Mental Health America of Hawai`i
Helping Hawai`i Live Life Well

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

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

### KAU`A`I

<table>
<thead>
<tr>
<th>Service</th>
<th>Phone</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>Al-Anon/Al-Teen</td>
<td>246-1116</td>
<td><a href="http://www.afghawaii.org">www.afghawaii.org</a></td>
</tr>
<tr>
<td>Alcoholics Anonymous (AA)</td>
<td>245-6677</td>
<td><a href="http://www.hawaiiaa.org">www.hawaiiaa.org</a></td>
</tr>
<tr>
<td>Ke Ala Pono Recovery Center</td>
<td>246-0663</td>
<td><a href="http://www.mckennarecoverycenter.com">www.mckennarecoverycenter.com</a></td>
</tr>
<tr>
<td>Narcotics Anonymous (NA)</td>
<td>828-1674</td>
<td><a href="http://www.na-hawaii.org">www.na-hawaii.org</a></td>
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### HAWAI`I

<table>
<thead>
<tr>
<th>Service</th>
<th>Phone</th>
<th>Website</th>
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<tbody>
<tr>
<td>ACCESS Capabilities</td>
<td>1-800-753-6879</td>
<td></td>
</tr>
<tr>
<td>Al-Anon/Narc-Anon</td>
<td>935-0971</td>
<td></td>
</tr>
<tr>
<td>Alcoholics Anonymous (AA)</td>
<td>961-6133; 329-1212</td>
<td><a href="http://www.hawaiiaa.org">www.hawaiiaa.org</a></td>
</tr>
<tr>
<td>Hawai`i Alcoholics Anonymous (AA)</td>
<td>808-961-6133; 808-329-1212</td>
<td><a href="http://www.hawaiiaa.org">www.hawaiiaa.org</a></td>
</tr>
<tr>
<td>Ku Aloha Ola Mau (DASH- Drug Addiction Services of Hawai`i) - Hilo</td>
<td>961-6822</td>
<td><a href="http://www.kualoha.org">www.kualoha.org</a></td>
</tr>
<tr>
<td>Ku Aloha Ola Mau (DASH- Drug Addiction Services of Hawai`i) - Puna</td>
<td>982-9555</td>
<td><a href="http://www.kualoha.org">www.kualoha.org</a></td>
</tr>
<tr>
<td>Lokahi Treatment Centers</td>
<td>883-0922</td>
<td><a href="http://www.lokahitreatmentcenters.net">www.lokahitreatmentcenters.net</a></td>
</tr>
<tr>
<td>Narcotics Anonymous (NA)</td>
<td>769-6016</td>
<td><a href="http://www.na-hawaii.org">www.na-hawaii.org</a></td>
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### MAUI/MOLOKA`I

<table>
<thead>
<tr>
<th>Service</th>
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<tbody>
<tr>
<td>Aloha House</td>
<td>579-9584</td>
<td><a href="http://www.aloha-house.org">www.aloha-house.org</a></td>
</tr>
<tr>
<td>Alcoholics Anonymous (AA)</td>
<td>244-9673</td>
<td><a href="http://www.hawaiiaa.org">www.hawaiiaa.org</a></td>
</tr>
<tr>
<td>Hale Ho`okōpaa</td>
<td>553-3231</td>
<td></td>
</tr>
<tr>
<td>Ka Hale Pomaka`i Recovery Center (AA &amp; NA)</td>
<td>558-8480</td>
<td><a href="http://www.kahalepomakaikai.org">www.kahalepomakaikai.org</a></td>
</tr>
<tr>
<td>Maui Al-Anon</td>
<td>242-0296</td>
<td><a href="http://www.afghawaii.org">www.afghawaii.org</a></td>
</tr>
<tr>
<td>Narcotics Anonymous (NA)</td>
<td>214-1239</td>
<td><a href="http://www.na-hawaii.org">www.na-hawaii.org</a></td>
</tr>
<tr>
<td>Prevention Resource Center (Coalition for Drug Free Hawai`i)</td>
<td>1-800-845-1946</td>
<td><a href="http://www.drugfreehawaii.org">www.drugfreehawaii.org</a></td>
</tr>
</tbody>
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### LĀNA`I

<table>
<thead>
<tr>
<th>Service</th>
<th>Phone</th>
<th>Website</th>
</tr>
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<tbody>
<tr>
<td>Aloha House</td>
<td>565-9566</td>
<td><a href="http://www.aloha-house.org">www.aloha-house.org</a></td>
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### Anger Management Services

#### O`AHU

<table>
<thead>
<tr>
<th>Service</th>
<th>Phone</th>
<th>Website</th>
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</thead>
<tbody>
<tr>
<td>Catholic Charities Family Services</td>
<td>521-4357</td>
<td><a href="http://www.catholiccharitieshawaii.org">www.catholiccharitieshawaii.org</a></td>
</tr>
<tr>
<td>Child &amp; Family Service</td>
<td>521-2377; 681-3500</td>
<td><a href="http://www.childandfamilyservice.org">www.childandfamilyservice.org</a></td>
</tr>
<tr>
<td><strong>Community Assistance Center</strong></td>
<td>537-2917</td>
<td></td>
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<td></td>
</tr>
<tr>
<td><strong>Hawai`i Counseling and Education Center</strong></td>
<td>254-6484</td>
<td><a href="http://www.pacethawaii.org/oahu_peace_center.html">www.pacethawaii.org/oahu_peace_center.html</a></td>
</tr>
<tr>
<td><strong>PACT (Parents and Children Together) Family Peace Center</strong></td>
<td>832-0855</td>
<td><a href="http://www.pacethawaii.org">www.pacethawaii.org</a></td>
</tr>
<tr>
<td><strong>KAU<code>A</code>I</strong></td>
<td>245-5959</td>
<td><a href="http://www.ywcakauai.org">www.ywcakauai.org</a></td>
</tr>
<tr>
<td><strong>YWCA</strong></td>
<td>245-5959</td>
<td><a href="http://www.ywcakauai.org">www.ywcakauai.org</a></td>
</tr>
<tr>
<td><strong>HAWAI`I</strong></td>
<td>245-5959</td>
<td><a href="http://www.ywcakauai.org">www.ywcakauai.org</a></td>
</tr>
<tr>
<td><strong>Child and Family Service</strong></td>
<td>935-2188</td>
<td><a href="http://www.childandfamilyservice.org">www.childandfamilyservice.org</a></td>
</tr>
<tr>
<td><strong>Turning Point for Families</strong></td>
<td>969-7798</td>
<td><a href="http://www.hawaiiunitedway.org/turning-point-for-families.asp">www.hawaiiunitedway.org/turning-point-for-families.asp</a></td>
</tr>
<tr>
<td><strong>MAUI/MOLOKA`I</strong></td>
<td>877-6888</td>
<td><a href="http://www.childandfamilyservice.org">www.childandfamilyservice.org</a></td>
</tr>
<tr>
<td><strong>Child and Family Service</strong></td>
<td>244-2330</td>
<td><a href="http://www.pacethawaii.org">www.pacethawaii.org</a></td>
</tr>
<tr>
<td><strong>PACT- Parents and Children Together</strong></td>
<td>244-2330</td>
<td><a href="http://www.pacethawaii.org">www.pacethawaii.org</a></td>
</tr>
<tr>
<td><strong>The Sex Abuse Treatment Center Hotline</strong></td>
<td>808-521-7273</td>
<td><a href="http://www.satchawaii.com/">www.satchawaii.com/</a></td>
</tr>
</tbody>
</table>

### Bereavement & Grief Support

#### O`AHU

<table>
<thead>
<tr>
<th><strong>American Cancer Society</strong></th>
<th>595-7544</th>
<th><a href="http://www.cancer.org">www.cancer.org</a></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Bristol Hospice Hawai`i</strong></td>
<td>536-8012</td>
<td><a href="http://www.bristolhospice.com">www.bristolhospice.com</a></td>
</tr>
<tr>
<td><strong>Compassionate Friends</strong></td>
<td>792-0204</td>
<td><a href="http://www.compassionatefriends.org">www.compassionatefriends.org</a></td>
</tr>
<tr>
<td><strong>Counseling and Spiritual Care Center of Hawai`i</strong></td>
<td>545-2740</td>
<td><a href="http://www.cscch.org">www.cscch.org</a></td>
</tr>
<tr>
<td><strong>Family Bereavement Support Group, Kaiser</strong></td>
<td>521-1812</td>
<td></td>
</tr>
<tr>
<td><strong>Grief Share</strong></td>
<td>532-1111</td>
<td><a href="http://www.griefshare.org">www.griefshare.org</a></td>
</tr>
<tr>
<td><strong>Grief Support, Castle Wellness &amp; Lifestyle Center at Castle Medical Center</strong></td>
<td>222-3259</td>
<td></td>
</tr>
<tr>
<td><strong>Hawaiian Humane Society- Pet Loss Support Group</strong></td>
<td>356 2217</td>
<td><a href="http://www.hawaiianhumane.org/search/node/pet%20loss">www.hawaiianhumane.org/search/node/pet%20loss</a></td>
</tr>
<tr>
<td><strong>Hospice Hawaii</strong></td>
<td>924-9255</td>
<td><a href="http://www.hospicehawaii.org">www.hospicehawaii.org</a></td>
</tr>
<tr>
<td><strong>Kids Hurt Too</strong></td>
<td>545-5683</td>
<td><a href="http://www.kidshurttoo.org">www.kidshurttoo.org</a></td>
</tr>
<tr>
<td><strong>Kokua Mau</strong></td>
<td>585-9977</td>
<td><a href="http://www.kokuamau.org">www.kokuamau.org</a></td>
</tr>
<tr>
<td><strong>Legacy of Life Hawai`i (Organ Procurement Agency), Bereavement Support to Families</strong></td>
<td>599-7630; 1-877-850-0603</td>
<td><a href="http://www.legacyofhawaii.org">www.legacyofhawaii.org</a></td>
</tr>
<tr>
<td><strong>Parents Without Partners</strong></td>
<td>262-6442 info; 262-7441 or 258-9504</td>
<td><a href="http://www.parentswithoutpartners.org">www.parentswithoutpartners.org</a></td>
</tr>
<tr>
<td><strong>POMC - Parents Of Murdered Children</strong></td>
<td>236-2242</td>
<td></td>
</tr>
<tr>
<td><strong>Reid Richards Foundation “Napuaokamakaola”</strong></td>
<td>220-3491; 988-6202</td>
<td></td>
</tr>
<tr>
<td><strong>St. Francis Hospice</strong></td>
<td>595-7566 (Honolulu) 678-7580 (Eva Beach)</td>
<td><a href="http://www.stfrancishawaii.org">www.stfrancishawaii.org</a></td>
</tr>
</tbody>
</table>

#### KAUA`I

| **Life’s Bridges (suicide, death of a loved one)** | 651-6637 |

#### HAWAI`I

| **Compassionate Friends (Hilo)** | 937-7523 | [www.compassionatefriendshonolulu.org](http://www.compassionatefriendshonolulu.org) |
| **Hawai`i Hospice of Hilo** | 969-1733 | [www.hospiceofhilo.org](http://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](http://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
- Community Care Services 845-7771
- Community Empowerment Services 942-7800
- Helping Hands Hawai`i 536-7234 [www.helpinghandshawaii.org](http://www.helpinghandshawaii.org)
- Institute for Human Services (IHS) 447-2800 [www.ihshawaii.org](http://www.ihshawaii.org)
- Kalihi-Palama Health Center 848-1438 [www.kphc.org](http://www.kphc.org)
- Life Foundation 521-2437 [www.lifefoundation.org](http://www.lifefoundation.org)
- North Shore Mental Health, Inc 638-8700 [www.northshorementalhealth.com](http://www.northshorementalhealth.com)

#### MAUI/MOLOKA`I

### Child & Adolescent Services

#### O`AHU
- ACCESS Suicide Prevention/Crisis Line Crisis 832-3100, 1-800-753-6879
- Intervention – 24 Hour Hotline 753-6879
- Alaka`i Na Keiki 523-7771
- Autism Society 1-800-3AUTISM (328-8476)
- Benchmark Behavioral Health Services 454-1411 [www.bobbybenson.org](http://www.bobbybenson.org)
- Bobby Benson Center 293-7555
- Catholic Charities Family Services 521-4357 [www.catholiccharitieshawaii.org](http://www.catholiccharitieshawaii.org)
- Center for Cognitive Behavior Therapy 956-9559
- Child and Family Service 681-3500 [www.childandfamilyservice.org](http://www.childandfamilyservice.org)
- Hale Kipa 589-1829 [www.halekipa.org](http://www.halekipa.org)
- Hawai`i Families as Allies 487-8785; 1-866-361-8825 [www.hfaa.net](http://www.hfaa.net)
- Hina Mauka Teen Care 236-2600 ext.259 [www.hinamauka.org](http://www.hinamauka.org)
Family Guidance Centers

Central O`ahu (Pearl City) 453-5900
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
Marimed Foundation 236-2288
New Horizons 484-1000
PACT- Parents and Children Together 847-3285
PATCH- People Attentive to Children 839-1988
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
SPIN- Special Parent Info Network 586-8126
The Parent Line 526-1222; 1-800-816-1222

The Queens Medical Center- Behavioral Health 547-4220; 537-7092

TIFFE- The Institute for Family Enrichment 596-8433
Wai`anae Coast CMHC (Hale Na`au Pono) 697-3045
Youth Suicide and Bullying Prevention Program 521-1846

KAUAI`I
ACCESS Suicide Prevention/Crisis Line Crisis Intervention – 24 Hour Hotline 1-800-753-6879
Child and Adolescent Mental Health Division (State Department of Health) 274-3883; 1-800-294-5282
Child and Family Service 245-5914
Family Guidance Center 274-3883
Hale `Opio Kaua`i, Inc. 245-2873
Hina Mauka 245-8333
Ke Ala Pono/McKenna Recovery Center 246-0663
Queen Lili`uokalani Children’s Center 245-1873
SPIN- Special Parent Info Network 274-3141 ext.68126

The Parent Line 1-800-816-1222
YWCA of Kaua`i 245-5959

HAWAI`I
ACCESS Suicide Prevention/Crisis Line Crisis Intervention – 24 Hour Hotline 1-800-753-6879
Baby SAFE (Substance Abuse Free Environment) 961-5022
Big Island Substance Abuse Council 935-4927
Child and Adolescent Mental Health Division 933-0753; 1-800-
(Department of Health) 294-5282
Child and Family Service 935-2188
Family Intervention Services 935-4411

www.hawaii.gov/health/mental-
health/camhd/index.html
www.marimed.org
www.pacthawaii.org
www.patchhawaii.org
www.kualoha.org
www.marimed.org
www.salvationarmy.org
www.spinhawaii.org
www.theparentline.org
www.queens.org
www.tiffe.org
www.wccmhc.org
www.queens.org
www.theparentline.org
www.ywcakauai.org
www.amhd.org
www.hawaii.gov/health/mental-
health/camhd/index.html
www.childandfamilyservice.org
www.haleopio.org/
www.hinamauka.org
www.mckennarecoverycenter.com
www.qlc.org/units.htm
www.spinhawaii.org
www.thequeens.org
www.thequeens.org
www.ywcakauai.org
www.amhd.org
www.hawaii.gov/health/family-child-
health/mchb/programs/bs.html
www.hawaiiunitedway.org/big-island-
substance-abuse-cou.asp
www.hawaii.gov/health/mental-
health/camhd/index.html
www.childandfamilyservice.org
www.salvationarmy.org
<table>
<thead>
<tr>
<th>Family Support Hawai‘i</th>
<th>326-7778</th>
<th><a href="http://www.familysupporthawaii.org">www.familysupporthawaii.org</a></th>
</tr>
</thead>
<tbody>
<tr>
<td>Hawai‘i Behavioral Health, LLC</td>
<td>935-6109</td>
<td><a href="http://www.hibh.org">www.hibh.org</a></td>
</tr>
<tr>
<td>Queen Liliʻuokalani Children’s Center-Hilo</td>
<td>935-9381</td>
<td><a href="http://www.ywcahawaiiisland.org">www.ywcahawaiiisland.org</a></td>
</tr>
<tr>
<td>Sex Assault Support Services &amp; Crisis Line</td>
<td>935-0677</td>
<td><a href="http://www.spinhawaii.org">www.spinhawaii.org</a></td>
</tr>
<tr>
<td>SPIN – Special Parent Info Network</td>
<td>974-4000, ext.68126</td>
<td><a href="http://www.spinhawaii.org">www.spinhawaii.org</a></td>
</tr>
<tr>
<td>The Parent Line</td>
<td>1-800-816-1222</td>
<td><a href="http://www.theparentline.org">www.theparentline.org</a></td>
</tr>
<tr>
<td>TIFFE – The Institute for Family Enrichment</td>
<td>961-5166</td>
<td><a href="http://www.childandfamilyservice.org">www.childandfamilyservice.org</a></td>
</tr>
<tr>
<td>Turning Point Info Network</td>
<td>322-7233</td>
<td><a href="http://www.childandfamilyservice.org">www.childandfamilyservice.org</a></td>
</tr>
</tbody>
</table>

**MAUI/MOLOKA‘I**

| ACCESS Suicide Prevention/Crisis Line Crisis Intervention – 24 Hour Hotline | 1-800-753-6879 | [www.amhd.org](http://www.amhd.org) |
| Aloha House | 579-9584 | [www.aloha-house.org](http://www.aloha-house.org) |
| Child & Adolescent Emergency Shelter Hotline | 579-8406 | [www.childandfamilyservice.org](http://www.childandfamilyservice.org) |
| Child and Adolescent Mental Health Division (State Department of Health) | 243-1250; 1-800-294-5282 | [www.hawaii.gov/dhs](http://www.hawaii.gov/dhs) |
| Child and Family Service | 877-6888 | [www.childandfamilyservice.org](http://www.childandfamilyservice.org) |
| Child Protection Services (CPS) -Hawai‘i State Dept. of Human Services (Moloka‘i) | 553-1703 | [www.mfss.org/?page_id=9](http://www.mfss.org/?page_id=9) |
| Family Support Services | 553-3276 | [www.mfss.org/?page_id=9](http://www.mfss.org/?page_id=9) |
| Moloka‘i Early Head Start Program | 553-8114 | [www.mfss.org/?page_id=9](http://www.mfss.org/?page_id=9) |
| Lahaina Family Guidance Center | 662-4045 | [www.aloha-house.org](http://www.aloha-house.org) |
| Malama Family Recovery Center | 877-7117 | [www.aloha-house.org](http://www.aloha-house.org) |
| Maui Youth and Family Services | 579-8414 | [www.myfs.org](http://www.myfs.org) |
| Maui Family Guidance Center - Lahaina | 662-4045 | [www.mfss.org/?page_id=9](http://www.mfss.org/?page_id=9) |
| Maui Family Guidance Center - Molokai | 553-5067 | [www.mfss.org/?page_id=9](http://www.mfss.org/?page_id=9) |
| Maui Family Guidance Center - Wailuku | 243-1252 | [www.mfss.org/?page_id=9](http://www.mfss.org/?page_id=9) |
| Queen Liliʻuokalani Children’s Center - Hana | 248-7218 | [www.mfss.org/?page_id=9](http://www.mfss.org/?page_id=9) |
| Queen Liliʻuokalani Children’s Center-Molokai | 553-5369 | [www.mfss.org/?page_id=9](http://www.mfss.org/?page_id=9) |
| Queen Liliʻuokalani Children’s Center - Wailuku | 242-8888 | [www.mfss.org/?page_id=9](http://www.mfss.org/?page_id=9) |
| The Maui Farm | 579-8271 | [www.mauifarm.org](http://www.mauifarm.org) |
| The Parent Line | 1-800-816-1222 | [www.theparentline.org](http://www.theparentline.org) |

**LĀNA‘I**

| ACCESS Suicide Prevention/Crisis Line Crisis Intervention – 24 Hour Hotline | 1-800-753-6879 | [www.mfss.org/?page_id=9](http://www.mfss.org/?page_id=9) |
| Lānaʻi Aloha House | 565-9566 | [www.aloha-house.org](http://www.aloha-house.org) |
| Lānaʻi Youth Center | 565-7675 | [www.aloha-house.org](http://www.aloha-house.org) |
| Maui Family Guidance Center - Lanai | 565-7915 | [www.mfss.org/?page_id=9](http://www.mfss.org/?page_id=9) |
| Queen Liliʻuokalani Children’s Center - call Oʻahu | 235-7613 | [www.spinhawaii.org](http://www.spinhawaii.org) |
| SPIN - Special Parent Info Network | 1-800-468-4644, ext.68126 | [www.spinhawaii.org](http://www.spinhawaii.org) |
| The Parent Line | 1-800-816-1222 | [www.theparentline.org](http://www.theparentline.org) |
### Clubhouses/Day Treatment

**O`AHU**
- Diamond Head Clubhouse 733-9188 [www.amhd.org/consumer/clubhouses.asp](http://www.amhd.org/consumer/clubhouses.asp)
- Hui Hana Pono Clubhouse (Wai`anae) 696-3716 huipono@hotmail.com [www.amhd.org/consumer/clubhouses.asp](http://www.amhd.org/consumer/clubhouses.asp)
- Ko`olau Clubhouse 233-3778 [www.amhd.org/consumer/clubhouses.asp](http://www.amhd.org/consumer/clubhouses.asp)
- Makaha Clubhouse (Kauhale Lahilahi) 697-7170 Kauhalelahilahi@gmail.com [www.amhd.org/consumer/clubhouses.asp](http://www.amhd.org/consumer/clubhouses.asp)
- Queen’s Day Treatment Services 547-4352 [www.queens.org](http://www.queens.org)
- Statewide Clubhouse/Psychosocial Rehabilitation Coordinator 721-0748 [www.amhd.org/consumer/clubhouses.asp](http://www.amhd.org/consumer/clubhouses.asp)
- Wai`anae Community Mental Health Center (Hale Na`au Pono) 696-4211 [www.wccmhc.org](http://www.wccmhc.org)
- Waipahu Aloha Clubhouse 675-0093 [www.waipahuclubhouse.org](http://www.waipahuclubhouse.org)

**KAUA`I**
- Friendship House 821-4480 friends@hawaiilink.net

**HAWAI`I**
- Hale O`luea Clubhouse 974-4320 [www.amhd.org/consumer/clubhouses.asp](http://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](http://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](http://www.kkv.net)
- Wai`anae Coast Comprehensive Health Center 696-7081 [www.wcchc.com](http://www.wcchc.com)
- Waikiki Health Center 922-4787 [www.waikikihc.org](http://www.waikikihc.org)
- Waimanalo Health Center 259-7948 [www.waimanalohc.org](http://www.waimanalohc.org)

**KAUA`I**
- Kaua`i Community Health Center 338-1855 [www.hoolalahui.org](http://www.hoolalahui.org)

**HAWAI`I**
- Bay Clinic - Hilo 969-1427 [www.bayclinic.org](http://www.bayclinic.org)
- Bay Clinic - Ka`u Family Health Center 929-7311 [www.bayclinic.org](http://www.bayclinic.org)
- Bay Clinic - Kea`au Family Health Center 930-0400 [www.bayclinic.org](http://www.bayclinic.org)
- Bay Clinic - Pahoa Family Health Center 965-9711 [www.bayclinic.org](http://www.bayclinic.org)
- Hamakua Health Center 775-7206 [www.hamakua-health.org](http://www.hamakua-health.org)
- West Hawai`i Community Health Center 326-5629 [www.westhawaiichc.org](http://www.westhawaiichc.org)

**MAUI/MOLOKA`I**
- Community Clinic of Maui - Kahului 871-7772 [www.hanahealth.org](http://www.hanahealth.org)
- Hana Community Health Center 248-7223 [www.hanahealth.org](http://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
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
Mau 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.hawaiicil.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/eea/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/
Hawai‘i Disability Rights Center 1-800-882-1057 info@hawaiidisabilityrights.org
Hawai‘i Centers For Independent Living 245-4034 www.hawaii-cil.org
Legal Aid Society of Hawai‘i: Kaua‘i 245-7580 www.legalaidhawaii.org

**Hawai‘i**
Disability and Communications Access Board 974-4000 ext.68121 www.state.hi.us/health/dcab/home/
Hawai‘i Disability Rights Center 1-800-882-1057 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/
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

**Lāna‘i**
Disability and Communication Access Board 1-800-468-4644 ext.68121 www.state.hi.us/health/dcab/home/
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 www.mentalhealthkoku.org/kokucounseling.html
Mental Health Kokua Counseling Program 529-4550 www.mentalhealthkoku.org/kokucounseling.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 www.susannahwesley.org
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 www.hawaii.gov/health/disability-services/developmental/index.html
Case Management & Info Services - Pearl City 453-6255
Developmental Disabilities Division, DOH 586-5840
Developmental Disabilities Services Branch 453-6301
Neurotrauma and TBI Services 453-6295
### HAWAI`I
Developmental Disabilities Services, Hilo | 974-4280

### KAUʻAʻI
Developmental Disabilities Services, Lihue | 241-3406

### MAUI/MOLOKAʻI
Developmental Disabilities Services, Wailuku | 243-4625

### Domestic Violence

#### O`AHU
- Child and Family Service | 681-3500 [www.childandfamilyservice.org](http://www.childandfamilyservice.org)
- Domestic Violence Action Center | 531-3771 [www.domesticviolenceactioncenter.org](http://www.domesticviolenceactioncenter.org)
- Domestic Violence Program | 524-4673 [www.catholiccharitieshawaii.org](http://www.catholiccharitieshawaii.org)
- Keʻala Pono- Hawaiʻi Counseling and Education Program for Batterer Intervention | 254-6484 [www.hcechawaii.com](http://www.hcechawaii.com)
- PACT Family Peace Center | 832-0855 [www.pacthawaii.org](http://www.pacthawaii.org)
- Shelter & Crisis Line for Family Violence Honolulu & Leeward | 841-0822 [www.pacthawaii.org](http://www.pacthawaii.org)
- Shelter & Crisis Line for Family Violence – O`ahu | 528-0606 [www.pacthawaii.org](http://www.pacthawaii.org)
- Shelter & Crisis Line for Family Violence – Windward | 526-2200 [www.pacthawaii.org](http://www.pacthawaii.org)
- TIFFE- The Institute for Family Enrichment | 596-8433 [www.tiffe.org](http://www.tiffe.org)

#### KAUʻAʻI
- Child and Family Service | 245-5914 [www.childandfamilyservice.org](http://www.childandfamilyservice.org)
- Kauaʻi Visitation Center | 821-0574 [www.pacthawaii.org](http://www.pacthawaii.org.kauai_visitation_center)
- Shelter and Crisis Line for Family Violence | 245-6362 [www.ywcakauai.org](http://www.ywcakauai.org)

#### HAWAIʻI
- Child and Family Service | 935-2188 [www.childandfamilyservice.org](http://www.childandfamilyservice.org)
- Child and Family Services (Domestic Violence TROs) | 935-4747 [www.hawaiiunitedway.org/turning-point-forfamilies.asp](http://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](http://www.tiffe.org)
- TIFFE- The Institute for Family Enrichment- Kona | 323-3305 [www.tiffe.org](http://www.tiffe.org)

#### MAUI/MOLOKAʻI
- Molokaʻi Child and Family Service | 567-6100 [www.childandfamilyservice.org](http://www.childandfamilyservice.org)
- PACT Family Peace Center | 244-2330 [www.pacthawaii.org](http://www.pacthawaii.org)
- Women Helping Women Shelter and Crisis Line & TRO clinic | 579-9581; 242-6600; 242-0775 [www.whwmaui.net](http://www.whwmaui.net)

### Dual Diagnosis

#### O`AHU
- Hina Mauka | 236-2600 [www.hinamauka.org](http://www.hinamauka.org)
- Poʻailani – Dual Diagnosis Treatment Center | 262-2799 [www.poailani.org](http://www.poailani.org)
- Sand Island Treatment Center (Kline-Welsh) | 841-2319 [www.sandisland.com](http://www.sandisland.com)

#### HAWAIʻI
- Poʻailani Inc | 334-0304 [www.poailani.org](http://www.poailani.org)

#### MAUI/MOLOKAʻI
- Aloha House | 871-1314 [www.aloha-house.org](http://www.aloha-house.org)

#### LĀNAʻI
- Hina Mauka | 245-8883 [www.hinamauka.org](http://www.hinamauka.org)
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.attentionpluse.com/index.php
Evercare (Behavioral Health) 792-8429 www.hmaa.com
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
`Ohana Health Plan 1-888-846-4262 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
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/wai
anae-news/
U.S. Vets (for military) - Kapolei 682-3869
Youth Outreach (YO) for homeless youth 942-5858 www.waikikihc.org/services/services/hom
less_youth_services/
HAWAI`I
Care-A-Van/Hope Services of Hawai`i (island wide) 935-3050 www.catholiccharitieshawaii.org
Catholic Charities- Kawaihoe Transitional Housing 935-4673 www.catholiccharitieshawaii.org

KA`U`
Wilcox Adult Day Health 246-6919

MAUI/MOLOKA`I
Ka Hale Ake Ola 242-7600 www.khako.org
Salvation Army 875-8065 (Kihei), 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.hawaiimedcen.com
Hawai`i Medical Center West 678-7000 www.hawaiimedcen.com
Hawai`i State Hospital (psychiatric hospital) 247-2191
Hawai`i State Hospital (psychiatric hospital) - Patients’ Rights Advocate
Kāhi Mōhala Behavioral Health (psychiatric hospital for adults, adolescents & children) 671-8511 www.kahimohala.org
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 for adults & adolescents) 538-9011 www.queens.org
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.wahia wageneral.org

HAWA`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 unit) 322-9311 www.kch.hhsc.org
North Hawai`i Community Hospital 885-4444 www.nhch.com

KAU`A`
Kaua`i Medical Clinic 245-1500 www.kvmh.hhsc.org
Kaua`i Veterans Memorial Hospital 338-9431 www.kvmh.hhsc.org
Saint Francis Medical Center 245-2972
Samuel Mahelona Memorial Hospital (has inpatient psychiatric) 822-4961 www.smmh.hhsc.org
Wilcox Memorial Hospital 245-1100 www.wilcoxhealth.org
**MAUI/MOLOKA‘I**
Hawai‘i Health Systems Corp (has in-patient psychiatric unit) 733-4020 www.hhsc.org
Kaiser Permanente Wailuku Clinic 243-6000 www.kaiserpermanente.org
Kula Hospital 878-1221 www.kula.hhsc.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.hhsc.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.hhsc.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

**HAWAI‘I**
Hawai‘i County Housing 959-4642 www.hawaii-cil.org
Hawai‘i Centers for Independent Living 935-3777 www.hcdch.hawaii.gov
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
Molokai 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
HA\U{1F}WI\U{1F}I
County Immigration Information Office  961-8220  www.co.hawaii.hi.us/directory/dir_immigration.htm

MAUI/MOLOKA\U{1F}I
Maui Immigrant Services  1-800-375-5283  www.co.maui.hi.us/index.aspx?NID=253

Jail & Prison Services

O\U{1F}AHU
Community Assistance Center  537-2917  www.cachawaii.org
Department of Public Safety- Health Care Division  587-1250  www.hawaii.gov/psd
Hawai\U{1F}i Courts and Corrections  832-1852  www.courts.state.hi.us
Hina Mauka Kealaula Program at the Women\U{1F}s Community Correctional Center  261-9111  www.hinamauka.org
Police- Missing Persons/Crimestoppers  955-8300  www.crimestoppers-honolulu.org

HA\U{1F}WI\U{1F}I
Hawai\U{1F}i Community Corrections Center  933-0428  www.hawaii.gov/psd/corrections/jails/hawai-community-correctional-center
Hawai\U{1F}i Police Department- Non-Emergency Information  935-3311  www.hawaiipolice.com

MAUI/MOLOKA\U{1F}I
Maui County Police Department  244-6400  www.mauicounty.gov
Moloka\U{1F}i Police Station  553-5355

L\U{1F}ANA\U{1F}I
L\U{1F}ana\U{1F}i Police Station  565-6428

Job Training & Placement

O\U{1F}AHU
Goodwill Vocational Training Center  836-0313  www.higoodwill.org
Lanakila Pacific  531-0555  www.lanakilapacific.org
State Vocational Rehab Division  692-8601  www.hawaiivr.org
Winners at Work  532-2100  www.abilitieshawaii.org

KAUA\U{1F}I
State Vocational Rehab Division  274-3333

HA\U{1F}WI\U{1F}I
Brantley Center  775-7245
Economic Opportunity Council  961-2681
State Vocational Rehab Division  323-0025

MAUI/MOLOKA\U{1F}I
Maui State Vocational Rehab Division  984-8350
Moloka\U{1F}i Occupational Center  553-3266
Moloka\U{1F}i State Vocational Rehab Division  553-3621

Legal Services

O\U{1F}AHU
Hawai\U{1F}i Civil Rights Commission  586-8636  www.hawaii.gov/labor/hcrc
Hawai\U{1F}i Disability Rights Center  949-2922; 1-800-882-1057  www.hawaiidisabilityrights.org
Legal Aid Society  536-4302  www.legalaidhawaii.org
Maximum Legal Services Corp. (Trust and Conservatorships for disabled and minors)  585-0920  www.maxcorp-hi.org
Volunteer Legal Services of Hawai\U{1F}i  528-7046  www.vlsh.org
### KAU`A`I

| Hawai`i Disabilities Rights Center | 1-800-882-1057 | [www.hawaiidisabilityrights.org](http://www.hawaiidisabilityrights.org) |

### HAWAI`I

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

### MAUI/MOLOKA`I

| Hawai`i Disabilities Rights Center | 984-8250; 876-0529 | [www.hawaiidisabilityrights.org](http://www.hawaiidisabilityrights.org) |
| Legal Aid Society | 244-3731 | [www.legalaidhawaii.org](http://www.legalaidhawaii.org) |

### LĀNA`I

| Hawai`i Disabilities Rights Center | 1-800-882-1057 | [www.hawaiidisabilityrights.org](http://www.hawaiidisabilityrights.org) |
| Lāna`i Legal Aid Society | 565-6089 | [www.legalaidhawaii.org](http://www.legalaidhawaii.org) |

### Lesbian/Gay/Bisexual/Transgender

#### O`AHU

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

#### KAUA`I

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

| PFLAG Big Island | 238-2880 | pflagbigisland@gmail.com |

### Marriage & Family Services

#### O`AHU

| Catholic Charities Family Services | 521-4357 | [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](http://www.cscch.org) |
| Hawai`i Association for Marriage & Family Therapy | 291-5321 | [www.hamft.net](http://www.hamft.net) |
| Jewish Community Services | 258-7121 | [www.jcs-hi.org](http://www.jcs-hi.org) |
| Queen Lili`uokalani Children’s Center (Ho`oponopono) | 847-1302 | |

#### KAUA`I

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

#### MAUI/MOLOKA`I

| Maui Child and Family Service | 877-6888 | [www.childandfamilyservice.org](http://www.childandfamilyservice.org) |

### 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 | |
| West Hawai`i Mediation Services | 885-5525; 326-2666 | |
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
- 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.com](http://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](http://www.va.gov/hawaii/nc-ptsd.htm)
- Pai`olu Kai`alu Shelter 696-6770
- POWER Up! (Homeless Vets) 366-7394 [www.poweruphi.com](http://www.poweruphi.com)
- Honolulu Vet Center 973-8387 [www.vetcenter.va.gov](http://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](http://www.va.gov/hawaii)

**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 Assoc. for Marriage and Family Therapy 291-5321 [www.hamft.net](http://www.hamft.net)
- Hawai`i Nurses Association 531-1628 [www.hawaiinurses.org](http://www.hawaiinurses.org)
- Hawai`i Psychiatric Medical Association 1-800-572-3015 [www.hawaiipsychiatric.org](http://www.hawaiipsychiatric.org)
- Hawai`i Psychological Association 521-8995 [www.hawaiipsychology.org](http://www.hawaiipsychology.org)
- National Association of Social Workers/Hawai`i 521-1787 [www.naswhi.org](http://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](http://www.carehawaii.com)
- Catholic Charities Family Services 537-6321 [www.catholiccharitieshawaii.org](http://www.catholiccharitieshawaii.org)
- Hale Kipa 589-1829 [www.halekipa.org](http://www.halekipa.org)
- Hina Mauka 236-2600 [www.hinamauka.org](http://www.hinamauka.org)
- Kahumana Residential Special Treatment Facility 696-6699
- Mental Health Kokua 737-253 [www.mentalhealthkokua.org](http://www.mentalhealthkokua.org)
- Po`ailani 263-1065; 262-2799 [www.poailani.org](http://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

KAUA`I
Hale Opio Kaua`i 245-2873 www.haleopio.org

MAUI/MOLOKA`I
Community Service Council (Moloka`i) 553-3244 www.molokai.org
Maui Farm 579-8271 www.themauifarm.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
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
Statewide: State Long-Term Care Ombudsman 586-7268
(Investigation of nursing home complaints) (on O‘ahu)

HAWAI‘I
Alzheimer’s Association 981-2111
Elderly Affairs
Hawai‘i Adult Protective Services 933-8820 Hilo; 327-6280 Kona
Hawai‘i County Area Office on Aging 961-8600 Hilo; 327-3597 Kona
Statewide: State Long-Term Care Ombudsman 586-7268
(Investigation of nursing home complaints) (on O‘ahu)

Senior Services

O‘AHU
AARP Hawai‘i 545-6006
Adult Protective Services (Abuse) 832-5115; 832-5673
Alzheimer’s Association Help Line 1-800-272-3900
Executive Office on Aging 586-0100
Sage Plus 586-7299
Senior Help Line (Elderly Affairs Division) 768-7700
SMP- Hawai‘i ProtectingSeniors, their families and caregivers from healthcare and financial fraud 296-9422
Social Security Administration 541-1060; 1-800-772-1213
Statewide: State Long-Term Care Ombudsman 586-7268
(Investigation of nursing home complaints)
Univ. of Hawai‘i Elder Law Program 956-6544

HA W AI’I
Alzheimer’s Association 981-2111
Elderly Affairs Division
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
Hawai‘i Co. Area Office on Aging -Kona 327-3597
Statewide: State Long-Term Care Ombudsman 586-7268 (O‘ahu)

KAUA‘I
Adult Protective Services 241-3432
Kaua‘i Agency on Elderly Affairs 241-4470
Statewide: State Long-Term Care Ombudsman 586-7268 (O‘ahu)

MAUI/MOLOKA‘I
Adult Protective Services 243-5151
Elderly Affairs Division
Hana Office on Aging Senior Center 248-8833

www.alz.org/hawaii
www.elderlyaffairs.com
www.co.hawaii.hi.us/directory/dir_aging.html
www.ssa.gov/sf/
www.co.hawaii.hi.us/directory/dir_aging.html
www.co.hawaii.hi.us/directory/dir_aging.html
www.co.hawaii.hi.us/directory/dir_aging.html
www.co.hawaii.hi.us/directory/dir_aging.html
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 586-7268 (O`ahu) [www.hawaii.gov/health/eoa/LTCO.html]

*(Investigation of nursing home complaints)*

**LĀNA`I**
Lāna`i Senior Citizens Center 565-6282
Maui County Office on Aging - Lāna`i 565-7114
Statewide: State Long-Term Care Ombudsman 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.ywcahawaiisland.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]

**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

*HAWAI`I*
Counseling and Spiritual Care Center of Hawai`i 545-2740 [www.cscch.org/index.html]
Substance Abuse Services: see Alcohol and Drug Abuse

*KAUA`I*
Al-Anon/Narc-Anon 734-3000 [www.codependents.org]
Alcoholics Anonymous (AA) 734-4357 [www.na-hawaii.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

*LĀNA`I*
Al-Anon/Narc-Anon 734-3000 [www.codependents.org]
Alcoholics Anonymous (AA) 734-4357 [www.na-hawaii.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
- 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

KUA`I
Al-Anon/Al-Teen 246-1116  www.afghawaii.org
Alcoholics Anonymous (AA) 245-6677  www.hawaiiaa.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.hawaiiaa.org
Hawai`i Alcoholics Anonymous (AA) 808-961-6133; 808-329-1212
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:
- Hilo Support Group
- Kona Support Group

MAUI/MOLOKA`I
Alcoholics Anonymous (AA) 244-9673  www.hawaiiaa.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:
- 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

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

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

**MAUI/MOLOKA‘I**
Alzheimer’s Association 242-8636  www.alz.org/hawaii
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  www.whwmaui.net

**LĀNA‘I**
Hawai‘i Families As Allies 1-866-361-8825  www.hfaa.net

**Suicide Prevention**

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

**NEIGHBOR ISLANDS**
ACCESS Suicide Prevention/Crisis Line Crisis 1-800-753-6879
Intervention – 24 Hour Hotline
MHA-Hawai‘i - Youth Suicide and Bullying Prevention Program 521-1846 (on O`ahu)  www.mentalhealth-hi.org/teensuicideprevention
<table>
<thead>
<tr>
<th>Organization</th>
<th>Phone</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>American Association of Suicidology</td>
<td>(202) 237-2280</td>
<td><a href="http://www.suicidology.org">www.suicidology.org</a></td>
</tr>
<tr>
<td>American Foundation for Suicide Prevention</td>
<td>1-888-333-2377</td>
<td><a href="http://www.afsp.org/">www.afsp.org/</a></td>
</tr>
<tr>
<td>American Self-Help Clearinghouse</td>
<td>(973) 989-1122</td>
<td><a href="http://www.mentalhelp.net/selfhelp/">www.mentalhelp.net/selfhelp/</a></td>
</tr>
<tr>
<td>Anxiety Disorders Association of America</td>
<td>(240) 485-1001</td>
<td><a href="http://www.adaa.org/">www.adaa.org/</a></td>
</tr>
<tr>
<td>Attention Deficit Disorder Association</td>
<td>(800) 939-1019</td>
<td><a href="http://www.add.org/">www.add.org/</a></td>
</tr>
<tr>
<td>Autism Society of America</td>
<td>(800) 328-8476</td>
<td><a href="http://www.autism-society.org/">www.autism-society.org/</a></td>
</tr>
<tr>
<td>Child and Adolescent Bipolar Foundation</td>
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<td><a href="http://www.bpkids.org/">www.bpkids.org/</a></td>
</tr>
<tr>
<td>Children and Adults with Attention Deficit/Hyperactivity Disorder</td>
<td>(301) 306-7070</td>
<td><a href="http://www.chadd.org/">www.chadd.org/</a></td>
</tr>
<tr>
<td>Depression and Bipolar Support Alliance</td>
<td>(800) 826-3632</td>
<td><a href="http://www.dbsalliance.org">www.dbsalliance.org</a></td>
</tr>
<tr>
<td>Dual Diagnosis of Oregon, Inc.</td>
<td>(877) 222-1332</td>
<td><a href="http://www.ddaoforegon.com/">www.ddaoforegon.com/</a></td>
</tr>
<tr>
<td>Federation of Families for Children’s Mental Health</td>
<td>(240) 403-1901</td>
<td><a href="http://www.ffcmh.org/">www.ffcmh.org/</a></td>
</tr>
<tr>
<td>Freedom from Fear</td>
<td>(718) 351-1717</td>
<td><a href="http://www.freedomfromfear.org/supportgroup.asp">www.freedomfromfear.org/supportgroup.asp</a></td>
</tr>
<tr>
<td>Hospice Foundation</td>
<td>(800) 854-3402</td>
<td><a href="http://www.hospicefoundation.org">www.hospicefoundation.org</a></td>
</tr>
<tr>
<td>Mental Health America (National)</td>
<td>(800) 969-6642</td>
<td><a href="http://www.nmha.org/">www.nmha.org/</a></td>
</tr>
<tr>
<td>National Alliance on Mental Illness</td>
<td>(800) 950-6264</td>
<td><a href="http://www.nami.org/">www.nami.org/</a></td>
</tr>
<tr>
<td>National Council on Problem Gambling</td>
<td></td>
<td><a href="http://www.ncpgambling.org">www.ncpgambling.org</a></td>
</tr>
<tr>
<td>National Institute of Mental Health</td>
<td>(866) 615-6464</td>
<td><a href="http://www.nimh.nih.gov">www.nimh.nih.gov</a></td>
</tr>
<tr>
<td>National Suicide Prevention Lifeline</td>
<td>(800) 273-8255</td>
<td><a href="http://www.suicidepreventionlifeline.org">www.suicidepreventionlifeline.org</a></td>
</tr>
<tr>
<td>Obsessive Compulsive Foundation</td>
<td>(617) 973 5801</td>
<td><a href="http://www.ocfoundation.org">www.ocfoundation.org</a></td>
</tr>
<tr>
<td>Postpartum Support International</td>
<td>(800) 944-4773</td>
<td><a href="http://www.postpartum.net">www.postpartum.net</a></td>
</tr>
<tr>
<td>Recovery International</td>
<td>(866) 221-0302</td>
<td><a href="http://www.lowselphelpsystems.org">www.lowselphelpsystems.org</a></td>
</tr>
<tr>
<td>Safe Schools Coalition</td>
<td>(304) 496-8100</td>
<td><a href="http://www.safeschools.org">www.safeschools.org</a></td>
</tr>
<tr>
<td>Self Mutilators Anonymous</td>
<td></td>
<td><a href="http://www.selfmutilatorsanonymous.org/">www.selfmutilatorsanonymous.org/</a></td>
</tr>
<tr>
<td>Substance Abuse and Mental Health Services</td>
<td>(877) 726-4727;</td>
<td><a href="http://www.samhsa.gov">www.samhsa.gov</a></td>
</tr>
<tr>
<td>Administration</td>
<td>(800) 622-4357</td>
<td><a href="http://www.tara4bpd.org/dyn/index.php">www.tara4bpd.org/dyn/index.php</a></td>
</tr>
<tr>
<td>TARA Association for Personality Disorder</td>
<td>(212) 966-6514</td>
<td><a href="http://www.thetrevorproject.org">www.thetrevorproject.org</a></td>
</tr>
<tr>
<td>The Trevor Project (24/7 LGBT crisis hotline)</td>
<td>(866) 488-7386</td>
<td><a href="http://www.thetrevorproject.org">www.thetrevorproject.org</a></td>
</tr>
</tbody>
</table>
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.

<table>
<thead>
<tr>
<th>Circle the answer</th>
<th>Not at all</th>
<th>Several days</th>
<th>More than half the days</th>
<th>Nearly every day</th>
</tr>
</thead>
<tbody>
<tr>
<td>Little interest or pleasure in doing things</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>Feeling down, depressed, or hopeless</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>Trouble falling/staying asleep, sleeping too much</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>Feeling tired or having little energy</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>Poor appetite or overeating</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>Feeling bad about yourself – or that you are a failure or have let yourself or your family down.</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>Trouble concentrating on things, such as reading the newspaper or watching television.</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>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.</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>Thoughts that you would be better off dead or of hurting yourself in some way.</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
</tbody>
</table>

What your score means:

<table>
<thead>
<tr>
<th>Score</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>0-4</td>
<td>No depression</td>
</tr>
<tr>
<td>5-9</td>
<td>Mild depression</td>
</tr>
<tr>
<td>10-14</td>
<td>Moderate depression</td>
</tr>
<tr>
<td>15-19</td>
<td>Moderately severe depression</td>
</tr>
<tr>
<td>20+</td>
<td>Severe depression</td>
</tr>
</tbody>
</table>

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.