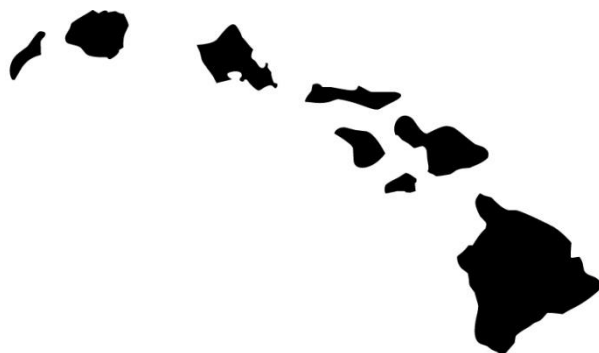




FINDING HELP PHONE LIST

July 2011



Mental Health America of Hawai'i
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
Mental Health America of Hawai'i - Maui County Branch
95 Mahalani Street, Suite #5 • Wailuku, HI 96793 • (808) 242-6461
E-mail: info@mentalhealth-hi.org • Website: www.mentalhealth-hi.org

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.

The mission of Mental Health America of Hawai`i (MHA Hawai`i) is to promote mental wellness, prevent mental illnesses and co-occurring disorders, reduce stigma, and improve the overall care, treatment and empowerment of those with mental illnesses – children, adults, elders – and their families. MHA Hawai`i offers the following programs:

- **Youth Suicide and Bullying Prevention.** Hawai`i has double the national rate of teenagers attempting or planning suicide – highest in the country and significantly high rates of middle and high school students who report that bullying is a serious problem at their schools. MHA Hawai`i is reducing teen bullying, depression, and suicide by helping middle and high school youth, parents, teachers, and staff of youth-serving organizations to identify and intervene with bullying and suicide.
- **POWERUp!** helps homeless female veterans, and homeless male veterans who have children, to obtain employment in the green job sector.
- **Invisible Children’s Project.** Many seriously mentally ill adults are raising children, and parents’ mental health problems can have long-lasting effects on the children. This project aims to generate support for families in which a parent has a mental illness.
- **Brown Bag Mental Health Seminars.** MHA Hawai`i has presented workshops on *Postpartum Depression, Teen Suicide, Military Mental Health, Bipolar Illness, Post-Traumatic Stress Disorder, Eating Disorders, Schizophrenia, and Bullying.* The seminars are open to the public, providers, policymakers, mental health consumers, and families.
- **Finding Help.** MHA Hawai`i produces this publication, the only comprehensive phone list of mental health-related services in the state, as well as a free *Consumer Guide to Mental Health Services*, and staffs a daily telephone Help Line at 521-1846.
- **Live Your Life Well.** MHA Hawai`i offers presentations to organizations and workplaces providing ten clinically proven actions everyone can take to protect and enhance their mental wellness and cope better with stress.

Help improve this list: If you know additional agencies/phone numbers, corrections or suggestions, please contact Mental Health America of Hawaii, 1124 Fort Street Mall, Suite 205, Honolulu, HI 96813; accessible entrance: 67 South Pauahi (off Bethel); phone: 808-521-1846; fax: 808-533-6995; email: info@mentalhealth-hi.org; website: www.mentalhealth-hi.org. Mahalo!

This phone list 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. Mental health service seekers are urged to ask each resource for complete information on the services offered.

Funding was made possible by the Mental Health Transformation State Incentive Grant, State Department of Health, grant number 5U79SM057457-05 from SAMHSA. The views expressed do not necessarily reflect the official policies of the Department of Health and Human Services.

Alcohol & Drug Abuse Services

O`AHU

Alcohol & Drug Abuse Division (State Dept. of Health)	692-7517	www.hawaii.gov/health/substance-abuse
Al-Anon/Narc-Anon	586-5647	www.afghawaii.org/oahu.html
Coalition for a Drug-Free Hawai`i	545-3228; 1-800-845-1946	www.drugfreehawaii.org
Habilitat (residential)	235-3691	www.habilitat.com/
Hina Mauka Recovery Center	236-2600; 1-888-446-2628	www.hinamauka.org
Hina Mauka Teen C.A.R.E.	236-2600 ext. 259	www.hinamauka.org
Institute of Human Services	537-2724 ext. 127	www.ihshawaii.org
Ku Aloha Ola Mau (DASH- Drug Addiction Services of Hawai`i)	538-0704	www.kualoha.org
Narcotics Anonymous (NA)	734-4357	www.na-hawaii.org
PATH Clinic (prenatal for women w/ children)	791-9390	
Queen's Day Treatment Services	547-4352	www.queens.org
Wai`anae Mental Health Center (Hale Na`au Pono)	696-4211	www.wccmhc.org

KAUA`I

Al-Anon/Al-Teen	246-1116	www.afghawaii.org
Alcoholics Anonymous (AA)	245-6677	www.hawaiiiaa.org
Ke Ala Pono Recovery Center	246-0663	www.mckennarecoverycenter.com
Narcotics Anonymous (NA)	828-1674	www.na-hawaii.org

HAWAI`I

ACCESS Capabilities	1-800-753-6879	
Al-Anon/Narc-Anon	935-0971	
Alcoholics Anonymous (AA)	961-6133; 329-1212	www.hawaiiiaa.org
Big Island Substance Abuse Council	935-4927	www.hawaiiunitedway.org/big-island-substance-abuse-cou.asp
Hawai`i Alcoholics Anonymous (AA)	808-961-6133; 808-329-1212	www.hawaiiiaa.org
Ku Aloha Ola Mau (DASH- Drug Addiction Services of Hawai`i) - Hilo	961-6822	www.kualoha.org
Ku Aloha Ola Mau (DASH- Drug Addiction Services of Hawai`i) - Puna	982-9555	www.kualoha.org
Lokahi Treatment Centers	883-0922	www.lokहितreatmentcenters.net
Narcotics Anonymous (NA)	769-6016	www.na-hawaii.org

MAUI/MOLOKA`I

Aloha House	579-9584	www.aloha-house.org
Alcoholics Anonymous (AA)	244-9673	www.hawaiiiaa.org
Hale Ho`okopa`a	553-3231	
Ka Hale Pomaka`i Recovery Center (AA & NA)	558-8480	www.kahalepomakai.org
Maui Al-Anon	242-0296	www.afghawaii.org
Narcotics Anonymous (NA)	214-1239	www.na-hawaii.org
Prevention Resource Center (Coalition for Drug Free Hawai`i)	1-800-845-1946	www.drugfreehawaii.org

LĀNA`I

Aloha House	565-9566	www.aloha-house.org
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Anger Management Services

O`AHU

Catholic Charities Family Services	521-4357	www.catholiccharitieshawaii.org
Child & Family Service	521-2377; 681-3500	www.childandfamilyservice.org

Community Assistance Center	537-2917	
Hawai'i Counseling and Education Center	254-6484	www.hcechawaii.com
PACT (Parents and Children Together) Family Peace Center	832-0855	www.pacthawaii.org/oahu_peace_center.html
KAUA'I		
YWCA	245-5959	www.ywcakauai.org
HAWAI'I		
Child and Family Service	935-2188	www.childandfamilyservice.org
Turning Point for Families	969-7798	www.hawaiiunitedway.org/turning-point-for-families.asp
MAUI/MOLOKA'I		
Child and Family Service	877-6888	www.childandfamilyservice.org
PACT- Parents and Children Together	244-2330	www.pacthawaii.org
The Sex Abuse Treatment Center Hotline	808-521-7273	www.satchawaii.com/

Bereavement & Grief Support

O`AHU

American Cancer Society	595 7544	www.cancer.org
Bristol Hospice Hawai'i	536-8012	www.bristolhospice.com
Compassionate Friends	792-0204	www.compassionatefriends.org
Counseling and Spiritual Care Center of Hawai'i	545-2740	www.cscch.org
Family Bereavement Support Group, Kaiser	521-1812	
Grief Share	532-1111	www.griefshare.org
Grief Support, Castle Wellness & Lifestyle Center at Castle Medical Center	222-3259	
Hawaiian Humane Society- Pet Loss Support Group	356 2217	www.hawaiianhumane.org/search/node/pet%20loss
Hospice Hawaii	924-9255	www.hospicehawaii.org
Kids Hurt Too	545-5683	www.kidshurttoo.org
Kokua Mau	585-9977	www.kokuamau.org
Legacy of Life Hawai'i (Organ Procurement Agency), Bereavement Support to Families	599-7630; 1-877-855-0603	www.legacyofhawaii.org
Parents Without Partners	262-6442 info; 262-7441 or 258-9504	www.parentswithoutpartners.org
POMC - Parents Of Murdered Children	236-2242	
Reid Richards Foundation "Napuaokamakaola"	220-3491; 988-6202	
St. Francis Hospice	595-7566 (Honolulu) 678-7580 (Eva Beach)	www.stfranchawaii.org
KAUA'I		
Life's Bridges (suicide, death of a loved one)	651-6637	
HAWAI'I		
Compassionate Friends (Hilo)	937-7523	www.compassionatefriendshonolulu.org
Hawai'i Hospice of Hilo	969-1733	www.hospiceofhilo.org

Bilingual Services

O`AHU

Bilingual Access Line (Helping Hands Hawai'i) 526-9724

KAUA'I

Bilingual Access Line (Helping Hands Hawai'i) 526-9724 (O`ahu #; may call collect)

HAWAI`I

Bilingual Access Line (Helping Hands Hawai`i) 526-9724 (O`ahu #;
may call collect)

MAUI/MOLOKA`I

Bilingual Access Line (Helping Hands Hawai`i) 526-9724 (O`ahu #;
may call collect)

LĀNA`I

Bilingual Access Line (Helping Hands Hawai`i) 526-9724 (O`ahu #;
may call collect)

Brain Injury / Stroke

O`AHU

Brain Injury Association of Hawai`i	791-6942	www.biausa.org/Hawaii
Information After a Brain Injury & Stroke, PTSD	545-4525	
Neurotrauma & TBI Services, Developmental Disabilities Division, Dept. of Health	453-6295	

Case Management Providers

O`AHU

CARE Hawai`i, Inc	550-2900	www.carehawaii.com/index.html
Community Care Services	845-7771	
Community Empowerment Services	942-7800	
Helping Hands Hawai`i	536-7234	www.helpinghandshawaii.org
Institute for Human Services (IHS)	447-2800	www.ihshawaii.org
Kalihi-Palama Health Center	848-1438	www.kphc.org
Life Foundation	521-2437	www.lifefoundation.org
North Shore Mental Health, Inc	638-8700	www.northshorementalhealth.com

MAUI/MOLOKA`I

Maui Youth & Family Services, Inc	579-8406, 579-8414	www.myfs.org
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Child & Adolescent Services

O`AHU

ACCESS Suicide Prevention/Crisis Line Crisis Intervention – 24 Hour Hotline	832-3100, 1-800-753-6879	
Alaka`i Na Keiki	523-7771	
Autism Society	1-800-3AUTISM (328-8476)	www.autismhawaii.org
Baby SAFE (Substance Abuse Free Environment)	696-1559	www.hawaii.gov/health/family-child-health/mchb/programs/bs.html
Benchmark Behavioral Health Services	454-1411	
Bobby Benson Center	293-7555	www.bobbybenson.org
Catholic Charities Family Services	521-4357	www.catholiccharitieshawaii.org
Center for Cognitive Behavior Therapy	956-9559	
Child & Adolescent Mental Health Division (State Department of Health)	733-9333; 1-800-294-5282	www.hawaii.gov/health/mental-health/camhd/index.html
Child and Family Service	681-3500	www.childandfamilyservice.org
Hale Kipa	589-1829	www.halekipa.org
Hawai`i Families as Allies	487-8785; 1-866-361-8825	www.hfaa.net
Hina Mauka Teen Care	236-2600 ext.259	www.hinamauka.org

Family Guidance Centers

Central O`ahu (Pearl City)	453-5900	www.hawaii.gov/health/mental-health/camhd/index.html
Diamond Head	733-9393	
Family Court Liaison Branch	266-9922	
Leeward O`ahu Family Guidance Center	692-7700	
Windward	233-3772	
Ku Aloha Ola Mau (DASH- Drug Addiction Services of Hawai`i)	538-0704	www.kualoha.org
Marimed Foundation	236-2288	www.marimed.org
New Horizons	484-1000	
PACT- Parents and Children Together	847-3285	www.pacthawaii.org
PATCH- People Attentive to Children	839-1988	www.patchhawaii.org
Queen Lili`uokalani Children's Center (Honolulu)	847-1302	
Queen Lili`uokalani Children's Center (Kaneohe)	235 7613	
Queen Lili`uokalani Children's Center (Waianae)	668-2314	
Queen Lili`uokalani Children's Center (Waimanalo)	426-1300	
Queen Lili`uokalani Children's Center (Windward)	293-8577	
Salvation Army - Family Treatment Services	732-2802	www.salvationarmy.org
SPIN- Special Parent Info Network	586-8126	www.spinhawaii.org
The Parent Line	526-1222; 1-800-816-1222	www.theparentline.org
The Queens Medical Center- Behavioral Health	547-4220; 537-7092	www.queens.org
TIFFE- The Institute for Family Enrichment	596-8433	www.tiffe.org
Wai`anae Coast CMHC (Hale Na`au Pono)	697-3045	www.wccmhc.org
Youth Suicide and Bullying Prevention Program	521-1846	
KAUA`I		
ACCESS Suicide Prevention/Crisis Line Crisis Intervention – 24 Hour Hotline	1-800-753-6879	www.amhd.org
Child and Adolescent Mental Health Division (State Department of Health)	274-3883; 1-800-294-5282	www.hawaii.gov/health/mental-health/camhd/index.html
Child and Family Service	245-5914	www.childandfamilyservice.org
Family Guidance Center	274-3883	
Hale `Opio Kaua`i, Inc.	245-2873	www.haleopio.org/
Hina Mauka	245-8333	www.hinamauka.org
Ke Ala Pono/McKenna Recovery Center	246-0663	www.mckennarecoverycenter.com
Queen Lili`uokalani Children's Center	245-1873	www.glc.org/units.htm
SPIN- Special Parent Info Network	274-3141 ext.68126	www.spinhawaii.org
The Parent Line	1-800-816-1222	www.theparentline.org
YWCA of Kaua`i	245-5959	www.ywcakauai.org
HAWAI`I		
ACCESS Suicide Prevention/Crisis Line Crisis Intervention – 24 Hour Hotline	1-800-753-6879	www.amhd.org
Baby SAFE (Substance Abuse Free Environment)	961-5022	www.hawaii.gov/health/family-child-health/mchb/programs/bs.html
Big Island Substance Abuse Council	935-4927	www.hawaiiunitedway.org/big-island-substance-abuse-cou.asp
Child and Adolescent Mental Health Division (Department of Health)	933-0753; 1-800-294-5282	www.hawaii.gov/health/mental-health/camhd/index.html
Child and Family Service	935-2188	www.childandfamilyservice.org
Family Intervention Services	935-4411	www.salvationarmy.org

Family Support Hawai`i	326-7778	www.familysupporthawaii.org
Hawai`i Behavioral Health, LLC	935-6109	www.hibh.org
Hilo Family Guidance Center	933-0610	www.hawaii.gov/health/mental-health/camhd/index.html
Kona Family Guidance Center	322-1541	www.hawaii.gov/health/mental-health/camhd/index.html
Queen Lili`uokalani Children's Center-Hilo	935-9381	
Queen Lili`uokalani Children's Center-Kona	329-7336	
Queen Lili`uokalani Children's Center-Kona Beach	329-0503	
Sex Assault Support Services & Crisis Line	935-0677	www.ywcahawaiiisland.org
SPIN – Special Parent Info Network	974-4000, ext.68126	www.spinhawaii.org
The Parent Line	1-800-816-1222	www.theparentline.org
TIFFE – The Institute for Family Enrichment	961-5166	www.tiffe.org
Turning Point Info Network	322-7233	www.childandfamilyservice.org
Waimea Family Guidance Center	887-8100	www.hawaii.gov/health/mental-health/camhd/index.html
MAUI/MOLOKA`I		
ACCESS Suicide Prevention/Crisis Line Crisis Intervention – 24 Hour Hotline	1-800-753-6879	www.amhd.org
Aloha House	579-9584	www.aloha-house.org
Baby SAFE (Substance Abuse Free Environment)	243-0213	www.hawaii.gov/health/family-child-health/mchb/programs/bs.html
Child & Adolescent Emergency Shelter Hotline	579-8406	
Child and Adolescent Mental Health Division (State Department of Health)	243-1250; 1-800-294-5282	
Child and Family Service	877-6888	www.childandfamilyservice.org
Child Protection Services (CPS) -Hawai`i State Dept. of Human Services (Moloka`i)	553-1703	www.hawaii.gov/dhs
Family Support Services	553-3276	
Moloka`i Early Head Start Program	553-8114	www.mfss.org/?page_id=9
Lahaina Family Guidance Center	662-4045	
Malama Family Recovery Center	877-7117	www.aloha-house.org
Maui Youth and Family Services	579-8414	www.myfs.org
Maui Family Guidance Center - Lahaina	662-4045	
Maui Family Guidance Center - Molokai	553-5067	
Maui Family Guidance Center -Wailuku	243-1252	
Queen Lili`uokalani Children's Center - Hana	248-7218	
Queen Lili`uokalani Children's Center-Molokai	553-5369	
Queen Lili`uokalani Children's Center - Wailuku	242-8888	
The Maui Farm	579-8271	www.mauifarm.org
The Parent Line	1-800-816-1222	www.theparentline.org
LĀNA`I		
ACCESS Suicide Prevention/Crisis Line Crisis Intervention – 24 Hour Hotline	1-800-753-6879	
Lāna`i Aloha House	565-9566	www.aloha-house.org
Lāna`i Youth Center	565-7675	
Maui Family Guidance Center - Lanai	565-7915	
Queen Lili`uokalani Children's Center - call O`ahu	235-7613	
SPIN - Special Parent Info Network	1-800-468-4644 ext.68126	www.spinhawaii.org
The Parent Line	1-800-816-1222	www.theparentline.org

Clubhouses/Day Treatment

O`AHU

Diamond Head Clubhouse	733-9188	www.amhd.org/consumer/clubhouses.asp
Hale O Honolulu Clubhouse	832-5142	www.amhd.org/consumer/clubhouses.asp
Hui Hana Pono Clubhouse (Wai`anae)	696-3716	huihpono@hotmail.com
Ko`olau Clubhouse	233-3778	www.amhd.org/consumer/clubhouses.asp
Makaha Clubhouse (Kauhale Lahilahi)	697-7170	Kauhalelahilahi@gmail.com
Queen's Day Treatment Services	547-4352	www.queens.org
Statewide Clubhouse/Psychosocial Rehabilitation Coordinator	721-0748	www.amhd.org/consumer/clubhouses.asp
Wai`anae Community Mental Health Center (Hale Na`au Pono)	696-4211	www.wccmhc.org
Waipahu Aloha Clubhouse	675-0093	www.waipahuclubhouse.org
KAUA`I		
Friendship House	821-4480	friends@hawaiiink.net
HAWAI`I		
Hale O`luea Clubhouse	974-4320	www.amhd.org/consumer/clubhouses.asp
Kona Paradise Clubhouse	327-9530	www.amhd.org/consumer/clubhouses.asp
West Hawai`i Mental Health Center	678-7000	
MAUI/MOLOKA`I		
Drop-In Center	553-3691	
Moloka`i Clubhouse	553-5874	molokaiclubhouse@yahoo.com

Community Health Centers

O`AHU

Kalihi-Palama Health Center	848-1438	www.kphc.org
Ko`olauloa Community Health and Wellness Center	293-9216 (Hau`ula) 293-9231 (Kahuku)	
Kokua Kalihi Valley	848-0976	www.kkv.net
Wai`anae Coast Comprehensive Health Center	696-7081	www.wcchc.com
Waikiki Health Center	922-4787	www.waikikihc.org
Waimanalo Health Center	259-7948	www.waimanalohc.org
KAUA`I		
Kaua`i Community Health Center	338-1855	www.hoolalahui.org
HAWAI`I		
Bay Clinic - Hilo	969-1427	www.bayclinic.org
Bay Clinic - Ka`u Family Health Center	929-7311	www.bayclinic.org
Bay Clinic - Kea`au Family Health Center	930-0400	www.bayclinic.org
Bay Clinic - Pahoia Family Health Center	965-9711	www.bayclinic.org
Hamakua Health Center	775-7206	www.hamakua-health.org
West Hawai`i Community Health Center	326-5629	www.westhawaiihc.org
MAUI/MOLOKA`I		
Community Clinic of Maui - Kahalui	871-7772	
Hana Community Health Center	248-7223	www.hanahealth.org
Ka Hale A Ke Ola Resource Center - Wailuku	873-6300	
Lahaina Comprehensive Health Center	667-7598	
LĀNA`I		
Lāna`i Community Health Center	565-6919	
Lāna`i Women's Center	565-6919	
Straub Lāna`i Family Health Center	565-6423	www.straubhealth.org/sch/clinics/lanai.aspx

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Community Mental Health Centers (CMHC's)

O`AHU

Call ACCESS line to find out if you're eligible for mental health services at a Community Mental Health Center (CMHC) 832-3100 or 1-800-753-6879 www.amhd.org

O`ahu CMHC Administration 832-5770

Central O`ahu CMHC 453-5953

Diamond Head CMHC 733-9260

Kalihi-Palama CMHC 832-5800

Wai`anae Coast -- Hale Na`au Pono 696-4211

Windward Coast (Kaneohe) CMHC 233-3775

KAUA`I

Kaua`i CMHC Administration 274-3190

Kaua`i CMHC Administration 241-3190

HAWAI`I

Hawai`i CMHC Administration 974-4300

Hawai`i CMHC - Hilo 974-4300

Hawai`i Puna CMHC 965-2240

Kona CMHC 322-4818

Kau CMHC (Naalehu) 929-7331

Waimea CMHC (every other week) 885 1220

MAUI/MOLOKA`I

Maui CMHC Administration 984-2150

Maui Community Mental Health Center 984-2150

Moloka`i Community Mental Health Center 533-3691

LĀNA`I

Aloha House 565-9566; 1-800-753-6879 www.aloha-house.org

Lāna`i Community Mental Health Center 565-6189

Consumer Advocacy Agencies

O`AHU

Affordable Housing and Homeless Alliance 845-4565 www.hawaiihomeless.org

Aloha Independent Living Hawai`i 1-800-385-2454 www.AlohaILHawaii.org

Child/Adolescent Mental Health Division Grievance Office (State Department of Health) 733-9352 www.hawaii.gov/health/mental-health/camhd/index.html

Community Assistance Center 537-2917 www.cachawaii.org

Consumer Affairs Office, Adult Mental Health Division, State Department of Health 586-4688 www.amhd.org

Disability & Communications Access Board 586-8121 www.hawaii.gov/health/dcab/

Hawai`i Centers for Independent Living 522-5400; 1-800-645-4651 www.hawaii-cil.org

Hawai`i Civil Rights Commission 586-8636 www.hawaii.gov/labor/hcrc

Hawai`i Disability Rights Center 949-2922; 1-800-882-1057 www.hawaiidisabilityrights.org

Hawai`i Families As Allies 487-8785 www.hfaa.net

Hawai`i State Hospital (psychiatric hospital) - Patients' Rights Advocate 236-8244

Learning Disabilities Association of Hawai`i 536-9684; 1-800-533-9684 www.ldahawaii.org

Legal Aid Society of Hawai`i 536-4302; 1-800-499-4302 www.legalaidhawaii.org

Long-Term Care Ombudsman (for elders)	586-7268	www.hawaii.gov/health/eoa/LTCO.html
Mental Health America of Hawai'i	521-1846	www.mentalhealth-hi.org
NAMI- National Alliance on Mental Illness	591-1297	www.namihawaii.org
Self-Advocacy Advisory Council, State Council on Developmental Disabilities	586-8100	
United Self-Help	947-5558	www.unitedselfhelp.org

KAUA'I

Disability and Communications Access Board	274-3141 ext. 68121	www.hawaii.gov/health/dcab/home/info@hawaiidisabilityrights.org
Hawai'i Disability Rights Center	1-800-882-1057	www.hawaii-cil.org
Hawai'i Centers For Independent Living	245-4034	www.hawaii-cil.org
Legal Aid Society of Hawai'i: Kaula'i	245-7580	www.legalaidhawaii.org

HAWAII

Disability and Communications Access Board	974-4000 ext.68121	www.state.hi.us/health/dcab/home/info@hawaiidisabilityrights.org
Hawai'i Disability Rights Center	1-800-882-1057	www.state.hi.us/health/dcab/home/info@hawaiidisabilityrights.org
Special Parent Information Network (SPIN)	974-4000, ext. 6-8126	spinhawaii.org

MAUI/MOLOKA'I

Disability and Communications Access Board	984-2400 ext. 68121	www.state.hi.us/health/dcab/home/www.hawaii-cil.org
Hawai'i Centers For Independent Living	242-4966	www.hawaii-cil.org
Hawai'i Disability Rights Center	1-800-882-1057	info@hawaiidisabilityrights.org
Legal Aid Society of Hawai'i	242-0724	www.legalaidhawaii.org
Mental Health America of Hawai'i: Maui County Branch	242-6461	
United Self-Help	1-866-866-4357 (HELP)	www.unitedselfhelp.org

LANA'I

Disability and Communication Access Board	1-800-468-4644 ext. 68121	www.state.hi.us/health/dcab/home/info@hawaiidisabilityrights.org
Hawai'i Disability Rights Center	1-800-882-1057	info@hawaiidisabilityrights.org
United Self-Help	1-866-866-4357 (HELP)	www.unitedselfhelp.org

Counseling Programs

Queens Outpatient Treatment	547-4401/585-5035	
Mental Health Kookua Counseling Program	529-4550	www.mentalhealthkookua.org/kokuacounselingcenters.html
Counseling and Spiritual Care Center of Hawai'i	545-2740	www.cscch.org

Culturally Sensitive Service Providers

O`AHU

Queen Lili'uokalani Children's Center	847-1302	
Susannah Wesley Community Center	847-1535	www.susannahwesley.org
Wai'anae Community Mental Health (Hale Na'au Pono)	696-4211	www.wccmhc.org

Developmental Disabilities

O`AHU

Case Management & Info Services - Diamond Head	733-9172	
Case Management & Info Services - Pearl City	453-6255	
Developmental Disabilities Division, DOH	586-5840	www.hawaii.gov/health/disability-services/developmental/index.html
Developmental Disabilities Services Branch	453-6301	
Neurotrauma and TBI Services	453-6295	

HAWAI`I

Developmental Disabilities Services, Hilo 974-4280

KAUA`I

Developmental Disabilities Services, Lihue 241-3406

MAUI/MOLOKA`I

Developmental Disabilities Services, Wailuku 243-4625

Domestic Violence

O`AHU

Child and Family Service	681-3500	www.childandfamilyservice.org
Domestic Violence Action Center	531-3771	www.domesticviolenceactioncenter.org
Domestic Violence Program	524-4673	www.catholiccharitieshawaii.org
Ke`ala Pono- Hawai`i Counseling and Education Program for Batterer Intervention	254-6484	www.hcechawaii.com
PACT Family Peace Center	832-0855	www.pacthawaii.org
Shelter & Crisis Line for Family Violence Honolulu & Leeward	841-0822	www.pacthawaii.org
Shelter & Crisis Line for Family Violence – O`ahu	528-0606	www.pacthawaii.org
Shelter & Crisis Line for Family Violence – Windward	526-2200	www.pacthawaii.org
TIFFE- The Institute for Family Enrichment	596-8433	www.tiffe.org

KAUA`I

Child and Family Service	245-5914	www.childandfamilyservice.org
Kaua`i Visitation Center	821-0574	www.pacthawaii.org.kauai_visitation_center
Shelter and Crisis Line for Family Violence	245-6362	www.ywcakauai.org

HAWAI`I

Child and Family Service	935-2188	www.childandfamilyservice.org
Child and Family Services (Domestic Violence TROs)	935-4747	www.hawaiiunitedway.org/turning-point-forfamilies.asp
Shelter and Crisis Line for Family Violence – Hilo	959-8864	
Shelter and Crisis Line for Family Violence – Kona	322-7233	
TIFFE- The Institute for Family Enrichment- Hilo	961-5166	www.tiffe.org
TIFFE- The Institute for Family Enrichment- Kona	323-3305	www.tiffe.org

MAUI/MOLOKA`I

Moloka`i Child and Family Service	567-6100	www.childandfamilyservice.org
PACT Family Peace Center	244-2330	www.pacthawaii.org
Women Helping Women Shelter and Crisis Line & TRO clinic	579-9581; 242-6600; 242-0775	www.whwmaui.net

Dual Diagnosis

O`AHU

Hina Mauka	236-2600	www.hinamauka.org
Po`ailani – Dual Diagnosis Treatment Center	262-2799	www.poailani.org
Sand Island Treatment Center (Kline-Welsh)	841-2319	www.sandisland.com

HAWAI`I

Po`ailani Inc	334-0304	www.poailani.org
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MAUI/MOLOKA`I

Aloha House	871-1314	www.aloha-house.org
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LĀNA`I

Hina Mauka	245-8883	www.hinamauka.org
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Eating Disorders

O`AHU

Anorexia and Bulimia Center of Hawai`i- Ai Pono 540-1001 www.aipono.com

Elderly, Services for: See Senior Services

Health Insurance Providers

O`AHU

AlohaCare 973-1650 www.alohacare.org
Attention Plus Care 739-2811 www.attentionplus.com/index.php
Evercare (Behavioral Health) 792-8429
Hawai`i Medical Assurance Association (HMAA) 941-4622, 1-888-941-4622 www.hmaa.com
Hawai`i Medical Service Association (HMSA) 948-6111; 1-800-776-4672 www.hmsa.com
Hawai`i Medical Service Association (HMSA) Behavioral Care Connection 952-4400
Hawai`i Quest/ Medicaid 587-3521 www.medquest.us/eligibility/index.html
Kaiser Permanente Behavioral Services 432-5955; 1-800-966-5955 www.kaiserpermanente.org
Medicaid Dental Care 792-1070; 1-866-486-8030
Med-Quest Info. Line 586-5390; 587-3521 www.medquest.us/eligibility/index.html
`Ohana Health Plan 1-888-846-4262 www.ohanahealthplan.com
www.ohanacares.com
UHA (University Health Alliance) 532-4000 www.uhahealth.com

KAUA`I

Hawai`i Medical Service Association (HMSA) 245-3393 www.hmsa.com

HAWAI`I

Hawai`i Quest/Medicaid (West Hawai`i) 327-4970 www.med-quest.us/eligibility/index.html

MAUI/MOLOKA`I

Maui Kaiser Permanente 891-6800 www.kaiserpermanente.org

Homeless Shelters & Services

O`AHU

Affordable Housing & Homeless Alliance 845-4565 www.hawaiihomeless.org
Care-A-Van Health Care for the Homeless 922-4790 www.waikikihc.org
Hale Kipa Youth Services 589-1829 www.halekipa.org
Institute for Human Services (I.H.S.) 447-2800 www.ihshawaii.org
Kahumana 696-2655 www.kahumana.org
Network Enterprises (military) 833-1923 www.networkenterprises.org
Next Step Shelter 922-4790 www.waikikihc.org
Ohana Ola O Kahumana (Wai`anae) 696-4039 www.kahumana.org/OhanaOla.php
Pai`olu Kaialu Shelter 696-6770
POWER UP! (Homeless Veterans) 753-7223 www.poweruphi.com
Safe Haven for Homeless Mentally Ill 524-7233 www.mentalhealthkokua.org
U.S. Vets (for military) - Waianae 682-9000 www.usvetsinc.org/category/waianae/waianae-news/
U.S. Vets (for military) - Kapolei 682-3869
Youth Outreach (YO) for homeless youth 942-5858 www.waikikihc.org/services/services/homeless_youth_services/

HAWAI`I

Care-A-Van/Hope Services of Hawai`i (island wide) 935-3050

Catholic Charities- Kawaihoe Transitional Housing 935-4673

www.catholiccharitieshawaii.org**KAUA`I**

Wilcox Adult Day Health 246-6919

MAUI/MOLOKA`I

Ka Hale Ake Ola 242-7600

www.khako.org

Salvation Army 875-8065 (Kihei),

www.salvationarmy.org

871-6270 (Kahului),

661-5335 (Lahaina)

Hospitals & Medical Centers

O`AHU

Castle Medical Center (has in-patient psychiatric unit) 263-5500

www.castlemed.org

Hawai`i Medical Center East 547-6011

www.hawaiiimedcen.com

Hawai`i Medical Center West 678-7000

www.hawaiiimedcen.com

Hawai`i State Hospital (psychiatric hospital) 247-2191

Hawai`i State Hospital (psychiatric hospital) - Patients' 236-8244

Rights Advocate

Kāhi Mōhala Behavioral Health (psychiatric hospital for 671-8511

www.kahimohala.org

adults, adolescents & children)

Kahuku Medical Center 293-9221

Kaiser Permanente Medical Services 432-2000

www.kaiserpermanente.org

Kaiser Permanente Moanalua Hospital and Clinic 432-0000

www.kaiserpermanente.org

Kalihi-Palama Dental Health Center 845-0686

www.kphc.org

Kapiolani Medical Center 983-6000

www.kapiolani.org

Kapiolani Medical Center at Pali Momi 486-6000

www.kapiolani.org/pali-momi/default.aspx

Kuakini Medical Center 536-2236

www.kuakini.org

Queen's Referral Line 537-7117

www.queens.org

Queens Medical Center (has in-patient psychiatric units 538-9011

www.queens.org

for adults & adolescents)

Rehabilitation Hospital of the Pacific 531-3511

www.rehabhospital.org

Straub Clinic and Hospital 522-4000

www.straubhealth.org

Tripler Army Medical Center 433-6661

www.tamc.amedd.army.mil

Wahiawa General Hospital 621-8411

www.wahiawageneral.org**HAWAI`I**

Hale Ho`ola Hamakua 775-7211

www.hhsc.org/easthi/hhh/default.htm

Hilo Medical Center 974-4700

www.hmc.hhsc.org/

Kaiser Permanente Hilo Clinic 934-4000

www.kaiserpermanente.org

Ka`u Hospital - Pahala 928-2050

www.hhsc.org/easthi/kau/default.htm

Kohala Hospital 889-6211

www.koh.hhsc.org

Kona Community Hospital (has in-patient psychiatric 322-9311

www.kch.hhsc.org

unit)

North Hawai`i Community Hospital 885-4444

www.nhch.com**KAUA`I**

Kaua`i Medical Clinic 245-1500

Kaua`i Veterans Memorial Hospital 338-9431

www.kvmh.hhsc.org

Saint Francis Medical Center 245-2972

Samuel Mahelona Memorial Hospital (has inpatient 822-4961

www.smmh.hhsc.org

psychiatric)

Wilcox Memorial Hospital 245-1100

www.wilcoxhealth.org

MAUI/MOLOKA`I

Hawai`i Health Systems Corp (has in-patient psychiatric unit)	733-4020	www.hpsc.org
Kaiser Permanente Wailuku Clinic	243-6000	www.kaiserpermanente.org
Kula Hospital	878-1221	www.kula.hpsc.org
Maui Hana Medical Center	248-8294	www.hanahealth.org
Maui Memorial Medical Center (has in-patient psychiatric units for adults & adolescents)	244-9056	www.mmmc.hpsc.org
Moloka`i Family Planning Project	553-3145	
Moloka`i Family Support Services	553-3276	
Moloka`i General Hospital	553-5331	
Napu`uwai Native Hawaiian Health Care	553-3653	www.napuuwai.com
LĀNA`I		
Lāna`i Hospital	565-8450	www.lch.hpsc.org

Housing Information/Providers**O`AHU**

Affordable Housing and Homeless Alliance	845-4565	www.hawaiihomeless.org
Aloha Independent Living Hawai`i	1-800-385-2454	www.AlohaILHawaii.org
Dept. of Human Services Financial, Food Stamp & Medical Info.	643-1643	
Hawai`i Public Housing Authority	832-4692	www.hcdch.hawaii.gov
Hawai`i Centers for Independent Living	522-5400	www.hawaii-cil.org

HAWAII`I

Hawai`i County Housing	959-4642	
Hawai`i Centers for Independent Living	935-3777	www.hawaii-cil.org
Hawai`i Public Housing Authority	toll free 974-4000 then 24692	www.hcdch.hawaii.gov

MAUI/MOLOKA`I

County of Maui	270-7805	www.mauicounty.gov
Hawai`i Public Housing Authority	toll free 984-2400 then 24692	www.hcdch.hawaii.gov
Lokahi Pacific	242-5761	www.lokahipacific.org
Maui Centers for Independent Living	242-4966	www.hawaii-cil.org
Moloka`i Hale Mahaolu	872-4100	www.halemahaolu.org

LĀNA`I

Hawai`i Public Housing Authority	1-800-468-4644 then 24692	www.hcdch.hawaii.gov
Lāna`i Castle & Cooke Housing	565-3975	www.castlecookehawaii.com

Immigrant Services**O`AHU**

Bilingual Access Line (24 hours)	526-9724	www.helpinghandshawaii.org
Catholic Charities Immigrant Services	528-5233	www.catholiccharitieshawaii.org
Child and Family Service	543-8447	www.childandfamilyservice.org
Hawai`i Immigrant Justice Center at Legal Aid Society of Hawai`i	536-8826	www.hijcenter.org
Lanakila Easy Access Project	832-5685	
Legal Aid Society of Hawai`i	536-4302	www.legalaidhawaii.org
Pacific Gateway Center	851-7010	www.pacificgatewaycenter.org
Susannah Wesley Community Center	847-1535	www.susannahwesley.org
U.S. Citizenship and Immigration Services	532-2701	www.uscis.gov

HAWAI`I

County Immigration Information Office	961-8220	www.co.hawaii.hi.us/directory/dir_immigration.htm
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MAUI/MOLOKA`I

Maui Immigrant Services	1-800-375-5283	www.co.maui.hi.us/index.aspx?NID=253
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Jail & Prison Services

O`AHU

Community Assistance Center	537-2917	www.cachawaii.org
Department of Public Safety- Health Care Division	587-1250	www.hawaii.gov/psd
Hawai`i Courts and Corrections	832-1852	www.courts.state.hi.us
Hina Mauka Kealaula Program at the Women`s Community Correctional Center	261-9111	www.hinamauka.org
Police- Missing Persons/Crimestoppers	955-8300	www.crimestoppers-honolulu.org

HAWAI`I

Hawai`i Community Corrections Center	933-0428	www.hawaii.gov/psd/corrections/jails/hawaii-community-correctional-center
Hawai`i Police Department- Non-Emergency Information	935-3311	www.hawaiipolice.com

MAUI/MOLOKA`I

Maui County Police Department	244-6400	www.mauicounty.gov
Moloka`i Police Station	553-5355	

LĀNA`I

Lāna`i Police Station	565-6428	
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Job Training & Placement

O`AHU

Goodwill Vocational Training Center	836-0313	www.higoodwill.org
Lanakila Pacific	531-0555	www.lanakilapacific.org
State Vocational Rehab Division	692-8601	www.hawaiiivr.org
Winners at Work	532-2100	www.abilitieshawaii.org

KAUA`I

State Vocational Rehab Division	274-3333	
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HAWAI`I

Brantley Center	775-7245	
Economic Opportunity Council	961-2681	
State Vocational Rehab Division	323-0025	

MAUI/MOLOKA`I

Maui State Vocational Rehab Division	984-8350	
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	www.hawaii.gov/labor/hcrc
Hawai`i Disability Rights Center	949-2922; 1-800- 882-1057	www.hawaiidisabilityrights.org
Legal Aid Society	536-4302	www.legalaidthawaii.org
Maximum Legal Services Corp. (Trust and Conservatorships for disabled and minors)	585-0920	www.maxcorp-hi.org
Volunteer Legal Services of Hawai`i	528-7046	www.vlsh.org

KAUA`I

Hawai`i Disabilities Rights Center	1-800-882-1057	www.hawaiidisabilityrights.org
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HAWAI`I

Child and Family Services (Domestic Violence TROs) - Hilo	935-2188	www.childandfamilyservice.org/cfs2.php?id1=7
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Child and Family Services (Domestic Violence TROs) - Kona	323-2664	www.childandfamilyservice.org/cfs2.php?id1=7
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Hawai`i Disabilities Rights Center	1-800-882-1057	www.hawaiidisabilityrights.org
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Kuikahi Mediation Center	935-7844	
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Legal Aid Society & Seniors Program - Kona	329-3910	www.legalaidhawaii.org
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Public Defender	974-4571; 323-7562	www.hawaii.gov/budget/pd
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West Hawai`i Mediation Services	885-5525; 326-2666	
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MAUI/MOLOKA`I

Hawai`i Disabilities Rights Center	984-8250; 876-0529	www.hawaiidisabilityrights.org
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Legal Aid Society	244-3731	www.legalaidhawaii.org
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LĀNA`I

Hawai`i Disabilities Rights Center	1-800-882-1057	www.hawaiidisabilityrights.org
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Lāna`i Legal Aid Society	565-6089	www.legalaidhawaii.org
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Lesbian/Gay/Bisexual/Transgender

O`AHU

Da Moms	383-2111	damoms@glc4me.com
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It Gets Better Project		www.itgetsbetter.org
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Kulia Na Mamo	791-2020	www.kulianamamo.org
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Life Foundation	521-2437	www.lifefoundation.org
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PFLAG O`ahu	672-9050; 779-9087	www.pflagoahu.org
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The Trevor Project	(866) 488-7386	www.thetrevorproject.org
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University of Hawai`i LGBT Student Services	956-9250	www.manoa.hawaii.edu/lgbt/index.html
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KAUA`I

PFLAG Kaua`i	634-0127	pflagkauai@gmail.com
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HAWAI`I

PFLAG Big Island	238-2880	pflagbigisland@gmail.com
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Marriage & Family Services

O`AHU

Catholic Charities Family Services	521-4357	www.catholiccharitieshawaii.org
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Child and Family Service	681-3500	www.childandfamilyservice.org
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Counseling and Spiritual Care Center of Hawai`i	545-2740	www.cscch.org
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Hawai`i Association for Marriage & Family Therapy	291-5321	www.hamft.net
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Jewish Community Services	258-7121	www.jcs-hi.org
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Queen Lili`uokalani Children`s Center (Ho`oponopono)	847-1302	
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KAUA`I

Child and Family Service	245-5914	www.childandfamilyservice.org
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MAUI/MOLOKA`I

Maui Child and Family Service	877-6888	www.childandfamilyservice.org
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Mediation Services

O`AHU

Mediation Center of the Pacific	521-6767	www.mediatehawaii.org
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HAWAI`I

Kuikahi Mediation Center	935-7844	
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West Hawai`i Mediation Services	885-5525; 326-2666	
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MAUI/MOLOKA`I

Mediation Services of Maui

244-5744

www.mauimmediation.org**Military Mental Health Services**

O`AHU

Adolescent Substance Abuse Counseling Service

655-9944

www.asacs.org

Alcohol and Drug Abuse Prevention and Control

433-8700

Program, Schofield Barracks

DSTRESS Help Line (Marine Corps and Vets)

877-476-7734

www.dstressline.com

Military One Source

1-800-342-9647

www.militaryonesource.com

National Call Center for Homeless Veterans

877-424-3838

National Center for PTSD

566-1546

www.va.gov/hawaii/nc-ptsd.htm

Pai`olu Kaialu Shelter

696-6770

POWER Up! (Homeless Vets)

366-7394

www.poweruphi.com

Honolulu Vet Center

973-8387

www.vetcenter.va.gov

Veterans Affairs Mental Health Clinic

433-0660; 433-0600

Veterans Crisis Line (Suicide Prevention Counseling)

1-800-273-8255

Veterans Day Treatment Program (Tripler)

1-800-214-1406

www.va.gov/hawaii**KAUA`I**

Vet Center

246-1163

www.vetcenter.va.gov

Veterans Clinic

246-0497

HAWAI`IVeterans Affairs Primary Care Clinic (Community Based
Outpatient Clinic) - Hilo

935-3781

www.vetcenter.va.gov**MAUI/MOLOKA`I**

Maui Community-Based Outpatient Clinic

871-2454

Maui Vet Center

242-8557

www.vetcenter.va.gov**Postpartum Depression/Anxiety**

O`AHU

Postpartum Depression (PPD) Support HI

392-7985

www.PPDsupportHI.orgwww.postpartum.net**Professional Organizations**

O`AHU

Hawai`i Assoc. for Marriage and Family Therapy

291-5321

www.hamft.net

Hawai`i Nurses Association

531-1628

www.hawaiinurses.org

Hawai`i Psychiatric Medical Association

1-800-572-3015

www.hawaiipsychiatric.org

Hawai`i Psychological Association

521-8995

www.hawaiipsychology.org

National Association of Social Workers/Hawai`i

521-1787

www.naswhi.org**Residential Treatment, Supportive****Housing, Group Homes: Adults**

O`AHU

Breaking Boundaries, Inc

695-0444

CARE Hawai`i, Inc.

550-2900

www.carehawaii.com

Catholic Charities Family Services

537-6321

www.catholiccharitieshawaii.org

Hale Kipa

589-1829

www.halekipa.org

Hina Mauka

236-2600

www.hinamauka.org

Kahumana Residential Special Treatment Facility

696-6699

Mental Health Kokua

737-2523

www.mentalhealthkokua.org

Po`ailani

263-1065; 262-2799

www.poailani.org

Safe Haven for Homeless Mentally Ill	524-7233	www.mentalhealthkokua.org
Sand Island	841-2319	www.sandisland.com
Steadfast Housing	599-6230	www.steadfast-hawaii.org
Wai`anae Coast Community Health Center (Hale Na`au Pono)	696-4211	www.wccmhc.org
HAWAI`I		
Community Care Services	935-3481	
Mental Health Kokua (Hilo)	935-7167	www.mentalhealthkokua.org
Mental Health Kokua (Kailua-Kona)	331-1468	www.mentalhealthkokua.org

Residential Treatment Programs: Children and Teens

O`AHU

CARE Hawai`i, Inc. (Crisis Residential) – Kaneohe	235-6049	www.carehawaii.com
Catholic Charities Family Services	537-6321	www.catholiccharitieshawaii.org
Child and Family Service	521-2377	www.childandfamilyservice.org
Kailana, Tole Mour (Marimed Foundation)	236-2288	www.marimed.org

HAWAI`I

Child and Family Service	935-2188	www.childandfamilyservice.org
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KAUA`I

Hale Opio Kaua`i	245-2873	www.haleopio.org
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MAUI/MOLOKA`I

Community Service Council (Moloka`i)	553-3244	www.molokai.org
Maui Farm	579-8271	www.themaufarm.org
Maui Youth and Family Service	579-8414	www.myfs.org

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	www.mentalhealthkokua.org
Time-Out from parenting for families under stress (PACT)	841-1027	www.pacthawaii.org
Tutu Support Group	696-3482	

MAUI/MOLOKA`I

Maui Centers for Independent Living	242-4966	www.hawaii-cil.org
Maui Lokahi Pacific	242-5761 ext. 22	www.lokahipacific.org
Mental Health Kokua	244-7405	www.mentalhealthkokua.org

Senior Caregiver Support Services

O`AHU

Alzheimer's Association	1-800-272-3900	www.alz.org/hawaii
Castle Home Care	247-2828	
Catholic Charities Hawai`i/Community Senior Services Division	524-4673	www.catholiccharitieshawaii.org
Central O`ahu Caregivers' Support Group	625-0420	www.wvpress.com/care
Child and Family Services Gerontology Program	543-8468	www.childandfamilyservice.org/cfs2.php?id1=66
Eldercare Support Group	395-9082	
Project Dana	945-3736	

Respite Companion Services	586-5192	
VA Caregivers Support Group	433-7646	
KAUA`I		
Adult Protective Services	241-3432	
Kaua`i Agency on Elderly Affairs	241-4470	www.kauai.gov/elderly
Statewide: State Long-Term Care Ombudsman (Investigation of nursing home complaints)	586-7268 (on O`ahu)	www.hawaii.gov/health/eoa/LTCO.html
HAWAI`I		
Alzheimer`s Association Elderly Affairs	981-2111	www.alz.org/hawaii www.elderlyaffairs.com
Hawai`i Adult Protective Services	933-8820 Hilo; 327- 6280 Kona	
Hawai`i County Area Office on Aging	961-8600 Hilo; 327- 3597 Kona	www.co.hawaii.hi.us/directory/dir_aging.html
Statewide: State Long-Term Care Ombudsman (Investigation of nursing home complaints)	586-7268 (on O`ahu)	www.hawaii.gov/health/eoa/LTCO.html

Senior Services

O`AHU

AARP Hawai`i	545-6006	www.aarp.org/hi
Adult Protective Services (Abuse)	832-5115; 832-5673	
Alzheimer`s Association Help Line	1-800-272-3900	www.alz.org/hawaii
Executive Office on Aging	586-0100	www.hawaii.gov/health/eoa/
Sage Plus	586-7299	www.hawaii.gov/health/eoa/SAGEP.html
Senior Help Line (Elderly Affairs Division)	768-7700	www.elderlyaffairs.com
SMP- Hawai`i Protecting Seniors, their families and caregivers from healthcare and financial fraud	586-7281; 1-800- 296-9422	www.hawaii.gov/health/eoa/SMP.html
Social Security Administration	541-1060; 1-800- 772-1213	www.ssa.gov/sf/
Statewide: State Long-Term Care Ombudsman (Investigation of nursing home complaints)	586-7268	www.hawaii.gov/health/eoa/
Univ. of Hawai`i Elder Law Program	956-6544	www.hawaii.edu/uhelp

HAWAI`I

Alzheimer`s Association Elderly Affairs Division	981-2111	www.alz.org/hawaii www.elderlyaffairs.com
Hawai`i Adult Protective Services - Hilo	933-8820	
Hawai`i Adult Protective Services - Kona	327-6280	
Hawai`i Co. Area Office on Aging - Hilo	961-8600	www.co.hawaii.hi.us/directory/dir_aging.html
Hawai`i Co. Area Office on Aging -Kona	327-3597	www.co.hawaii.hi.us/directory/dir_aging.html
Statewide: State Long-Term Care Ombudsman (Investigation of nursing home complaints)	586-7268 (O`ahu)	www.hawaii.gov/health/eoa/

KAUA`I

Adult Protective Services	241-3432	
Kaua`i Agency on Elderly Affairs	241-4470	www.kauai.gov/elderly
Statewide: State Long-Term Care Ombudsman (Investigation of nursing home complaints)	586-7268 (O`ahu)	

MAUI/MOLOKA`I

Adult Protective Services Elderly Affairs Division	243-5151	www.hawaii.gov/dhs www.elderlyaffairs.com
Hana Office on Aging Senior Center	248-8833	

Maui County Office on Aging	270-7774	www.co.maui.hi.us/index.aspx?nid=255
Maui County Office on Aging- Moloka`i	553-5241	
Statewide: State Long-Term Care Ombudsman (Investigation of nursing home complaints)	586-7268 (O`ahu)	www.hawaii.gov/health/eoa/LTCO.html
LĀNA`I		
Lāna`i Senior Citizens Center	565-6282	
Maui County Office on Aging -Lāna`i	565-7114	
Statewide: State Long-Term Care Ombudsman (Investigation of nursing home complaints)	586-7268 (O`ahu)	www.hawaii.gov/health/eoa/LTCO.html

Sex Abuse Treatment: Offenders

O`AHU		
Catholic Charities	524-4673	www.catholiccharitieshawaii.org
KAUA`I		
Sex Assault Crisis Line	245-4144	www.ywcakauai.org
MAUI/MOLOKA`I		
Maui Child and Family Service	877-6888	www.childandfamilyservice.org
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	www.satchawaii.com
The Children’s Justice Center	534-6700	
KAUA`I		
Sex Assault Crisis Line	245-4144	www.ywcakauai.org
HAWAI`I		
Sexual Assault Support Services Crisis Line	935-0677	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
Child and Family Service	681-3500	www.childandfamilyservice.org/index.php
Counseling and Spiritual Care Center of Hawai`i	545-2740	www.cscch.org/index.html
KAUA`I		
Child and Family Service	245-5914	www.childandfamilyservice.org

Substance Abuse Services: see Alcohol and Drug Abuse

Support Groups: Consumers

O`AHU		
Al-Anon/Narc-Anon	586-5647	www.afghawaii.org/oahu.html
Alcoholics Anonymous (AA)	946-1438	www.qahucentraloffice.org
Alzheimer’s Association Aloha Chapter	591-2771	www.alz.org/hawaii
Co-dependents Anonymous	734-3000	www.codependents.org
Dual Recovery Anonymous (Community Care Services)	845-7771	
Narcotics Anonymous (NA)	734-4357	www.na-hawaii.org
Obsessive-Compulsive Disorder Support	261-6987	

Sex and Love Addicts Anonymous	926-0166	
“Hope Impact” Support Group Wahiawa	621-4771	
United Self-Help operates a “warm line” until 9 pm daily & offers the following Support Groups:	931-6444; 1-866-866-HELP	www.unitedselfhelp.org
BRIDGES Education – O`ahu		
Central and Leeward Support Group		
Compassionate Communication		
Depression and Bipolar Support Group		
Haleiwa Support Group		
Schizophrenia & Schizoaffective Group		
Self Esteem Support Group		
Windward O`ahu Support Group		
Waianae Support Group		

KAUA`I

Al-Anon/Al-Teen	246-1116	www.afghawaii.org
Alcoholics Anonymous (AA)	245-6677	www.hawaiiiaa.org
Narcotics Anonymous (NA)	828-1674	www.na-hawaii.org

HAWAI`I

Al-Anon/Narc-Anon	935-0971	
Alcoholics Anonymous (AA)	961-6133; 329-1212	www.hawaiiiaa.org
Hawai`i Alcoholics Anonymous (AA)	808-961-6133; 808-329-1212	www.hawaiiiaa.org
Narcotics Anonymous (NA)	769-6016	www.na-hawaii.org
United Self-Help operates a “warm line” until 9 pm daily & offers the following Support Groups:	1-866-866-HELP	www.unitedselfhelp.org
Hilo Support Group		
Kona Support Group		

MAUI/MOLOKA`I

Alcoholics Anonymous (AA)	244-9673	www.hawaiiiaa.org
Maui Al-Anon	242-0296	www.afghawaii.org
Narcotics Anonymous (NA)	214-1239	www.na-hawaii.org
United Self-Help operates a “warm line” until 9 pm daily & offers the following Support Groups:	1-866-866-HELP	www.unitedselfhelp.org
BRIDGES Education – Maui		
Maui Support Group Wailuku		
Maui Support Group Iao Needle		

LĀNA`I

United Self-Help Warm Line	1-866-866-4357	www.unitedselfhelp.org
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Support Groups: Family

O`AHU

Alzheimer’s Association	591-2771; 1-800-272-3900	www.alz.org/hawaii
Hawai`i Families As Allies (parents of children with behavioral disorders)	487-8785	www.hfaa.net
Hina Mauka	236-2600	www.hinamauka.org
NAMI- National Alliance on Mental Illness	591-1297	www.namihawaii.org
NAR-ANON (Narcotics Anonymous)	247-3191	www.nar-anon.org

KAUA`I

Hawai`i Families As Allies	1-866-361-8825	www.hfaa.net
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HAWAI`I

Hawai`i Families As Allies	1-866-361-8825	
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MAUI/MOLOKA`I

Alzheimer’s Association	242-8636	www.alz.org/hawaii
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Hawai`i Families As Allies	1-866-361-8825	
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Moloka`i Women’s Shelter (domestic violence)	567-6888	
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Women Helping Women (domestic violence)	579-9581	www.whwmaui.net
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LĀNA`I

Hawai`i Families As Allies	1-866-361-8825	www.hfaa.net
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Suicide Prevention

O`AHU

ACCESS Suicide Prevention/Crisis Line Crisis Intervention – 24 Hour Hotline	832-3100	
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MHA-Hawai`i - Youth Suicide and Bullying Prevention Program	521-1846	www.mentalhealth-hi.org/teensuicideprevention
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The Trevor Project - 24 Hour Crisis Hotline	(866) 488-7386	www.thetrevorproject.org
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NEIGHBOR ISLANDS

ACCESS Suicide Prevention/Crisis Line Crisis Intervention – 24 Hour Hotline	1-800-753-6879	
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MHA-Hawai`i - Youth Suicide and Bullying Prevention Program	521-1846 (on O`ahu)	www.mentalhealth-hi.org/teensuicideprevention
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National Mental Health Resources

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

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:

0-4 No depression

10-14 Moderate depression

20+ Severe depression

5-9 Mild depression

15-19 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.