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Helping Hawai'i Live Life Well

FINDING HELP PHONE LIST

August 2009

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
MHA-Maui County: (808) 242-6461
E-mail: info@mentalhealth-hi.org • Website: www.mentalhealth-hi.org

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TOLL-FREE INFORMATION SWITCHBOARD TO FIND ANY STATE AGENCY PHONE NUMBER IN HONOLULU:

| | |
|---------|----------|
| Oahu | 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) is to promote mental wellness, prevent mental illnesses/ substance abuse, reduce stigma, and improve the overall care, treatment and empowerment of those with mental illnesses – children, adults, elders, and their families. MHA offers the following programs:

- **Youth Suicide Prevention.** Hawai'i has double the national rate of teenagers attempting or planning suicide – third highest in the country. MHA is reducing teen depression and suicide by helping peers, adults, and organizations identify and intervene with depressed/suicidal youth.
- **Military Initiative.** MHA is launching a statewide Task Force to identify gaps in services for returning soldiers and their families regarding PTSD, mental health problems, substance abuse, suicide, domestic violence, child abuse, sexual trauma, employment-related issues, and impact of deployments on children.
- **Invisible Children's Project.** Most seriously mentally ill adults have children, and some are raising them, but often their mental health providers are not aware of this. This project aims to generate support for families in which a parent has a mental illness.
- **Transition Age Youth.** Addressing needs of vulnerable at-risk young adults: those in the age range of 16-26 who "age out" of foster care, mental health, juvenile justice, and special education systems, or who are homeless or drop out of school.
- **Brown Bag Mental Health Seminars.** MHA has presented workshops on *Postpartum Depression*, *Teen Suicide*, *Military Mental Health*, and *Bipolar Illness*. The seminars are open to the public, providers, policymakers, mental health consumers, and families.
- **Finding Help.** MHA 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 provides presentations to organizations and workplaces offering ten clinically proven actions everyone can take to protect and enhance their mental wellness and cope better with stress.

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 available.

OAHU

ALCOHOL & DRUG SERVICES

Alcohol & Drug Abuse Division (*State Dept. of Health*)
Ku Aloha Ola Mau (DASH- Drug Addiction Services of
Hawai'i)

692-7517 www.hawaii.gov/health/substance-abuse
538-0704 www.dashhawaii.org

Coalition for a Drug-Free Hawai'i

545-3228; 1-800-845-1946 www.drugfreehawaii.org

Hina Mauka

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

Queen's Day Treatment Services

547-4352 www.queens.org

Wai`anae Mental Health Center (Hale Na'au Pono)

696-4211 www.wccmhc.org

ANGER MANAGEMENT SERVICES

Catholic Charities Family Services

536-1794 www.catholiccharitieshawaii.org

Child & Family Service

521-2377; 681-3500 www.childandfamilyservice.org

Family Peace Center

832-0855 www.pacthawaii.org/oahu_peace_center

Community Assistance Center

537-2917

Hawai'i Counseling and Education Center

254-6484 www.hcechawaii.com

BEREAVEMENT & GRIEF SUPPORT

Compassionate Friends

792-0204 www.compassionatefriends.org

Grief Share

532-1111 www.griefshare.org

H.O.P.I.N.G. (Helping Other Parents in Normal Grieving)

432-5838

Hospice Hawai'i Grief Support (Castle Wellness & Lifestyle
Center, Castle Medical Center)

924-9255 www.hospicehawaii.org

Kids Hurt, Too

545-5683 www.kidshurttoo.org

Make Today Count (American Cancer Society)

595-7500 www.cancer.org

Mattie Lyman Grieving Persons Support Group

261-1669; 294-2730

Organ Donor Center of Hawai'i Family Bereavement Support

521-1812 www.organdonorhawaii.com

P.O.M.C - Parents Of Murdered Children

235-4222

Parents Without Partners

262-6442 information phone; 262-7441 or 258-9504

Hawaiian Humane Society- Pet Loss Support Group

www.parentswithoutpartners.org

946-2187, ext.217

Reid Richards Foundation "Napuaokamakaola"

www.hawaiianhumane.org/programs/petloss/index.html

St. Francis Hospice

220-3491; 988-6202

Society of Military Widows, Aloha Chapter

595-7580 (east) 678-7580 (west) www.stfranchishawaii.org

947-5282

BILINGUAL SERVICES

Bilingual Access Line (*Helping Hands Hawai'i*)

526-9724

BRAIN INJURY / STROKE

Brain Injury Association of Hawai'i

791-6942 www.biausa.org/Hawaii

Information After a Brain Injury or Stroke

545-4525 www.lava.net/~richard/

CASE MANAGEMENT PROVIDERS

CARE Hawai'i, Inc

550-2900 www.carehawaii.com/index.html

Community Empowerment Services

942-7800

Community Care Services

845-7771

Helping Hands Hawai'i

841-0968 www.helpinghandshawaii.org/

Institute for Human Services (IHS)
Kalihi-Palama Health Center
Life Foundation
North Shore Mental Health, Inc

447-2800 www.ihshawaii.org/
848-1438 www.kphc.org
521-2437 www.lifefoundation.org/
638-8700 www.northshoremmentalhealth.com

CHILD & ADOLESCENT SERVICES

ACCESS Suicide Prevention/Crisis Line Crisis Intervention –
24 Hour Hotline

832-3100
1-800-753-6879

Alaka'i Na Keiki
Autism Society
Baby SAFE

523-7771
1-800-3AUTISM (328-8476) www.autismhawaii.org
696-1559 <http://hawaii.gov/health/family-child-health/mchb/programs/bs.html>

Benchmark Behavioral Health Services
Bobby Benson Center
Catholic Charities Family Services
Child and Adolescent Behavior Therapy (UH-Manoa)
Child & Adolescent Mental Health Division (State
Department of Health)

454-1411
293-7555 www.bobbybenson.org
536-1794 www.catholiccharitieshawaii.org
956-9559
733-9333; 1-800-294-5282
www.hawaii.gov/health/mental-health/camhd/index

Family Guidance Centers

- Windward Oahu (Kaneohe)
- Windward Oahu (Koolauloa)
- Leeward Oahu
- Honolulu (Diamond Head)
- Honolulu (Kalihi Palama)
- Family Court Liaison Branch

233-3770
293-8998
692-7700
733-9393
832-3792
266-9922

Child and Family Service
Ku Aloha Ola Mau (DASH- Drug Addiction Services of Hawai'i)

681-3500 www.childandfamilysevice.org
538-0704 www.dashhawaii.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

Ho'okawiki

696-3717

TIFFE- The Institute for Family Enrichment

596-8433 www.tiffe.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

Salvation Army- Family Treatment Services

732-2802 www.salvationarmy.org

SPIN- Special Parent Info Network

586-8126 www.spinhawaii.org

Teen Line

521-TEEN (8336) www.teenlinehawaii.org

The Parent Line

526-1222; 1-800-816-1222 www.theparentline.org

The Queens Medical Center- Behavioral Health

537-7032 www.queens.org

Wai'anae Coast CMHC (Hale Na'au Pono)

697-3045 www.wccmhc.org

CLUBHOUSES/DAY TREATMENT

*Statewide Clubhouse/Psychosocial Rehabilitation
Coordinator*

721-0748 www.amhd.org

Diamond Head Club House

733-9188

Hale o Honolulu Clubhouse

832-5142 www.amh.health.state.hi.us/Clubhouses/Honolulu/HonoluluBrochure.pdf

Hui Hana Pono Clubhouse (Wai'ianae)

696-3716

Ko'olau Clubhouse

233-3778

Makaha Marketplace Clubhouse
Queen's Day Treatment Services
Wai'anae Community Mental Health Center (Hale Na'au Pono)
Waipahu Aloha Clubhouse

www.amh.health.state.hi.us/Clubhouses/Koolau/index.html
695-7920
547-4352 www.queens.org
696-4211

675-0093 www.waipahuclubhouse.org

COMMUNITY HEALTH CENTERS

Kalihi-Palama Health Center
Kokua Kalihi Valley
Ko'olauloa Community Health and Wellness Center
Waikiki Health Center
Waimanalo Health Center
Wai'anae Coast Comprehensive Health Center

848-1438 www.kphc.org
848-0976 www.kkv.net
293-9216
922-4787 www.waikikihc.org
259-7948 www.waimanalohc.org
696-7081 www.wcchc.com

COMMUNITY MENTAL HEALTH CENTERS (CMHC'S)

Call ACCESS line to find out if you're eligible for mental health services at a Community Mental Health Center

832-3100 or 1-800-753-6879

Central Oahu CMHC
Diamond Head CMHC
Kalihi-Palama CMHC
Windward Coast (Kaneohe) CMHC
Wai'anae Coast CMHC (Hale Na'au Pono)
Adult Mental Health Division Consumer Affairs

453-5953
733-9260
832-5800
233-3775
696-4211
586-4688

CONSUMER ADVOCACY AGENCIES

Affordable Housing and Homeless Alliance
Consumer Affairs Office, Adult Mental Health Division, State Department of Health
Child/Adolescent Mental Health Division Grievance Office (State Department of Health)
Community Assistance Center
Disability & Communications Access Board
Hawai'i Disability Rights Center
Hawai'i Centers for Independent Living
Hawai'i Civil Rights Commission
Hawai'i Families As Allies
Learning Disabilities Association of Hawai'i
Legal Aid Society of Hawai'i
Long-Term Care Ombudsman (for elders)
Mental Health America of Hawai'i
NAMI- National Alliance on Mental Illness
Self-Advocacy Advisory Council, State Council on Developmental Disabilities
United Self-Help

845-4565 www.hawaiihomeless.org
586-4688 www.amhd.org

733-9352 www.hawaii.gov/health/mental-health/camhd/index.html
537-2917 www.cachawaii.org
586-8121 www.hawaii.gov/health/dcab/home/
949-2922; 1-800-882-1057 www.hawaiidisabilityrights.org
522-5400; 1-800-645-4651 www.hawaii-cil.org
974-4000; 586-8636 www.hawaii.gov/labor/hcrc
487-8785 www.hfaa.net
536-9684; 1-800-533-9684 www.ldahawaii.org
536-4302; 1-800-499-4302 www.legalaidhawaii.org
586-7268 www.hawaii.gov/health/eoa/LTCO.html
521-1846 www.mentalhealth-hi.org
591-1297 www.namihawaii.org
586-8100

947-5558 www.unitedselfhelp.org

CULTURALLY SENSITIVE SERVICE PROVIDERS

Queen Liliuokalani Children's Center
Wai'ianae Community Mental Health (Hale Na'au Pono)

847-1302 www.qlcc.org
696-4211

DOMESTIC VIOLENCE

Domestic Violence Action Center

531-3771 www.domesticviolenceactioncenter.org

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| Ho`ola Pono Domestic Violence Program for Batterer Intervention | 521-HELP; 536-1794 www.catholiccharitieshawaii.org |
| Child and Family Service | 681-3500 www.childandfamilyservice.org |
| Ke`ala Pono- Hawai`i Counseling and Education Program for Batterer Intervention | 254-6484 |
| Shelter & Crisis Line for Family Violence Honolulu & Leeward | 841-0822 |
| Shelter & Crisis Line for Family Violence – Oahu | 528-0606 |
| Shelter & Crisis Line for Family Violence – Windward | 526-2200 |
| TIFFE- The Institute for Family Enrichment | 596-8433 www.tiffe.org |
| PACT Family Peace Center | 832-0855 www.pacthawaii.org |
| DUAL DIAGNOSIS | |
| Hina Mauka | 236-2600 www.hinamauka.org |
| Sand Island Treatment Center (Kline-Welsh) | 841-2319 www.sandisland.com/ |
| EATING DISORDERS | |
| Anorexia and Bulimia Center of Hawai'i- Ai Pono | 540-1001 www.aipono.com |
| ELDER SERVICES | |
| Statewide: State Long-Term Care Ombudsman (Investigation of nursing home complaints) | 586-7268 www.hawaii.gov/health/eoa/LTCO.html |
| For complete listing of all resources | www.elderlyaffairs.com |
| AARP Hawai`i | 545-6006 www.aarp.org |
| 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 http://hawaii.gov/health/eoa/ |
| Sage Plus Program: Hawaii SHIP and Medicare Counseling | 586-7229 www.hawaiiiship.org |
| Elderly Affairs Division, Senior Help Line | 768-7700 |
| SMP- Hawai`i Protecting Seniors, their families and caregivers from healthcare and financial fraud | 586-7281; 1-800-296-9422 http://hawaii.gov/health/eoa/SMP.html |
| ELDER CAREGIVERS SERVICES | |
| Alzheimer's Association | 1-800-272-3900 www.alz.org/hawaii |
| Catholic Charities Hawai`i/Community Senior Services Division | 595-0077 www.catholiccharitieshawaii.org |
| Honolulu Gerontology Program | 543-8468 www.childandfamilyservice.org |
| Project Dana | 945-3736 |
| Respite Companion Services | 586-5192 |
| HEALTH INSURANCE PROVIDERS | |
| Aloha Care | 973-1650 www.alohacare.org |
| Attention Plus Care | 739-2811 http://www.attentionplus.com/index.php |
| Evercare (Behavioral Health) | 792-8429 |
| Hawai`i Medical Service Association (HMSA) | 948-6111; 1-800-776-4672 www.hmsa.com |
| HMSA Behavioral Care Connection | 952-4400 |
| Hawai`i Quest/ Medicaid | 587-3521 www.medquest.us/eligibility/index.html |
| Kaiser Permanente | 432-5955; 1-800-966-5955 www.kaiserpermanente.org |
| Medicaid Dental Care | 1-866-486-8030 |
| Med-Quest Info. Line | 586-5390; 587-3521 www.med-quest.us |
| Summerlin Human Behavior Institute | 1-800-441-4483 |
| UHA, University Health Alliance | 532-4000 www.uhahealth.com |
| Ohana Health Plan | 1-888-846-4262 www.ohanahealthplan.com |

HOMELESS SHELTERS & SERVICES

Care-A-Van
Hale Kipa Youth Services
Health Care for the Homeless Project (Safe Haven)
Kahumana
Institute for Human Services (I.H.S.)
Ohana Ola O Kahumana (Wai`ianae)
Safe Haven for Homeless Mentally Ill
Youth Outreach (YO) for homeless youth

922-4790 www.waikikihc.org
589-1829 www.halekipa.org
524-7233 www.mentalhealthkokua.org
696-2655 www.kahumana.org
845-7052 www.ihshawaii.org
696-4039 www.kahumana.org/OhanaOla.php
524-7233
942-5858
http://69.89.31.82/~waikikih/index.php?option=com_content&task=view&id=29&Itemid=49

HOSPITALS & MEDICAL CENTERS

Castle Medical Center (has in-patient psychiatric unit)
Hawai`i State Hospital (psychiatric hospital)
Kahi Mohala Hospital (psychiatric hospital for adults & adolescents)
Kahuku Hospital
Kaiser Behavioral Health Services
Kaiser Permanente Medical Services
Kaiser Permanente Moanalua Hospital and Clinic
Kalihi-Palama Dental Health Center
Kapiolani Medical Center at Pali Momi
Kapiolani Medical Center
Kuakini Medical Center
Queens Medical Center (has in-patient psychiatric units for adults & adolescents)
Queen's Referral Line
Rehabilitation Hospital of the Pacific
Hawai`i Medical Center East
Hawai`i Medical Center West
Straub Clinic and Hospital
Tripler Army Medical Center
Wahiawa General Hospital

263-5500 www.castlemed.org
247-2191 www.hsh.health.state.hi.us
671-8511 www.kahimohala.org
293-9221
432-7600 www.kaiserpermanente.org
432-2000 www.kaiserpermanente.org
432-0000 www.kaiserpermanente.org
845-0686 www.kphc.org
486-6000 www.kapiolani.org/pali-momi/default.aspx
983-6000 www.kapiolani.org
536-2236 www.kuakini.org
538-9011 www.queens.org
537-7117 www.queens.org
531-3511 www.rehabhospital.org
547-6011 www.hawaiiimedcen.com
678-7000 www.hawaiiimedcen.com
522-4000 www.straubhealth.org
433-6661 www.tamc.amedd.army.mil
621-8411 www.wahiawageneral.org

HOUSING INFORMATION/PROVIDERS

Affordable Housing and Homeless Alliance
Dept. of Health Financial, Food Stamp & Medical Info.
Hawai`i Centers for Independent Living
Hawai`i County Housing
Heart to Heart Hawai`i

845-4565; 262-8700 www.hawaiihomeless.org
643-1643 www.hawaii.gov/health
522-5400 www.hawaii-cil.org
959-4642
888-8630

IMMIGRANT SERVICES

Social Security Administration
Catholic Charities Immigrant Services
Child and Family Service
Hawai`i Immigrant Justice Center
Susannah Wesley Community Center

1-800-772-1213 www.ssa.gov/sf/
528-5233 www.catholiccharitieshawaii.org
521-2377 www.childandfamilyservice.org
536-8826 www.hijcenter.org
847-1535 www.susannahwesley.org

JAIL & PRISON SERVICES

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| Community Assistance Center | 537-2917 www.cachawaii.org |
| Hina Mauka Kealaula Program at the Women's Community Correctional Center | 261-9111 www.hinamauka.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 |
| Police- Missing Persons/Crimestoppers | 955-8300 www.crimestoppers-honolulu.org |

JOB TRAINING & PLACEMENT

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|-------------------------------------|---|
| Goodwill Vocational Training Center | 836-0313 www.higoodwill.org |
| Lanakila Pacific | 531-0555 www.lanakilapacific.org |
| State Vocational Rehab Division | 586-5167 |
| United Self-Help | 947-5558 www.unitedselfhelp.org |
| Winners at Work | 532-2100 www.abilitieshawaii.org |

LEGAL SERVICES

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| Hawai'i Civil Rights Commission | 586-8636 www.hawaii.gov/labor/hcrc |
| Hawai'i Disability Rights Center | 949-2922; 1-800-882-1057 |
| Legal Aid Society | 536-4302 www.legalaidhawaii.org |
| Maximum Legal Services Corp. (Trust and Conservatorships for disabled and minors) | 585-0920 www.ldahawaii.org/maximum_legal_services.htm |
| Volunteer Legal Services of Hawai'i | 528-7046 www.vlsh.org |

LESBIAN/GAY/BISEXUAL/TRANSGENDER

| | |
|---------------|---|
| Kulia Na Mamo | 791-2020 www.kulianamamo.org |
|---------------|---|

MARRIAGE & FAMILY SERVICES

| | |
|---|---|
| Catholic Charities Family Services | 521-4357 www.catholiccharitieshawaii.org |
| Child and Family Service | 681-3500 www.childandfamilyservice.org |
| Hawai'i Association for Marriage & Family Therapy | 371-3254 www.hamft.net |
| Jewish Community Services | 258-7121 www.jcs-hi.org |
| Crisis intervention for Jewish families | |
| Queen Liliuokalani Children's Center (Ho'oponopono) | 847-1302 www.qlcc.org |
| Counseling and Spiritual Care Center of Hawai'i | 545-2740 www.cscch.org |

MEDIATION SERVICES

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|---------------------------------|---|
| Mediation Center of the Pacific | 521-6767 www.mediatehawaii.org |
|---------------------------------|---|

MILITARY MENTAL HEALTH SERVICES

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|--|---|
| Adolescent Substance Abuse Counseling Service | 655-9944 www.asacs.org |
| Alcohol and Drug Abuse Prevention and Control Program, Schofield Barracks | 433-8700 |
| National Center for PTSD | 566-1546 www.va.gov/hawaii/nc-ptsd.htm |
| Society of Military Widows, Aloha Chapter | 947-5282 |
| Veterans Affairs Mental Health Clinic | 433-0660; 433-0600 |
| Veterans Day Treatment Program (Tripler) | 1-800-214-1406 www.va.gov/hawaii |
| Vet Center | 973-8387 |

POSTPARTUM DEPRESSION/ANXIETY

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|--|--|
| Postpartum Depression (PPD) Support HI | 392-7985 www.PPDsupportHI.org , www.postpartum.net , www.depressionafterdelivery.com |
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PROFESSIONAL ORGANIZATIONS

| | |
|--|---|
| 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 | 839-3070 |
| 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

| | |
|---|---|
| CARE Hawai`i, Inc. | 550-2900 www.carehawaii.com |
| Catholic Charities Family Services | 537-6321 www.catholiccharitieshawaii.org |
| Hina Mauka | 236-2600 www.hinamauka.org |
| Kahumana Residential Special Treatment Facility | 696-6699 |
| Mental Health Kokua | 737-2523 www.mentalhealthkokua.org |
| Poailani | 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 |
| Steps for Independence | 695-0444 |
| Wai`anae Mental Health Center (Hale Na`au Pono) | 696-4211 www.wccmch.org |

RESIDENTIAL TREATMENT PROGRAMS: CHILDREN AND TEENS

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|---|---|
| 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 |

RESPIRE SERVICES: FAMILIES, CHILDREN/YOUTH, AND ADULTS

| | |
|--|---|
| Mental Health Kokua Respite Coordinator on Oahu | 735-6423 www.mentalhealthkokua.org |
| Time-Out from parenting for families under stress (PACT) | 841-1027 www.pacthawaii.org |
| Hawai`i Family Services – Wai`anae | 696-3482 |
| Tutu Support Group | 696-3482 |

SUPPORT GROUPS: CONSUMERS

United Self-Help operates a “warm line” until 9 pm daily & offers the following Support Groups:

- Central Leeward Support Group 947-5558
- Compassionate Communication Support Group 947-5558; 227-7659
- Self-Esteem 947-5558
- Writers Group 947 5558
- Kailua Windward Oahu Group 947-5558
- Midwest Center for Anxiety and Depression Group 947-5558
- Schizophrenia and Schizoaffective Support Group 947-5558

Other Support Groups:

| | |
|---|---|
| Wahiawa “Hope Impact” Support Group | 621-4771 |
| Alcoholics Anonymous (AA) | 946-1438 www.oahucentraloffice.org |
| Alzheimer’s Association Aloha Chapter | 591-2771 www.alz.org/hawaii |
| Co-dependents Anonymous | 589-2632 www.codependents.org |
| Dual Recovery Anonymous (Community Care Services) | 845-7771 |
| Obsessive-Compulsive Disorder Support | 261-6987 |
| Sex and Love Addicts Anonymous | 926-0166 |
| Hawai`i Alcoholics Anonymous (AA) | 961-6133; 329-1212 www.hawaiiiaa.org |
| Al-Anon/Narc-Anon | 935-0971 |

Narcotics Anonymous (NA)

969-6644 www.na-hawaii.org

SUPPORT GROUPS: FAMILY

Alzheimer's Association

591-2771;1-800-272-3900 www.alz.org/hawaii

Diamond Head Family Support Groups

733-9260

Hawai'i Families As Allies (parents of children with behavioral disorders)

487-8785 www.hfaa.net

Hina Mauka

236-2600 www.hinamauka.org

Learning Disabilities Association of Hawai'i

536-9684 www.ldahawaii.org

Narcotics Anonymous

247-3191 www.nar-anon.org

NAMI- National Alliance on the Mentally Ill

591-1297 www.namihawaii.org

Helping Hands Hawai'i

536-7234 www.helpinghandshawaii.org

Windward MHC Family Support Group

233-3775

SEX ABUSE TREATMENT: OFFENDERS

Catholic Charities

537-6321 www.catholiccharitieshawaii.org

SEX ABUSE TREATMENT: VICTIMS

The Children's Justice Center

534-6700

Sex Abuse Treatment Center – 24 hr Hotline

535-7600; 524-7273 www.satchawaii.com

SLIDING SCALE FEE AGENCIES

Catholic Charities Family Services

537-6321 www.catholiccharitieshawaii.org

Child and Family Service

681-3500 www.childandfamilyservice.org

Counseling and Spiritual Care Center of Hawai'i

545-2740 www.cscch.org

SUICIDE PREVENTION

Access and Suicide Crisis Line

832-3100

HAWAI'I (BIG ISLAND)

ALCOHOL & DRUG SERVICES

Big Island Substance Abuse Council

935-4927 www.hawaiiunitedway.org/big-island-substance-abuse-cou.asp

ACCESS Capabilities

1-800-753-6879

Ku Aloha Ola Mau (DASH- Drug Addiction Services of Hawai'i)

961-6822 www.dashhawaii.org

Lokahi Treatment Center

883-0922

Wahiola Nona Opio (Marimed Foundation)

www.healingourisland.com/lokahitreatmentcenters.html

962-6610 www.marimed.org

ANGER MANAGEMENT SERVICES

Turning Point for Families

969-7798 www.hawaiiunitedway.org/turning-point-for-families.asp

Child and Family Service

935-2188 www.childandfamilyservice.org

BEREAVEMENT & GRIEF SUPPORT

Hawai'i Hospice of Hilo

969-1733 www.hospiceofhilo.org

BILINGUAL SERVICES

Bilingual Access Line (Helping Hands Hawai'i)

808-526-9724 (may call collect)

CHILD & ADOLESCENT SERVICES

Crisis Intervention – *24 Hour Hotline*

Baby SAFE (Substance Abuse Free Environment)

Big Island Substance Abuse Council

Child and Adolescent Mental Health Division (Department of Health)

Child and Family Service

Healthy Start

1-800-753-6879

961-5022 <http://hawaii.gov/health/family-child-health/mchb/programs/bs.html>

935-4927 www.hawaiiunitedway.org/big-island-substance-abuse-cou.asp

933-0753; 1-800-294-5282

www.hawaii.gov/health/mental-health/camhd/fgc/index

935-2188; 323-2664 www.childandfamilyservice.org

334-4105 www.fsswh.org

Family Guidance Centers

| | |
|--|---|
| ▪ Hilo | 933-0610 |
| ▪ Kona | 322-1541 |
| ▪ Waimea | 887-8100 |
| Family Intervention Services | 935-4411 www.salvationarmy.org |
| Family Support Services of West Hawai`i | 326-7778 www.fsswh.org |
| Hawai`i Behavioral Health, LLC | 935-6109 www.hibh.org |
| TIFFE- The Institute for Family Enrichment | 961-5166 www.tiffe.org |
| Kapiolani Health Hawai`i | 1-800-362-3585 |
| Queen Liliuokalani Children's Center | 935-9381; 329-7336 www.qlcc.org |
| SAVE -Sexual Assault Victim Empowerment | 935-0677 |
| SPIN- Special Parent Info Network | 974-4000 www.spinhawaii.org |
| Turning Point for Families | 322-7233 www.childandfamilyservice.org |
| SPIN- Special Parent Info Network | 1-800-468-4644 ext.68126 www.spinhawaii.org |
| Teen Line | 1-877-521-TEEN (8336) www.teenlinehawaii.org |
| The Parent Line | 1-800-816-1222 www.theparentline.org |

CLUBHOUSES/DAY TREATMENT

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|--|---|
| <i>Statewide Clubhouse/Psychosocial Rehabilitation Coordinator</i> | 721-0748 www.amhd.org |
| Hale O`luea Clubhouse | 974-4320 |
| Kona Paradise Club, West Hawai`i Mental Health Center | 322-4818 |

COMMUNITY HEALTH CENTERS

| | |
|--|---|
| Bay Clinic - Hilo | 969-1427 www.bayclinic.org |
| Bay Clinic - Kea`au | 930-0400 www.bayclinic.org |
| Bay Clinic - Ka`u Family Health Center | 929-7311 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.westhawaiiich.org |

COMMUNITY MENTAL HEALTH CENTERS (CMHC'S)

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|---------------------|----------|
| Hawai`i CMHC - Hilo | 974-4300 |
| Kona CMHC | 322-4818 |
| Naalehu CMHC | 929-7331 |
| Waimea CMHC | 775-8835 |
| Hawai`i Puna CMHC | 965-2240 |

CONSUMER ADVOCACY AGENCIES

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|---|--|
| Hawai`i Disability Rights Center East Hawai`i | 965-0152 |
| Hawai`i Disability Rights Center West Hawai`i | 325-5123 |
| Disability and Communications Access Board | 1-808-974-4000 ext.68121 www.hawaii.gov/health/dcab/home/ |

DOMESTIC VIOLENCE

| | |
|--|---|
| Child and Family Service | 935-2188 www.childandfamilyservice.org |
| 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 |

DUAL DIAGNOSIS

ELDER SERVICES

Statewide: State Long-Term Care Ombudsman
(Investigation of nursing home complaints)

For complete listing of all resources

Hawai`i Adult Protective Services
Area Office on Aging

Alzheimer's Association
Hawai`i County Executive Office on Aging

586-7268
www.hawaii.gov/health/eoa/LTCO.html
www.elderlyaffairs.com
933-8820 Hilo; 327-6280 Kona
Hilo: 961-8600 Kailua-Kona: 327-3597
http://www.co.hawaii.hi.us/directory/dir_aging.html
591-2771 www.alz.org/hawaii
974-4000 www.hawaii-ounty.com/directory/dir_aging.htm

HEALTH INSURANCE PROVIDERS

Hawai`i Quest/Medicaid

327-4970 www.med-uest.us/eligibility/index.html

HOMELESS SHELTERS & SERVICES

Care-A-Van (island wide)
Catholic Charities- Kawaihoe Transitional Housing

935-3050
882-7609 www.catholiccharitieshawaii.org

HOSPITALS & MEDICAL CENTERS

North Hawai`i Community Hospital
Hale Ho`ola Hamakua Critical Access Hospital
Hawai`i Health Systems Corp (has in-patient psychiatric unit)
Kaiser Permanente Hilo Clinic
Kohala Hospital
Kona Community Hospital (has in-patient psychiatric unit)

885-4444 www.northhawaiicommunityhospital.com
775-7211
733-4020 www.hhsc.org/
934-4000 www.kaiserpermanente.org
889-6211 www.koh.hhsc.org
322-9311 www.kch.hhsc.org

HOUSING INFORMATION/PROVIDERS

County Housing
Hawai`i Centers for Independent Living
State Housing

959-4642
935-3777 www.hawaii-cil.org
933-0474; 322-1915 www.hcdch.hawaii.gov

IMMIGRANT SERVICES

County Immigration Center

961-8220

JAIL & PRISON SERVICES

Hawai`i Community Corrections Center

Police Department- Non-Emergency Information

933-0428 www.hawaii.gov/psd/corrections/jails/hawaii-community-correctional-center
935-3311 www.hawaiipolice.com

JOB TRAINING & PLACEMENT

Brantley Center
State Vocational Rehab Division
Economic Opportunity Council

775-7245
323-0025
961-2681

LEGAL SERVICES

Hawai`i Disabilities Rights Center
Legal Aid Society & Seniors Program
Public Defender
Turning Point for Families/ Ke-Ala-Lokahi

965-0152; 325-5123
329-3910
974-4571; 323-7562 www.hawaii.gov/budget/pd
935-4747 www.hawaiiunitedway.org/turning-point-forfamilies.asp

Kuikahi Mediation Center
West Hawai`i Mediation Services

935-7844
885-5525; 326-2666

MILITARY MENTAL HEALTH SERVICES

Veterans Affairs Primary Care Clinic

935-3781; 329-0774 www.va.gov**RESIDENTIAL TREATMENT, SUPPORTIVE HOUSING, GROUP HOMES: ADULTS**

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**

Child and Family Service

935-2188 www.childandfamilyservice.org**SUPPORT GROUPS: CONSUMERS**

United Self-Help operates a “warm line” until 9 pm daily & offers the following Support Groups:

Toll Free 1-866-866-4357 www.unitedselfhelp.org

Alcoholics Anonymous (AA)

961-6133; 329-1212 www.hawaiiiaa.org

Al-Anon/Narc-Anon

935-0971

Helping Hands Hawai`i

934-9800 www.helpinghandshawaii.org

Narcotics Anonymous (NA)

969-6644 www.na-hawaii.org**SUPPORT GROUPS: FAMILY**

Hawai`i Families As Allies

1-866-361-8825 www.hfaa.net**SEX ABUSE TREATMENT: VICTIMS**

YWCA/Empowering Alternatives

935-0677 www.ywcahawaiiisland.org**KAUA`I****ALCOHOL & DRUG SERVICES**

Keala Pono Recovery Center

246-0663

Hina Mauka (adult outpatient clinic)

245-8883 www.hinamauka.org**ANGER MANAGEMENT SERVICES**

YWCA

245-5959 www.ywcakauai.org**BEREAVEMENT & GRIEF SUPPORT**

Life's Bridges (death of a loved one, including suicide)

651-6637

BILINGUAL SERVICES

Bilingual Access Line (Helping Hands Hawai`i)

808-526-9724 (may call collect)

CHILD & ADOLESCENT SERVICESACCESS 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 www.childandfamilyservice.org

Family Guidance Centers

274-3883

Hale `Opio Kaua`i, Inc.

245-2873

Hina Mauka

245-8333 www.hinamauka.org

Ke ala Pono

246-0663

Queen Liliuokalani Children's Center

245-1873 www.qlcc.org

SPIN- Special Parent Info Network

274-3141 ext.68126 www.spinhawaii.org

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|-----------------------------------|--|
| YWCA of Kaua`i | 245-5959 www.ywcakauai.org |
| SPIN- Special Parent Info Network | 1-800-468-4644 ext.68126 www.spinhawaii.org |
| Teen Line | 1-877-521-TEEN (8336) www.teenlinehawaii.org |
| The Parent Line | 1-800-816-1222 www.theparentline.org |

CLUBHOUSES/DAY TREATMENT

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|--|---|
| <i>Statewide Clubhouse/Psychosocial Rehabilitation Coordinator</i> | 721-0748 www.amhd.org |
| Friendship House | 821-4480 www.pixi.com/~friends/index.htm |

COMMUNITY HEALTH CENTERS

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|--------------------------------|----------|
| Kaua`i Community Health Center | 338-1855 |
|--------------------------------|----------|

COMMUNITY MENTAL HEALTH CENTERS

| | |
|-------------|----------|
| Kaua`i CMHC | 241-3130 |
|-------------|----------|

CONSUMER ADVOCACY AGENCIES

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|--|--|
| Disability and Communications Access Board | 274-3141 ext. 68121 www.hawaii.gov/health/dcab/home/ |
| 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 |
| Mental Health Clinic | 274-3190 |

DOMESTIC VIOLENCE

| | |
|---|---|
| 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 |

DUAL DIAGNOSIS

| | |
|------------|---|
| Hina Mauka | 231-2600 www.hinamauka.org |
|------------|---|

ELDER SERVICES

| | |
|---|--|
| Statewide: State Long-Term Care Ombudsman (Investigation of nursing home complaints) | 586-7268 www.hawaii.gov/health/eoa/LTCO.html |
| For complete listing of all resources | www.elderlyaffairs.com |
| Adult Protective Services | 241-3432 |
| Kaua`i Agency on Elderly Affairs | 241-4470 www.kauai.gov/elderly |

HEALTH INSURANCE PROVIDERS

| | |
|------|---|
| HMSA | 245-3393 www.hmsa.com |
|------|---|

HOMELESS SHELTERS & SERVICES

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|-------------------------|----------|
| Wilcox Adult Day Health | 246-6919 |
|-------------------------|----------|

HOSPITALS & MEDICAL CENTERS

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|---|---|
| Hawai`i Health Systems Corp (has in-patient psychiatric unit) | 733-4020 www.hhsc.org/ |
| Kaua`i Medical Clinic | 245-1500 www.wilcoxhealth.org |
| Kaua`i Veterans Memorial Hospital | 338-9431 www.kvmh.hhsc.org |
| Samuel Mahelona Memorial Hospital | 822-4961 www.smmh.hhsc.org |
| Wilcox Memorial Hospital | 245-1100 www.wilcoxhealth.org |

JOB TRAINING & PLACEMENT

| | |
|---------------------------------|----------|
| State Vocational Rehab Division | 274-3333 |
|---------------------------------|----------|

LEGAL SERVICES

Disabilities Rights Center 1-800-882-1057

MARRIAGE & FAMILY SERVICES

Child and Family Service 245-5914 www.childandfamilyservice.org

MILITARY MENTAL HEALTH SERVICES

Vets Center 246-1163

Veterans Clinic 246-0497

RESIDENTIAL TREATMENT PROGRAMS: CHILDREN AND TEENS

Hale Opio 245-2873 www.haleopio.org

SUPPORT GROUPS: CONSUMERS

United Self-Help operates a “warm line” until 9 pm daily & offers the following Support Groups: Toll Free 1-866-866-4357 www.unitedselfhelp.org

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

SUPPORT GROUPS: FAMILY

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

SEX ABUSE TREATMENT: OFFENDERS

Sex Assault Treatment Program 245-4144

The Children’s Justice Center 327-4985

SLIDING SCALE FEE AGENCIES

Child and Family Service 245-5914 www.childandfamilyservice.org

MAUI & MOLOKAI**ALCOHOL & DRUG SERVICES**

Aloha House 579-9584 www.marimed.org

Prevention Resource Center (Coalition for Drug Free Hawai`i) 1-800-845-1946 www.drugfreehawaii.org

Moloka`i:

Ka Hale Pomaka`i Recovery Center (AA & NA) 558-8480

Hale Ho`okopa`a 553-3231

ANGER MANAGEMENT SERVICES

Child and Family Service 877-6888; www.childandfamilyservice.org

Sex Assault Hotline 1-800-873-8624

PACT- Parents and Children Together 244-2330 www.pacthawaii.org

Moloka`i Child Welfare Services 553-1700

www.hawaii.gov/dhs/protection/social_services/child_welfare/

BILINGUAL SERVICES

Bilingual Access Line (Helping Hands Hawai`i) 808-526-9724 (may call collect)

CASE MANAGEMENT PROVIDERS

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

CHILD & ADOLESCENT SERVICES

| | |
|---|--|
| ACCESS Suicide Prevention/Crisis Line Crisis Intervention – <i>24 Hour Hotline</i> | 1-800-753-6879 |
| Aloha House | 579-9584 www.aloha-house.org |
| Baby SAFE (Substance Abuse Free Environment) | 961-5022 http://hawaii.gov/health/family-child-health/mchb/programs/bs.html |
| Castle Medical Center | 263-5500 www.castlemed.com |
| 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 |
| Family Guidance Centers | |
| ▪ Lahaina | 662-4045 |
| ▪ Hana | 248-8927 |
| Malama Family Recovery Center | 877-7117 www.aloha-house.org |
| Maui Youth and Family Services | 579-8414; 579-8406 (24-hour hotline) www.myfs.org |
| Queen Liliuokalani Children's Center | 242-8888 www.qlcc.org |
| The Maui Farm | 579-8271 www.mauifarm.org |
| Healthy Start (<i>Moloka'i</i>) | 553-8114 www.mfss.org/mhs.htm |
| Child Protection Services (CPS) -Hawai'i State Dept. of Human Services | 553-1703 www.hawaii.gov/dhs |
| Family Support Services | 553-3276 |
| Queen Liliuokalani Children's Center | 553-5369 www.qlcc.org |
| SPIN- Special Parent Info Network | 1-800-468-4644 ext.68126 www.spinhawaii.org |
| Teen Line | 1-877-521-TEEN (8336) www.teenlinehawaii.org |
| The Parent Line | 1-800-816-1222 www.theparentline.org |

CLUBHOUSES/DAY TREATMENT

| | |
|--|---|
| <i>Statewide Clubhouse/Psychosocial Rehabilitation Coordinator</i> | 721-0748 www.amhd.org |
| Hale O Lanakila | 984-2156 |
| Moloka'i Clubhouse | 553-5874 molokaiclubhouse@yahoo.com |
| Drop-In Center | 553-3691 |

COMMUNITY HEALTH CENTERS

| | |
|----------------------------------|---|
| Community Clinic of Maui | 871-7772 |
| Hana Community Health Center | 248-8294 www.hanahealth.org |
| Moloka'i Community Health Center | 553-5038 |

COMMUNITY MENTAL HEALTH CENTERS (CMHC'S)

| | |
|---------------|----------|
| Maui CMHC | 984-2150 |
| Moloka'i CMHC | 553-3691 |

CONSUMER ADVOCACY AGENCIES

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|--|--|
| Disability and Communications Access Board | 984-2400 ext.68121 www.hawaii.gov/health/dcab/home/ |
| Disability Rights Center | 876-0529; 1-877-712-7575 |
| Legal Aid Society of Hawai'i | 242-0724 www.legalaidhawaii.org |
| Hawai'i Centers For Independent Living | 242-4966 www.hawaii-cil.org |
| Mental Health Association Of Maui County | 242-6461 |
| Disability Rights Center | 1-800-882-1057 |
| Disability and Communication Access Board | 1-800-468-4644 ext. 68121 |
| United Self-Help | www.hawaii.gov/health/dcab/home/ 1-866-866-4357 (HELP) www.unitedselfhelp.org |

DOMESTIC VIOLENCE

Child and Family Service
PACT Family Peace Center
Shelter and Crisis Line for Family Violence
Moloka`i Child and Family Service

877-6888 www.childandfamilyservice.org
244-2330 www.pacthawaii.org
579-9581; 245-8404; 245-6362 www.whwmaui.net
567-6100 www.childandfamilyservice.org

DUAL DIAGNOSIS

Aloha House

871-1314 www.aloha-house.org

ELDER SERVICES

Statewide: State Long-Term Care Ombudsman
(Investigation of nursing home complaints)

For complete listing of all resources

Adult Protective Services
SMP – protecting from financial fraud
Maui County Office on Aging
SMP – protecting from financial fraud
Molokai County Offices on Elderly/Aging

586-7268
www.hawaii.gov/health/eoa/LTCO.html
www.elderlyaffairs.com
243-5151
1-800-296-9422
270-7774, 270-7755 www.co.maui.hi.us/index.asp?nid=255
1-800-296-9422
553-5241

HEALTH INSURANCE PROVIDERS

Maui Kaiser Permanente

246-3448 www.kaiserpermanente.org

HOMELESS SHELTERS & SERVICES

Maui Ka Hale Ake Ola
Salvation Army

242-7600
877-3042

HOSPITALS & MEDICAL CENTERS

Maui Hana Medical Center
Hawai`i Health Systems Corp (has in-patient psychiatric unit)
Kaiser Permanente Wailuku Clinic
Kula Hospital
Maui Memorial Medical Center (has in-patient psychiatric units for adults & adolescents)
Moloka`i General Hospital
Napuuwai Native Hawaiian Health Care
Moloka`i Family Support Services
Moloka`i Family Planning Project

248-8294 www.hanahealth.org
733-4020 www.hhsc.org/
243-6000 www.kaiserpermanente.org
878-1221 www.kula.hhsc.org
244-9056 www.mmmc.hhsc.org
553-5331
553-3653 www.napuuwai.com
553-3276
553-3145

HOUSING INFORMATION/PROVIDERS

County of Maui
Lokahi Pacific
Maui Centers for Independent Living
Moloka`i Hale Mahaolu

270-7805 www.co.maui.hi.us
242-5761 www.lokahipacific.org
242-4966 www.hawaii-cil.org
872-4100 www.halemahaolu.org

IMMIGRANT SERVICES

Maui Immigrant Services

1-800-375-5283 www.uscis.gov

JAIL & PRISON SERVICES

Maui Police Department
Moloka`i Police Department

244-6400 www.mauicounty.gov
553-5355

JOB TRAINING & PLACEMENT

Maui State Vocational Rehab Division 984-8350
Moloka`i State Vocational Rehab Division 553-3621
Moloka`i Occupational Center 553-3266

LEGAL SERVICES

Maui Disabilities Rights Center 876-0529
Legal Aid Society 244-3731
Disabilities Rights Center 1-800-882-1057

MARRIAGE & FAMILY SERVICES

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

MEDIATION SERVICES

Maui Mediation Center of Maui 244-5744 www.mauimmediation.org
Mediation Center of Moloka`i 553-3844

MILITARY MENTAL HEALTH SERVICES

Maui Community-Based Outpatient Clinic 871-2454
Maui Vet Center 242-8557

RESIDENTIAL TREATMENT, SUPPORTIVE HOUSING, GROUP HOMES: ADULTS

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

RESIDENTIAL TREATMENT PROGRAMS: CHILDREN AND TEENS

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

SUPPORT GROUPS: CONSUMERS

United Self-Help operates a "warm line" until 9 pm daily & offers the following Support Groups: Toll Free 1-866-866-4357 www.unitedselfhelp.org
Maui Al-Anon 242-0296 www.afghawaii.org
Alcoholics Anonymous (AA) 244-9673 www.hawaiiiaa.org
Narcotics Anonymous (NA) 242-6404 www.na-hawaii.org
Toll Free United Self-Help-Warm Line 1-866-866-4357 www.unitedselfhelp.org

SUPPORT GROUPS: FAMILY

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

SEX ABUSE TREATMENT: OFFENDERS

Maui Child and Family Service 877-6888 www.childandfamilyservice.org
Sex Assault Crisis Line 242-4335
The Children's Justice Center 243-8684
Moloka`i Sex Assault Crisis Line 1-866-553-5997

LANA`I

ALCOHOL & DRUG SERVICES

Aloha House 565-9566 www.aloha-house.org

BILINGUAL SERVICES

Bilingual Access Line (Helping Hands Hawai'i) 808-526-9724 (may call collect)

CHILD & ADOLESCENT SERVICES

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

Lana'i Aloha House 565-9566 www.aloha-house.org

Family Guidance Centers 565-7915

Lana'i Youth Center 565-7675

SPIN - Special Parent Info Network 1-800-468-4644 ext.68126 www.spinhawaii.org

Teen Line 1-877-521-TEEN (8336) www.teenlinehawaii.org

The Parent Line 1-800-816-1222 www.theparentline.org

COMMUNITY HEALTH CENTERS

Community Clinic of Maui 871-7772

Hana Community Health Center 248-8294 www.hanahealth.org

COMMUNITY HEALTH CENTERS

Lana'i Straub Clinic 565-6423 www.straubhealth.org

COMMUNITY MENTAL HEALTH CENTERS (CMHC'S)

Lana'i CMHC 565-6189

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

CONSUMER ADVOCACY AGENCIES

Disability Rights Center 1-800-882-1057

Disability and Communication Access Board 1-800-468-4644 ext. 68121

www.hawaii.gov/health/dcab/home/

United Self-Help 1-866-866-4357 (HELP) www.unitedselfhelp.org

ELDER SERVICES

Statewide: State Long-Term Care Ombudsman 586-7268

(Investigation of nursing home complaints) www.hawaii.gov/health/eoa/LTCO.html

For complete listing of all resources www.elderlyaffairs.com

Lana'i Senior Citizens Center 565-6282

Lana'i County Offices on Elderly/Aging 565-7114

HOSPITALS & MEDICAL CENTERS

Lana'i Hospital 565-6411 www.lch.hhsc.org

HOUSING INFORMATION/PROVIDERS

Lana'i Castle & Cooke Housing 565-3975 www.castlecookehawaii.com

JAIL & PRISON SERVICES

Lana'i Police Department 565-6428

LEGAL SERVICES

Lana'i Legal Aid Society 565-6089

Disabilities Rights Center 1-800-882-1057

SEX ABUSE TREATMENT: VICTIMS

Lana`i Sex Assault Crisis Line

1-866-443-5702

SUPPORT GROUPS: CONSUMERS

United Self-Help-Warm Line

1-866-866-4357 www.unitedselfhelp.org

SUPPORT GROUPS: FAMILY

Hawai`i Families As Allies

1-866-361-8825 www.hfaa.net

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 | 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 Hawai`i, 521-1846 (Oahu). If you are severely depressed and would like immediate assistance, please call the ACCESS crisis line, 832-3100 (Oahu) 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 information, contact Dr. Spitzer at rls8@columbia.edu. Copyright ©1999 Pfizer Inc. All rights reserved. PRIME MD TODAY is a trademark of Pfizer Inc

Help Improve Finding HELP: If you have new agencies/phone numbers, corrections or suggestions to improve this list, please contact Mental Health America of Hawai`i, 1124 Fort Street Mall, Suite 205, Honolulu, HI 96813; phone: 808-521-1846; fax: 808-533-6995; email: info@mentalhealth-hi.org; website: www.mentalhealth-hi.org. Mahalo!