	--

Hawai`i Disability Rights Center	949-2922; 1-800-882-1057	<a href="http://www.hawaiidisabilityrights.org">www.hawaiidisabilityrights.org</a>
----------------------------------	-----------------------------	--

Legal Aid Society	536-4302	<a href="http://www.legalaidhawaii.org">www.legalaidhawaii.org</a>
-------------------	----------	--

Maximum Legal Services Corp. (Trust and Conservatorships for disabled and minors)	585-0920	<a href="http://www.maxcorp-hi.org">www.maxcorp-hi.org</a>
---	----------	--

Volunteer Legal Services of Hawai`i	528-7046	<a href="http://www.vlsh.org">www.vlsh.org</a>
-------------------------------------	----------	--

**KAUA`I**

Hawai`i Disabilities Rights Center	1-800-882-1057	<a href="http://www.hawaiidisabilityrights.org">www.hawaiidisabilityrights.org</a>
------------------------------------	----------------	--

## **HAWAI`I**

Child and Family Services (TROs) - Hilo	935-2188	<a href="http://www.childandfamilyservice.org">www.childandfamilyservice.org</a>
Child and Family Services (TROs) - Kona	323-2664	<a href="http://www.childandfamilyservice.org">www.childandfamilyservice.org</a>
Hawai`i Disabilities Rights Center	1-800-882-1057	<a href="http://www.hawaiidisabilityrights.org">www.hawaiidisabilityrights.org</a>
Legal Aid Society & Seniors Program - Kona	329-3910	<a href="http://www.legalaidhawaii.org">www.legalaidhawaii.org</a>
Public Defender	974-4573; 322-1945	<a href="http://www.hawaii.gov/budget/pd">www.hawaii.gov/budget/pd</a>
West Hawai`i Mediation Services	885-5525; 326-2666	<a href="http://www.whmediation.org">www.whmediation.org</a>

## **MAUI/MOLOKA`I**

Hawai`i Disabilities Rights Center	1-800-882-1057	<a href="http://www.hawaiidisabilityrights.org">www.hawaiidisabilityrights.org</a>
Legal Aid Society	244-3731	<a href="http://www.legalaidhawaii.org">www.legalaidhawaii.org</a>

## **LĀNA`I**

Hawai`i Disabilities Rights Center	1-800-882-1057	<a href="http://www.hawaiidisabilityrights.org">www.hawaiidisabilityrights.org</a>
Lāna`i Legal Aid Society	565-6089	<a href="http://www.legalaidhawaii.org">www.legalaidhawaii.org</a>

## **Lesbian/Gay/Bisexual/Transgender**

---

### **O`AHU**

Da Moms	383-2111	<a href="mailto:ocsjosie@hotmail.com">ocsjosie@hotmail.com</a>
It Gets Better Project		<a href="http://www.itgetsbetter.org">www.itgetsbetter.org</a>
Life Foundation	521-2437	<a href="http://www.lifefoundation.org">www.lifefoundation.org</a>
PFLAG O`ahu	672-9050; 779-9087	<a href="http://www.pflagoahu.org">www.pflagoahu.org</a>
The Trevor Project	(866) 488-7386	<a href="http://www.thetrevorproject.org">www.thetrevorproject.org</a>
University of Hawai`i LGBT Student Services	956-9250	<a href="http://www.manoa.hawaii.edu/lgbt/index.html">www.manoa.hawaii.edu/lgbt/index.html</a>

### **KAUA`I**

PFLAG Kaua`i	634-0127	<a href="mailto:pflagkauai@gmail.com">pflagkauai@gmail.com</a>
--------------	----------	--

### **HAWAI`I**

PFLAG Big Island	238-2880	<a href="mailto:pflagbigisland@gmail.com">pflagbigisland@gmail.com</a>
------------------	----------	--

## **Marriage & Family Services**

---

### **O`AHU**

Catholic Charities Family Services	521-4357	<a href="http://www.catholiccharitieshawaii.org">www.catholiccharitieshawaii.org</a>
Child and Family Service	681-3500	<a href="http://www.childandfamilyservice.org">www.childandfamilyservice.org</a>
Counseling and Spiritual Care Center of Hawai`i	545-2740	<a href="http://www.cscch.org">www.cscch.org</a>
Hawai`i Association of Marriage and Family Therapists	987-7070	<a href="http://www.hamft.net">www.hamft.net</a>
Jewish Community Services	258-7121	<a href="http://www.jcs-hi.org">www.jcs-hi.org</a>
Queen Lili`uokalani Children's Center (Ho`oponopono)	847-1302	<a href="http://www.qlcc.org">www.qlcc.org</a>

### **KAUA`I**

Child and Family Service	245-5914	<a href="http://www.childandfamilyservice.org">www.childandfamilyservice.org</a>
--------------------------	----------	--

### **MAUI/MOLOKA`I**

Maui Child and Family Service	877-6888	<a href="http://www.childandfamilyservice.org">www.childandfamilyservice.org</a>
-------------------------------	----------	--

## Mediation Services

---

### O`AHU

Mediation Center of the Pacific 521-6767 [www.mediatehawaii.org](http://www.mediatehawaii.org)

### HAWAI`I

Kuikahi Mediation Center 935-7844 [www.hawaii-mediation.org](http://www.hawaii-mediation.org)

West Hawai`i Mediation Services 885-5525 [www.whmediation.org](http://www.whmediation.org)

### MAUI/MOLOKA`I

Mediation Services of Maui 244-5744 [www.mauimediation.org](http://www.mauimediation.org)

## Military Mental Health Services

---

### O`AHU

Adolescent Substance Abuse Counseling Service 655-9944 [www.asacs.org](http://www.asacs.org)

Alcohol and Drug Abuse Prevention and Control Program, Schofield Barracks 433-8700 [www.garrison.hawaii.army.mil/asap](http://www.garrison.hawaii.army.mil/asap)

DSTRESS Help Line (Marine Corps and Vets) 877-476-7734 [www.dstressline.com](http://www.dstressline.com)

Military One Source 1-800-342-9647 [www.militaryonesource.mil](http://www.militaryonesource.mil)

National Call Center for Homeless Veterans 1-800-273-8255x1 [www.va.gov/HOMELESS/NationalCenter\\_VHPD.asp](http://www.va.gov/HOMELESS/NationalCenter_VHPD.asp)

Honolulu Vet Center 973-8387 [www.vetcenter.va.gov](http://www.vetcenter.va.gov)

US Vets Waianae Facility 696-6770 <http://www.usvetsinc.org/waianae/>

Veterans Affairs Mental Health Clinic 433-0600

Veterans Crisis Line (Suicide Prevention Counseling) 1-800-273-8255x1 [http://www.va.gov/HOMELESS/NationalCenter\\_VHPD.asp](http://www.va.gov/HOMELESS/NationalCenter_VHPD.asp)

Veterans Day Treatment Program (Tripler) 1-800-214-1406 [www.hawaii.va.gov/contact/inbox.asp](http://www.hawaii.va.gov/contact/inbox.asp)

### KAUA`I

Vet Center 246-1163 [www.vetcenter.va.gov](http://www.vetcenter.va.gov)

Veterans Clinic 246-0497

### HAWAI`I

Veterans Affairs Primary Care Clinic (Community Based Outpatient Clinic) - Hilo 935-3781 [www.vetcenter.va.gov](http://www.vetcenter.va.gov)

### MAUI/MOLOKA`I

Maui Community-Based Outpatient Clinic 871-2454

Maui Vet Center 242-8557 [www.vetcenter.va.gov](http://www.vetcenter.va.gov)

## Postpartum Depression/Anxiety

---

### O`AHU

Postpartum Depression (PPD) Support HI 392-7985 [www.ppdsupporthi.org](http://www.ppdsupporthi.org)

## Professional Organizations

---

### O`AHU

Hawai`i Association of Marriage and Family Therapists 987-7070 [www.hamft.net](http://www.hamft.net)

Hawai'i Nurses Association	531-1628	<a href="http://www.hawaiinurses.org">www.hawaiinurses.org</a>
Hawai'i Psychiatric Medical Association	1-800-572-3015	<a href="http://www.hawaiipsychiatric.org">www.hawaiipsychiatric.org</a>
Hawai'i Psychological Association	521-8995	<a href="http://www.hawaiipsychology.org">www.hawaiipsychology.org</a>
National Association of Social Workers/Hawai'i	521-1787	<a href="http://www.naswhi.org">www.naswhi.org</a>

## Rent Assistance

---

### O`AHU

Catholic Charities Hawaii	521-4357	<a href="http://www.catholiccharitieshawaii.org">www.catholiccharitieshawaii.org</a>
Helping Hands Hawaii		<a href="http://www.helpinghandshawaii.org">www.helpinghandshawaii.org</a>
Emergency Assistance Program	440-3835	
Punawai Program for Native Hawaiians	440-3804	
The Salvation Army	841-5565	<a href="http://www.hawaii.salvationarmy.org">www.hawaii.salvationarmy.org</a>

### HAWAI'I

Catholic Charities Hawai'i	935-4673	
Hope Services Hawaii, Inc.	935-3050	<a href="http://www.hopeserviceshawaii.org">www.hopeserviceshawaii.org</a>

### KAUA'I

Catholic Charities Hawai'i	241-4673	<a href="http://www.catholiccharitieshawaii.org">www.catholiccharitieshawaii.org</a>
----------------------------	----------	--

### MAUI

Catholic Charities Hawai'i	873-4673	<a href="http://www.catholiccharitieshawaii.org">www.catholiccharitieshawaii.org</a>
----------------------------	----------	--

## Residential Treatment, Supportive Housing, Group Homes: Adults

---

### O`AHU

Breaking Boundaries, Inc	312-1530	<a href="http://www.breakingboundariesinc.org">www.breakingboundariesinc.org</a>
CARE Hawai'i, Inc.	533-3936	<a href="http://www.carehawaii.com">www.carehawaii.com</a>
Catholic Charities Family Services	521-4357	<a href="http://www.catholiccharitieshawaii.org">www.catholiccharitieshawaii.org</a>
Hina Mauka	236-2600	<a href="http://www.hinamauka.org">www.hinamauka.org</a>
Kahumana Residential Special Treatment Facility	696-6699	
Mental Health Kokua	737-2523	<a href="http://www.mentalhealthkokua.org">www.mentalhealthkokua.org</a>
Po`ailani	263-1065; 262-2799	<a href="http://www.poailani.org">www.poailani.org</a>
Safe Haven for Homeless Mentally Ill	524-7233	<a href="http://www.mentalhealthkokua.org">www.mentalhealthkokua.org</a>
Sand Island	841-2319	<a href="http://www.sandisland.com">www.sandisland.com</a>
Steadfast Housing	599-6230	<a href="http://www.steadfast-hawaii.org">www.steadfast-hawaii.org</a>
Wai`anae Coast Community Health Center (Hale Na`au Pono)	696-4211	<a href="http://www.wccmhc.org">www.wccmhc.org</a>

### HAWAI'I

Community Care Services	935-3481	
Mental Health Kokua – Hilo	935-7167	<a href="http://www.mentalhealthkokua.org">www.mentalhealthkokua.org</a>
Mental Health Kokua – Kona	331-1468	<a href="http://www.mentalhealthkokua.org">www.mentalhealthkokua.org</a>



## Residential Treatment Programs: Children and Teens

---

### O`AHU

CARE Hawai`i, Inc. (Crisis Residential) – Kaneohe	234-5825	<a href="http://www.carehawaii.com">www.carehawaii.com</a>
Catholic Charities Family Services	521-4357	<a href="http://www.catholiccharitieshawaii.org">www.catholiccharitieshawaii.org</a>
Child and Family Service	543-8494	<a href="http://www.childandfamilyservice.org">www.childandfamilyservice.org</a>
Hale Kipa	589-1829	<a href="http://www.halekipa.org">www.halekipa.org</a>
Kailana, Tole Mour (Marimed Foundation)	239-2939	<a href="http://www.marimed.org">www.marimed.org</a>

### HAWAI`I

Child and Family Service	935-2188	<a href="http://www.childandfamilyservice.org">www.childandfamilyservice.org</a>
--------------------------	----------	--

### KAUA`I

Hale Opio Kaua`i	245-2873	<a href="http://www.haleopio.org">www.haleopio.org</a>
------------------	----------	--

### MAUI/MOLOKA`I

Community Service Council (Moloka`i)	553-3244	<a href="http://www.molokai.org">www.molokai.org</a>
Maui Farm	579-8271	<a href="http://www.themaufarm.org">www.themaufarm.org</a>
Maui Youth and Family Service	579-8414	<a href="http://www.myfs.org">www.myfs.org</a>

## Respite Services: Families, Children/Youth, and Adults

---

### O`AHU

Hawai`i Family Services – Wai`anae	696-3482	
Mental Health Kokua Respite Coordinator on O`ahu	735-6423	<a href="http://www.mentalhealthkokua.org">www.mentalhealthkokua.org</a>
Time-Out from parenting for families under stress (PACT)	847-3285	<a href="http://www.pacthawaii.org">www.pacthawaii.org</a>
Tutu Support Group	696-3482	

### MAUI/MOLOKA`I

Maui Centers for Independent Living	242-4966	<a href="http://www.hawaii-cil-org">www.hawaii-cil-org</a>
Maui Lokahi Pacific	242-5761	<a href="http://www.lokahipacific.org">www.lokahipacific.org</a>
Mental Health Kokua	244-7405	<a href="http://www.mentalhealthkokua.org">www.mentalhealthkokua.org</a>

## Senior Caregiver Support Services

---

### O`AHU

Alzheimer's Association	1-800-272-3900	<a href="http://www.alz.org/hawaii">www.alz.org/hawaii</a>
Castle Home Care	263-5077	<a href="http://www.castlemed.org/cgi-bin/contact-home-care.cgi">www.castlemed.org/cgi-bin/contact-home-care.cgi</a>
Catholic Charities Hawai`i/Community Senior Services Division	527-4777	<a href="http://www.catholiccharitieshawaii.org">www.catholiccharitieshawaii.org</a>
Central O`ahu Caregivers' Support Group	625-0420	<a href="http://www.wvpress.com/care">www.wvpress.com/care</a>
Child and Family Services Gerontology Program	543-8468	<a href="http://www.childandfamilyservice.org">www.childandfamilyservice.org</a>
Eldercare Support Group	395-9082	

Project Dana	945-3736	<a href="http://www.projectdana.org">www.projectdana.org</a>
Respite Companion Services	586-5192	
VA Caregivers Support Group	433-7646	
<b>KAUAI</b>		
Adult Protective Services	241-3432	
Kauai Agency on Elderly Affairs	241-4470	<a href="http://www.kauai.gov/elderly">www.kauai.gov/elderly</a>
Statewide: State Long-Term Care Ombudsman (Investigation of nursing home complaints on O`ahu)	586-7268	<a href="http://www.hawaiiadrc.org/site/438/long_term_care_ombudsman.aspx">www.hawaiiadrc.org/site/438/long_term_care_ombudsman.aspx</a>
<b>HAWAII</b>		
Alzheimer's Association	981-2111	<a href="http://www.alz.org/hawaii">www.alz.org/hawaii</a>
Elderly Affairs	768-7700	<a href="http://www.elderlyaffairs.com">www.elderlyaffairs.com</a>
Hawaii Adult Protective Services – Hilo	933-8820	<a href="http://www.napsa-now.org/get-help/help-in-your-area/hawaii/">www.napsa-now.org/get-help/help-in-your-area/hawaii/</a>
Hawaii Adult Protective Services – Kona	327-6280	
Hawaii County Area Office on Aging – Hilo	961-8626	<a href="http://www.hcoahawaii.org/site/363/contact_us.aspx">www.hcoahawaii.org/site/363/contact_us.aspx</a>
Hawaii County Area Office on Aging – Kona	323-4390	
Statewide: State Long-Term Care Ombudsman (Investigation of nursing home complaints)	586-7268	<a href="http://www.hawaiiadrc.org/site/438/long_term_care_ombudsman.aspx">www.hawaiiadrc.org/site/438/long_term_care_ombudsman.aspx</a>

## Senior Services

---

### O`AHU

AARP Hawaii	545-6006	<a href="http://www.states.aarp.org/aarp-resource-guide-for-long-term-care-planning/">www.states.aarp.org/aarp-resource-guide-for-long-term-care-planning/</a>
Adult Protective Services (Abuse)	832-5115; 832-5673	
Alzheimer's Association Help Line	1-800-272-3900	<a href="http://www.alz.org/hawaii">www.alz.org/hawaii</a>
Executive Office on Aging	586-0100	<a href="http://www.health.hawaii.gov/eoa">www.health.hawaii.gov/eoa</a>
Sage Plus	586-7299	<a href="http://www.health.hawaii.gov/eoa/home/sage-plus/">www.health.hawaii.gov/eoa/home/sage-plus/</a>
Senior Help Line (Elderly Affairs Division)	768-7700	<a href="http://www.elderlyaffairs.com">www.elderlyaffairs.com</a>
SMP- Hawaii Protecting Seniors, their families and caregivers from healthcare and financial fraud	586-7281; 1-800-296-9422	<a href="http://health.hawaii.gov/eoa/home/senior-medicare-patrol-smp-hawaii/">health.hawaii.gov/eoa/home/senior-medicare-patrol-smp-hawaii/</a>
Social Security Administration	1-800-772-1213	<a href="http://www.ssa.gov/sf/">www.ssa.gov/sf/</a>
Statewide: State Long-Term Care Ombudsman (Investigation of nursing home complaints)	586-7268	<a href="http://www.hawaiiadrc.org/site/438/long_term_care_ombudsman.aspx">www.hawaiiadrc.org/site/438/long_term_care_ombudsman.aspx</a>
University of Hawaii Elder Law Program	956-6544	<a href="http://www.hawaii.edu/uhelp">www.hawaii.edu/uhelp</a>
<b>HAWAII</b>		
Alzheimer's Association	981-2111	<a href="http://www.alz.org/hawaii">www.alz.org/hawaii</a>
Elderly Affairs Division	768-7700	<a href="http://www.elderlyaffairs.com">www.elderlyaffairs.com</a>
Hawaii Adult Protective Services - Hilo	933-8820	<a href="http://www.napsa-now.org/get-help/help-in-your-area/hawaii/">www.napsa-now.org/get-help/help-in-your-area/hawaii/</a>
Hawaii Adult Protective Services - Kona	327-6280	
Hawaii Co. Area Office on Aging - Hilo	961-8626	
Hawaii Co. Area Office on Aging -Kona	323-4390	

Statewide: State Long-Term Care Ombudsman (Investigation of long term care complaints)	586-7268 (O`ahu)	<a href="http://www.hawaiiadrc.org/site/438/long_term_care_ombudsman.aspx">www.hawaiiadrc.org/site/438/long_term_care_ombudsman.aspx</a>
<b>KAUA`I</b>		
Adult Protective Services	241-3432	
Kaua`i Agency on Elderly Affairs	241-4470	<a href="http://www.kauai.gov/elderly">www.kauai.gov/elderly</a>
Statewide: State Long-Term Care Ombudsman (Investigation of long term care complaints)	586-7268 (O`ahu)	<a href="http://www.hawaiiadrc.org/site/438/long_term_care_ombudsman.aspx">www.hawaiiadrc.org/site/438/long_term_care_ombudsman.aspx</a>
<b>MAUI/MOLOKA`I</b>		
Adult Protective Services	243-5151	<a href="http://www.hawaii.gov/dhs">www.hawaii.gov/dhs</a>
Elderly Affairs Division	768-7700	<a href="http://www.elderlyaffairs.com">www.elderlyaffairs.com</a>
Hana Office on Aging Senior Center	248-8833	
Maui County Office on Aging	270-7774	<a href="http://www.co.maui.hi.us/index.aspx?nid=255">www.co.maui.hi.us/index.aspx?nid=255</a>
Maui County Office on Aging- Moloka`i	553-5241	
Statewide: State Long-Term Care Ombudsman (Investigation of long term care complaints)	586-7268 (O`ahu)	<a href="http://www.hawaiiadrc.org/site/438/long_term_care_ombudsman.aspx">www.hawaiiadrc.org/site/438/long_term_care_ombudsman.aspx</a>
<b>LĀNA`I</b>		
Lāna`i Senior Citizens Center	565-6282	
Maui County Office on Aging - Lāna`i	565-6818	
Statewide: State Long-Term Care Ombudsman (Investigation of long term care complaints)	586-7268 (O`ahu)	<a href="http://www.hawaiiadrc.org/site/438/long_term_care_ombudsman.aspx">www.hawaiiadrc.org/site/438/long_term_care_ombudsman.aspx</a>

## Sex Abuse Treatment: Offenders

---

### O`AHU

Catholic Charities	524-4673	<a href="http://www.catholiccharitieshawaii.org">www.catholiccharitieshawaii.org</a>
The Community Assistance Center	537-2917	<a href="http://www.cachawaii.org">www.cachawaii.org</a>

### KAUA`I

Sex Assault Crisis Line	245-4144	<a href="http://www.ywcakauai.org">www.ywcakauai.org</a>
-------------------------	----------	--

### MAUI/MOLOKA`I

Maui Child and Family Service	877-6888	<a href="http://www.childandfamilyservice.org">www.childandfamilyservice.org</a>
Moloka`i Sex Assault Crisis Line	1-866-553-5997	
Sex Assault Crisis Line	242-4335	

## Sex Abuse Treatment: Victims

---

### O`AHU

Sex Abuse Treatment Center – 24 hr Hotline	524-7273	<a href="http://www.satchawaii.com">www.satchawaii.com</a>
The Children’s Justice Center	534-6700	

### KAUA`I

Sex Assault Crisis Line	245-4144	<a href="http://www.ywcakauai.org">www.ywcakauai.org</a>
-------------------------	----------	--

### MAUI/MOLOKA`I

Sexual Assault Support Service, 24 hour crisis hotline	873-8624	<a href="http://www.childandfamilyservice.org">www.childandfamilyservice.org</a>
--	----------	--

## HAWAI`I

Sexual Assault Support Services Crisis Line 935-0677 [www.ywcahawaiiisland.org](http://www.ywcahawaiiisland.org)

## LĀNA`I

Lāna`i Sex Assault Crisis Line 24-Hr 1-866-443-5702

## Sliding Scale Fee Agencies

---

### O`AHU

Catholic Charities Family Services 524-4673 [www.catholiccharitieshawaii.org](http://www.catholiccharitieshawaii.org)

Child and Family Service 681-3500 [www.childandfamilyservice.org](http://www.childandfamilyservice.org)

Counseling and Spiritual Care Center of Hawai`i 545-2740 [www.cscch.org/index.html](http://www.cscch.org/index.html)

### KAUA`I

Child and Family Service 245-5914 [www.childandfamilyservice.org](http://www.childandfamilyservice.org)

## Substance Abuse Services: see Alcohol and Drug Abuse

---

## Support Groups: Consumers

---

### O`AHU

Alcoholics Anonymous Oahu Intergroup 946-1438 [www.oahucentraloffice.org](http://www.oahucentraloffice.org)

Alzheimer's Association Aloha Chapter 591-2771 [www.alz.org/hawaii](http://www.alz.org/hawaii)

Castle Medical Center Support Groups 263-5400 [www.castlemed.org/cgi-bin/class-group.cgi?10](http://www.castlemed.org/cgi-bin/class-group.cgi?10)

Alzheimer's Caregivers' Support Goup

Bereavement Support Group

Caregivers' Support Group

Hospice Hawaii Monthly

Mental Illness Caregivers' Support Group

Parkinson's Disease Support Group

Co-dependents Anonymous 589-CODA [www.codependents.org](http://www.codependents.org)

Dual Recovery Anonymous (Community Care Services) 845-7771

"Hope Impact" Support Group Wahiawa 621-4771

Narcotics Anonymous (NA) Hawai'i 734-4357 [www.na-hawaii.org](http://www.na-hawaii.org)

Obsessive-Compulsive Disorder Support 261-6987

Sex and Love Addicts Anonymous 926-0166

United Self-Help operates a "warm line" until 9 pm daily & offers support groups – call for more info. 931-6444; 1-866-866-4357 [www.unitedselfhelp.org](http://www.unitedselfhelp.org)

### KAUA`I

Alcoholics Anonymous on Kauai 245-6677 [www.kauaiaa.org](http://www.kauaiaa.org)

Narcotics Anonymous (NA) Hawai'i 212-0114 [www.na-hawaii.org](http://www.na-hawaii.org)

United Self-Help operates a "warm line" until 9 pm 1-866-866-4357 [www.unitedselfhelp.org](http://www.unitedselfhelp.org)

## **HAWAI`I**

East Hawaii Intergroup of Alcoholics Anonymous (AA)	961-6133	<a href="http://www.hawaiiiaa.org">www.hawaiiiaa.org</a>
Narcotics Anonymous (NA) Hawai'i	769-6016	<a href="http://www.na-hawaii.org">www.na-hawaii.org</a>
United Self-Help operates a "warm line" until 9 pm daily & offers Support Groups	1-866-866-4357	<a href="http://www.unitedselfhelp.org">www.unitedselfhelp.org</a>
Hilo Support Group		<a href="http://www.unitedselfhelp.org">www.unitedselfhelp.org</a>
Kailua Kona Support Group		<a href="http://www.unitedselfhelp.org">www.unitedselfhelp.org</a>
West Hawaii Alcoholics Anonymous (AA)	329-1212	<a href="http://www.westhawaiiiaa.org">www.westhawaiiiaa.org</a>

## **MAUI/MOLOKA`I**

Alcoholics Anonymous on Maui	244-9673	<a href="http://www.aamaui.org">www.aamaui.org</a>
Narcotics Anonymous (NA) Hawai'i	214-1239	<a href="http://www.na-hawaii.org">www.na-hawaii.org</a>
United Self-Help operates a "warm line" until 9 pm daily & offers Support Groups	1-866-866-4357	<a href="http://www.unitedselfhelp.org">www.unitedselfhelp.org</a>
Kihei Support Group		<a href="http://www.unitedselfhelp.org">www.unitedselfhelp.org</a>
Wailuku Support Group		<a href="http://www.unitedselfhelp.org">www.unitedselfhelp.org</a>

## **LĀNA`I**

United Self-Help Warm Line	1-866-866-4357	<a href="http://www.unitedselfhelp.org">www.unitedselfhelp.org</a>
----------------------------	----------------	--

## **Support Groups: Family**

---

### **O`AHU**

Al-Anon Family Groups Hawaii	546-5647	<a href="http://www.al-anon.alateen.org">www.al-anon.alateen.org</a>
Alzheimer's Association	591-2771; 1-800-272-3900	<a href="http://www.alz.org/hawaii">www.alz.org/hawaii</a>
Hawai'i Families As Allies (parents of children with behavioral disorders)	487-8785	<a href="http://www.hfaa.net">www.hfaa.net</a>
NAMI - National Alliance on Mental Illness	591-1297	<a href="http://www.namihawaii.org">www.namihawaii.org</a>
NAR-ANON (Narcotics Anonymous)	247-3191	<a href="http://www.nar-anon.org">www.nar-anon.org</a>
P.A.R.E.N.T.S. Inc.	235-0255	<a href="http://www.hawaiiparents.org">www.hawaiiparents.org</a>

### **KAUA`I**

Al-Anon Family Groups Hawaii	651-8399	<a href="http://www.al-anon.alateen.org">www.al-anon.alateen.org</a>
Hawai'i Families As Allies	1-866-361-8825	<a href="http://www.hfaa.net">www.hfaa.net</a>

### **HAWAI`I**

Al-Anon Family Groups Hawaii	935-0971	<a href="http://www.al-anon.alateen.org">www.al-anon.alateen.org</a>
Hawai'i Families As Allies	1-866-361-8825	
P.A.R.E.N.T.S. Inc.	934-9552	<a href="http://www.hawaiiparents.org">www.hawaiiparents.org</a>

### **MAUI/MOLOKA`I**

Al-Anon Family Groups Hawaii	242-0296	<a href="http://www.al-anon.alateen.org">www.al-anon.alateen.org</a>
Alzheimer's Association	242-8636	<a href="http://www.alz.org/hawaii">www.alz.org/hawaii</a>
Hawai'i Families As Allies	1-866-361-8825	
Moloka'i Women's Shelter (domestic violence)	567-6888	
Women Helping Women (domestic violence)	579-9581	<a href="http://www.whwmaui.net">www.whwmaui.net</a>

## LĀNA`I

Hawai`i Families As Allies

1-866-361-8825

[www.hfaa.net](http://www.hfaa.net)

## Suicide Crisis

---

### O`AHU

ACCESS Suicide Crisis Line– 24 Hour Hotline

832-3100

### NEIGHBOR ISLANDS

ACCESS Suicide /Crisis Line – 24 Hour Hotline

1-800-753-6879

## Suicide Prevention

---

Statewide Prevent Suicide Hawai`i Taskforce

Suicide Prevention Coordinator, Department of Health  
– Nancy Deeley

[nancy.deeley@doh.hawaii.gov](mailto:nancy.deeley@doh.hawaii.gov)

### O`AHU

O`ahu Prevent Suicide Hawai`i Taskforce

Chair – Pua Kaninau-Santos

[www.oahupreventsuicidehi.org](http://www.oahupreventsuicidehi.org)

[oahupreventsuicidehawaii@gmail.com](mailto:oahupreventsuicidehawaii@gmail.com)

### KAUA`I

Kaua`i Prevent Suicide Hawai`i Taskforce

Chair – Gina Kaulukukui; Co-Chair – Bridge Arume

651-6637

[www.preventsuicidekauai.org](http://www.preventsuicidekauai.org)

[info@preventsuicidekauai.org](mailto:info@preventsuicidekauai.org)

### HAWAI`I

Hawai`i Island Taskforce – Hilo

Chair – Jo Ann Balberde-Kamali`i

Co-Chair – Tracey Wise

[tiahonu@hawaii.rr.com](mailto:tiahonu@hawaii.rr.com)

[tracey.wise@doh.hawaii.gov](mailto:tracey.wise@doh.hawaii.gov)

Hawai`i Island Taskforce - Kona

Chair – Nancy Sallee; Co-Chair – Paulla Demello-Obannon

[www.preventsuicidekona.com](http://www.preventsuicidekona.com)

[preventsuicidekona@gmail.com](mailto:preventsuicidekona@gmail.com)

### MAUI

Maui Island Taskforce

Co-Chair – Ann Nakagawa

Co-Chair – Jeny Bissell

[naka266@gmail.com](mailto:naka266@gmail.com)

[jenny.bissell@doh.hawaii.gov](mailto:jenny.bissell@doh.hawaii.gov)

### ***Toll-free information switchboard to find any state agency phone number in Honolulu:***

O`ahu 586-2211

Hawai`i 974-4000

Kaua`i 274-3141

Maui 984-2400

*All phone numbers are area code 808 unless otherwise noted.*

## National Mental Health Resources

American Association of Suicidology	(202) 237-2280	<a href="http://www.suicidology.org">www.suicidology.org</a>
American Foundation for Suicide Prevention	1-888-333-2377	<a href="http://www.afsp.org/">www.afsp.org/</a>
American Self-Help Clearinghouse	(973) 989-1122	<a href="http://www.mentalhelp.net/selfhelp/">www.mentalhelp.net/selfhelp/</a>
Anxiety Disorders Association of America	(240) 485-1001	<a href="http://www.adaa.org">www.adaa.org</a>
Attention Deficit Disorder Association	(800) 939-1019	<a href="http://www.add.org/">www.add.org/</a>
Autism Society of America	(800) 328-8476	<a href="http://www.autism-society.org/">www.autism-society.org/</a>
Child and Adolescent Bipolar Foundation	(847) 492-8510	<a href="http://www.bpkids.org">www.bpkids.org</a>
Children and Adults with Attention Deficit/Hyperactivity Disorder	(301) 306-7070	<a href="http://www.chadd.org/">www.chadd.org/</a>
Depression and Bipolar Support Alliance	(800) 826-3632	<a href="http://www.dbsalliance.org">www.dbsalliance.org</a>
Dual Diagnosis of Oregon, Inc.	(877) 222-1332	<a href="http://www.ddaoforegon.com/">www.ddaoforegon.com/</a>
Federation of Families for Children’s Mental Health	(240) 403-1901	<a href="http://www.ffcmh.org/">www.ffcmh.org/</a>
Freedom from Fear	(718) 351-1717	<a href="http://www.freedomfromfear.org/supportgroup.asp">www.freedomfromfear.org/supportgroup.asp</a>
Hospice Foundation	(800) 854-3402	<a href="http://www.hospicefoundation.org">www.hospicefoundation.org</a>
Mental Health America (National)	(800) 969-6642	<a href="http://www.nmha.org">www.nmha.org</a>
National Alliance on Mental Illness	(800) 950-6264	<a href="http://www.nami.org">www.nami.org</a>
National Council on Problem Gambling		<a href="http://www.ncpgambling.org">www.ncpgambling.org</a>
National Institute of Mental Health	(866) 615-6464	<a href="http://www.nimh.nih.gov">www.nimh.nih.gov</a>
National Suicide Prevention Lifeline	(800) 273-8255	<a href="http://www.suicidepreventionlifeline.org">www.suicidepreventionlifeline.org</a>
Obsessive Compulsive Foundation	(617) 973 5801	<a href="http://www.ocfoundation.org/">www.ocfoundation.org/</a>
Postpartum Support International	(800) 944-4773	<a href="http://www.postpartum.net">www.postpartum.net</a>
Recovery International	(866) 221-0302	<a href="http://www.lowselfhelpsystems.org">www.lowselfhelpsystems.org</a>
Safe Schools Coalition	(304) 496-8100	
Self Mutilators Anonymous		<a href="http://selfmutilatorsanonymous.org/">selfmutilatorsanonymous.org/</a>
Substance Abuse and Mental Health Services Administration	(877) 726-4727; (800) 622-4357	<a href="http://www.samhsa.gov">www.samhsa.gov</a>
TARA Association for Personality Disorder	(212) 966-6514	<a href="http://www.tara4bpd.org/dyn/index.php">www.tara4bpd.org/dyn/index.php</a>
The Trevor Project (24/7 LGBT crisis hotline)	(866) 488-7386	<a href="http://www.thetrevorproject.org">www.thetrevorproject.org</a>

### Hawai`i 24 Hour Suicide Crisis Line

#### O`AHU

ACCESS Suicide Crisis Line– 24 Hour Hotline 832-3100

#### NEIGHBOR ISLANDS

ACCESS Suicide /Crisis Line – 24 Hour Hotline 1-800-753-6879

## DEPRESSION SELF-SCREENING QUESTIONNAIRE

This is a questionnaire\* used to detect depression. Depression is a common biological illness that can affect people from all walks of life—and it is treatable.

**Over the last 2 weeks, how often have you been bothered by any of the following problems?**

Circle the answer – the number that describes how much you were bothered by each problem.

Add the numbers to get your totals.

Add the three totals to get your total score.

Circle the answer	Not at all	Several days	More than half the days	Nearly every day
Little interest or pleasure in doing things	0	1	2	3
Feeling down, depressed, or hopeless	0	1	2	3
Trouble falling/staying asleep, sleeping too much	0	1	2	3
Feeling tired or having little energy	0	1	2	3
Poor appetite or overeating	0	1	2	3
Feeling bad about yourself – or that you are a failure or have let yourself or your family down.	0	1	2	3
Trouble concentrating on things, such as reading the newspaper or watching television.	0	1	2	3
Moving or speaking so slowly that other people could have noticed. Or the opposite – being so fidgety or restless that you have been moving around a lot more than usual.	0	1	2	3
Thoughts that you would be better off dead or of hurting yourself in some way.	0	1	2	3

Add Columns

+  +  +

TOTAL SCORE

=

**What your score means:**

- |                            |   |                              |
|----------------------------|---|------------------------------|
| <b>0-4</b> No depression   | <b>10-14</b> Moderate depression          | <b>20+</b> Severe depression |
| <b>5-9</b> Mild depression | <b>15-19</b> Moderately severe depression |                              |

**If your score indicates you may have depression, please see your doctor or a mental health provider or call Mental Health America of Hawaii, 521-1846 (O`ahu). If you are severely depressed and would like immediate assistance, please call the ACCESS crisis line, 832-3100 (O`ahu) or 1-800-753-6879 (Neighbor Islands), or call 911. Depression is a common and treatable illness. You deserve to feel better!**

\*This questionnaire, the PHQ-9, is adapted from PRIME MD TODAY, developed by Drs Robert L. Spitzer, Janet B.W. Williams, Kurt Kroenke, et al, with an educational grant from Pfizer Inc. For research info, contact Dr. Spitzer at rls8@columbia.edu. PRIME MD TODAY is a trademark of Pfizer Inc.