FINDING HELP:
A HUMAN SERVICES DIRECTORY
FOR THE STATE OF HAWAI`I

Mental Health America of Hawai`i

Helping Hawai`i Live Life Well

Mental Health America of Hawai`i
Website: www.mentalhealth-hi.org
1124 Fort Street Mall, Suite #205 • Honolulu, Hawai`i 96813
(Wheelchair Accessible/Elevator entrance: 67 So. Pauahi, off Bethel)
Ph: (808) 521-1846 • Fax: (808) 533-6995 • E-mail: info@mentalhealth-hi.org
Mental Health America of Hawai`i - Maui County Branch
95 Mahalani Street, Suite #5 • Wailuku, HI 96793
Ph: (808) 242-6461 • Fax: (808) 242-1887 • E-mail: info@mauimentalhealth.org
Mental Health America of Hawai`i

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

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

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

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

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

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

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

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

April 2014
# Table of Contents

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

**O`AHU**

<table>
<thead>
<tr>
<th>Service</th>
<th>Phone</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>Al-Anon Family Groups Hawaii</td>
<td>546-5647</td>
<td><a href="http://www.al-anon.alateen.org/al-anon-in-hawaii">www.al-anon.alateen.org/al-anon-in-hawaii</a></td>
</tr>
<tr>
<td>Alcohol &amp; Drug Abuse Division (State Dept. of Health)</td>
<td>692-7517</td>
<td><a href="http://www.hawaii.gov/health">www.hawaii.gov/health</a></td>
</tr>
<tr>
<td>Alcoholics Anonymous Oahu Intergroup</td>
<td>946-1438</td>
<td><a href="http://www.oahucentraloffice.com">www.oahucentraloffice.com</a></td>
</tr>
<tr>
<td>Coalition for a Drug-Free Hawaii</td>
<td>545-3228;</td>
<td><a href="http://www.drugfreehawaii.org">www.drugfreehawaii.org</a></td>
</tr>
<tr>
<td></td>
<td>1-800-845-1946</td>
<td></td>
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<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</td>
<td>236-2600;</td>
<td><a href="http://www.hinamauka.org">www.hinamauka.org</a></td>
</tr>
<tr>
<td></td>
<td>1-888-446-2628</td>
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<tr>
<td>Hina Mauka Teen C.A.R.E.</td>
<td>236-2600 ext. #3, #2</td>
<td><a href="http://www.hinamauka.org">www.hinamauka.org</a></td>
</tr>
<tr>
<td>The Institute for Human Services</td>
<td>447-2800</td>
<td><a href="http://www.ihshawaii.org">www.ihshawaii.org</a></td>
</tr>
<tr>
<td>Ku Aloha Ola Mau</td>
<td>538-0704</td>
<td><a href="http://www.kualoha.org">www.kualoha.org</a></td>
</tr>
<tr>
<td>Narconon Hawaii</td>
<td>550-0005</td>
<td><a href="http://www.narcononhawaii.org">www.narcononhawaii.org</a></td>
</tr>
<tr>
<td>Narcotics Anonymous (NA) Hawai`i</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><a href="http://www.waikikihc.org/pathclinic">www.waikikihc.org/pathclinic</a></td>
</tr>
<tr>
<td>Queen’s Day Treatment Services</td>
<td>691-4157</td>
<td><a href="http://www.queensmedicalcenter.net/services/1">www.queensmedicalcenter.net/services/1</a> 20-day-treatment-services</td>
</tr>
<tr>
<td>Sand Island Treatment Center (Kline-Welsh)</td>
<td>841-2319</td>
<td><a href="http://www.sandisland.com">www.sandisland.com</a></td>
</tr>
<tr>
<td>Wai`anae Coast Community Mental Health Center</td>
<td>696-4211</td>
<td><a href="http://www.wccmhc.org">www.wccmhc.org</a></td>
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<tr>
<td><strong>KAUA`I</strong></td>
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<tr>
<td>Al-Anon Family Groups Hawaii</td>
<td>651-8399</td>
<td><a href="http://www.al-anon.alateen.org/al-anon-in-hawaii">www.al-anon.alateen.org/al-anon-in-hawaii</a></td>
</tr>
<tr>
<td>Alcoholics Anonymous on Kauai</td>
<td>245-6677</td>
<td><a href="http://www.kauiaa.org">www.kauiaa.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) Hawai`i</td>
<td>212-0114</td>
<td><a href="http://www.na-hawaii.org">www.na-hawaii.org</a></td>
</tr>
<tr>
<td><strong>HAWAI`I</strong></td>
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</tr>
<tr>
<td>ACCESS Capabilities, Inc.</td>
<td>334-0979; 965-1198</td>
<td><a href="http://www.accesscapabilitiesinc.com">www.accesscapabilitiesinc.com</a></td>
</tr>
<tr>
<td>Al-Anon Family Groups Hawaii</td>
<td>935-0971</td>
<td><a href="http://www.al-anon.alateen.org/al-anon-in-hawaii">www.al-anon.alateen.org/al-anon-in-hawaii</a></td>
</tr>
<tr>
<td>Big Island Substance Abuse Council</td>
<td>969-9994</td>
<td><a href="http://www.hawaiiunitedway.org/big-island-substance-abuse-cou.asp">www.hawaiiunitedway.org/big-island-substance-abuse-cou.asp</a></td>
</tr>
<tr>
<td>East Hawaii Intergroup of Alcoholics Anonymous (AA)</td>
<td>961-6133</td>
<td><a href="http://www.hawaii">www.hawaii</a> aa.org</td>
</tr>
<tr>
<td>Ku Aloha Ola Mau - Hilo</td>
<td>961-6822</td>
<td><a href="http://www.kualoha.org/hilo.html">www.kualoha.org/hilo.html</a></td>
</tr>
<tr>
<td>Ku Aloha Ola Mau - Puna</td>
<td>982-9555</td>
<td><a href="http://www.kualoha.org/puna.html">www.kualoha.org/puna.html</a></td>
</tr>
<tr>
<td>Lokahi Treatment Centers</td>
<td></td>
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</tr>
<tr>
<td>Waikoloa Office</td>
<td>883-0922</td>
<td><a href="http://www.lokahitreatmentcenters.net">www.lokahitreatmentcenters.net</a></td>
</tr>
<tr>
<td>Honoka`a Office</td>
<td>775-7707</td>
<td></td>
</tr>
<tr>
<td>Hilo Office</td>
<td>969-9292</td>
<td></td>
</tr>
</tbody>
</table>
Kona Office
331-1175
Kohala Office
889-5099
Narcotics Anonymous (NA) Hawai‘i
769-6016 www.na-hawaii.org
West Hawaii Alcoholics Anonymous
329-1212 www.westhawaiiaa.org

MAUI/MOLOKA‘I
Al-Anon Family Groups Hawaii
242-0296 www.al-anon.alateen.org/al-anon-in-hawaii
Alcoholics Anonymous on Maui
244-9673 www.aamaui.org
Aloha House, Inc.
442-6588 www.aloha-house.org
Hale Ho‘okupa‘a
553-3231
Ka Hale Poma‘ka‘i
558-8480 www.kahapeomaikai.org
Narcotics Anonymous (NA) Hawai‘i
214-1239 www.na-hawaii.org
Prevention Resource Center (Coalition for a Drug Free Hawai‘i)
1-800-845-1946 x34 www.drugfreehawaii.org

LĀNA‘I
Aloha House, Inc.
565-9566 www.aloha-house.org

Anger Management Services

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

KAUAI
YWCA
245-5959 www.ywcakauai.org

HAWAI‘I
Child and Family Service
935-2188; 323-2664 www.childandfamilyservice.org
Turning Point for Families
935-7798; 323-2664 www.childandfamilyservice.org

MAUI/MOLOKA‘I
Child and Family Service
877-6888;567-6100 www.childandfamilyservice.org
PACT- Parents and Children Together
244-2330 www.pacthawaii.org
Sexual Assault Support Service, 24 hour crisis hotline
873-8624;877-9888 www.childandfamilyservice.org

Bereavement & Grief Support

O‘AHU
American Cancer Society
595-7544 www.cancer.org
Bristol Hospice Hawaii, LLC 536-8012 www.bristolhospice.com
Castle Medical Center – Bereavement Support Group 263-5343 www.castlemed.org
The Compassionate Friends 792-0204 www.compassionatefriendshonolulu.org
Counseling and Spiritual Care Center of Hawai`i 545-2740 www.cscch.org
Grief Share 532-1111 www.griefshare.org
HOPING( Helping Other Parents in Normal Grieving) 432-2260 www.safesleephawaii.org
Hospice Hawai`i 924-9255 www.hospicehawaii.org
Kids Hurt Too 545-5683 www.grievingyouth.org/wordpress/
Kokua Mau 585-9977 www.kokuamau.org
Legacy of Life Hawai`i (Organ Procurement Agency), Bereavement Support to Families 599-7630; 1-877-855-0603
POMC - Parents Of Murdered Children, Inc. 236-2242
Reid Richards Foundation “Napuaokamakaola” 220-3491 www.reidrichardsfoundation.com
St. Francis Hospice 595-7566 www.stfrancishawaii.org/services/hospice

KAUA`I
Prevent Suicide Kauai 651-6637 www.preventsuicidekauai.org

HAWAI`I
The Compassionate Friends – East Hawaii Chapter 937-7523; 896-3610 www.compassionatefriendshonolulu.org
Hospice of Hilo 969-1733 www.hospiceofhilo.org

Bilingual Services

O`AHU
Bilingual Access Line (Helping Hands Hawai`i) 526-9724 www.helpinghandshawaii.org/bilingual_access_line

KAUA`I
Bilingual Access Line (Helping Hands Hawai`i) 526-9724 www.helpinghandshawaii.org/bilingual_access_line

HAWAI`I
Bilingual Access Line (Helping Hands Hawai`i) 526-9724 www.helpinghandshawaii.org/bilingual_access_line

MAUI/MOLOKA`I
Bilingual Access Line (Helping Hands Hawai`i) 526-9724 www.helpinghandshawaii.org/bilingual_access_line

LĀNA`I
Bilingual Access Line (Helping Hands Hawai`i) 526-9724 www.helpinghandshawaii.org/bilingual_access_line

Brain Injury / Stroke

O`AHU
After Brain Injury or Stroke 778-1869 Call for pamphlet ($7.00)
Brain Injury Association of Hawaii 436-8977  www.biausa.org/Hawaii

**Case Management Providers**

**O`AHU**

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

**MAUI/MOLOKA`I**

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

**Child & Adolescent Services**

**O`AHU**

ACCESS and Crisis/Suicide Line 832-3100; 1-800-753-6879  www.health.hawaii.gov/amhd/consumer/access/
Alaka`i Na Keiki 523-5990; 523-7771  www.alakainakeiki.com
Autism Society of Hawaii 393-5785  www.autismhhi.org
Benchmark Behavioral Health 454-1411
Bobby Benson Center 293-7555; 877-393-7555  www.bobbybenson.org
Catholic Charities Hawai`i 521-4357  www.catholiccharitieshawaii.org
Center for Cognitive Behavior Therapy 956-9559  www2.hawaii.edu/~cmueller/about.html
Child and Adolescent Mental Health Division 733-9333  www.health.hawaii.gov/camhd/
(State Department of Health)
Child and Family Service 681-3500  www.childandfamilyservice.org
To Report Child Abuse or Neglect
Family Guidance Centers
Central Oahu 453-5900
Family Court Liaison Branch 269-9926  www.health.hawaii.gov/camhd/
Honolulu
Kaneohe
Leeward Oahu
Hale Kipa, Inc.
Hawaii Families As Allies
HCAP Youth Services
Hina Mauka Teen Care
Ku Aloha Ola Mau
Marimed Foundation
New Horizons Counseling
The Parent Line
PACT- Parents and Children Together
P.A.R.E.N.T.S. Inc.
PATCH- People Attentive to Children
Pono Youth Program
Queen Lili`uokalani Children’s Center Honolulu
    Kaneohe
    Waianae
    Waimanalo
    Windward
Queens Medical Center- Behavioral Health
Salvation Army - Family Treatment Services
SPIN- Special Parent Info Network
TIFFE- The Institute for Family Enrichment, LLC
Wai`anae Coast CMHC (Hale Na`au Pono)

KAUA`I
ACCESS & Crisis/Suicide Line
Child and Adolescent Mental Health Division
(State Department of Health)
Child and Family Service
Family Guidance Center
Child Welfare Services - Hawai`i State DHS
To Report Child Abuse or Neglect
Hale `Opio Kaua`i, Inc.
Ke Ala Pono/McKenna Recovery Center
The Parent Line
PATCH- People Attentive to Children

Honolulu
Kaneohe
Leeward Oahu
Hale Kipa, Inc.
Hawaii Families As Allies
HCAP Youth Services
Hina Mauka Teen Care
Ku Aloha Ola Mau
Marimed Foundation
New Horizons Counseling
The Parent Line
PACT- Parents and Children Together
P.A.R.E.N.T.S. Inc.
PATCH- People Attentive to Children
Pono Youth Program
Queen Lili`uokalani Children’s Center Honolulu
    Kaneohe
    Waianae
    Waimanalo
    Windward
Queens Medical Center- Behavioral Health
Salvation Army - Family Treatment Services
SPIN- Special Parent Info Network
TIFFE- The Institute for Family Enrichment, LLC
Wai`anae Coast CMHC (Hale Na`au Pono)

KAUA`I
ACCESS & Crisis/Suicide Line
Child and Adolescent Mental Health Division
(State Department of Health)
Child and Family Service
Family Guidance Center
Child Welfare Services - Hawai`i State DHS
To Report Child Abuse or Neglect
Hale `Opio Kaua`i, Inc.
Ke Ala Pono/McKenna Recovery Center
The Parent Line
PATCH- People Attentive to Children
<table>
<thead>
<tr>
<th>Services</th>
<th>Contacts</th>
<th>Websites</th>
</tr>
</thead>
<tbody>
<tr>
<td>Queen Liliʻuokalani Children’s Center</td>
<td>245-1873</td>
<td><a href="http://www.qlcc.org/units.htm">www.qlcc.org/units.htm</a></td>
</tr>
<tr>
<td>SPIN- Special Parent Info Network</td>
<td>274-3141 ext.6-8126</td>
<td><a href="http://www.spinhawaii.org">www.spinhawaii.org</a></td>
</tr>
<tr>
<td>YWCA of Kaauʻi</td>
<td>245-5959</td>
<td><a href="http://www.ywcakauai.org">www.ywcakauai.org</a></td>
</tr>
<tr>
<td><strong>HAWAIʻI</strong></td>
<td></td>
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</tr>
<tr>
<td>ACCESS &amp; Crisis/Suicide Line</td>
<td>1-800-753-6879</td>
<td><a href="http://www.health.hawaii.gov/amhd/consumer/access/">www.health.hawaii.gov/amhd/consumer/access/</a></td>
</tr>
<tr>
<td>Big Island Substance Abuse Council</td>
<td>935-4927</td>
<td><a href="http://www.hawaiiunitedway.org/big-island-substance-abuse-cou.asp">www.hawaiiunitedway.org/big-island-substance-abuse-cou.asp</a></td>
</tr>
<tr>
<td>Child and Adolescent Mental Health Division</td>
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<td></td>
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<tr>
<td>(State Dept. of Health)</td>
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<td></td>
</tr>
<tr>
<td>Child and Family Service</td>
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</tr>
<tr>
<td>Hilo</td>
<td>974-6006</td>
<td><a href="http://www.childandfamilyservice.org">www.childandfamilyservice.org</a></td>
</tr>
<tr>
<td>Kona</td>
<td>322-4880</td>
<td></td>
</tr>
<tr>
<td>Waimea</td>
<td>887-8114</td>
<td></td>
</tr>
<tr>
<td>Child and Family Service Shelter –West Hawaii</td>
<td>322-7233</td>
<td><a href="http://www.childandfamilyservice.org">www.childandfamilyservice.org</a></td>
</tr>
<tr>
<td>To Report Child Abuse or Neglect</td>
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<td></td>
</tr>
<tr>
<td>Family Guidance Centers</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Kona</td>
<td>322-1541</td>
<td></td>
</tr>
<tr>
<td>Waimea</td>
<td>887-8100</td>
<td></td>
</tr>
<tr>
<td>Family Support Hawaii</td>
<td>326-7778</td>
<td><a href="http://www.familysupporthawaii.org">www.familysupporthawaii.org</a></td>
</tr>
<tr>
<td>Hawaii Behavioral Health</td>
<td>935-7949</td>
<td><a href="http://www.hibh.org">www.hibh.org</a></td>
</tr>
<tr>
<td>Neighborhood Place of Kona</td>
<td>331-8777</td>
<td></td>
</tr>
<tr>
<td>Neighborhood Place of Puna</td>
<td>965-5550</td>
<td></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>P.A.R.E.N.T.S. Inc. (Hilo)</td>
<td>934-9552</td>
<td><a href="http://www.hawaiiparents.org">www.hawaiiparents.org</a></td>
</tr>
<tr>
<td>PATCH- People Attentive to Children</td>
<td></td>
<td><a href="http://www.patchhawaii.org">www.patchhawaii.org</a></td>
</tr>
<tr>
<td>Hilo</td>
<td>961-3169</td>
<td></td>
</tr>
<tr>
<td>Kona</td>
<td>322-3500</td>
<td></td>
</tr>
<tr>
<td>Queen Liliʻuokalani Children’s Center</td>
<td></td>
<td><a href="http://www.qlcc.org">www.qlcc.org</a></td>
</tr>
<tr>
<td>Hilo</td>
<td>935-9381</td>
<td></td>
</tr>
<tr>
<td>Kona</td>
<td>329-7336</td>
<td></td>
</tr>
<tr>
<td>Kona Beach</td>
<td>329-0503</td>
<td></td>
</tr>
<tr>
<td>The Salvation Army Family Intervention Services</td>
<td></td>
<td><a href="http://www1.usw.salvationarmy.org/usw">www1.usw.salvationarmy.org/usw</a></td>
</tr>
<tr>
<td>Hilo</td>
<td>959-5855</td>
<td></td>
</tr>
<tr>
<td>Kona</td>
<td>323-8174</td>
<td></td>
</tr>
<tr>
<td>Sex Assault Support Services &amp; Crisis Line</td>
<td>935-0677</td>
<td><a href="http://www.ywcahawaiiisland.org">www.ywcahawaiiisland.org</a></td>
</tr>
<tr>
<td>SPIN – Special Parent Information Network</td>
<td>974-4000 ext6-8126</td>
<td><a href="http://www.spinhawaii.org">www.spinhawaii.org</a></td>
</tr>
</tbody>
</table>
TIFFE – The Institute for Family Enrichment, LLC
Hilo 961-5166  www.tiffe.org
Kona 323-3305

MAUI/MOLOKA`I

ACCESS & Crisis/Suicide Line 1-800-753-6879 www.health.hawaii.gov/amhd/consumer/access/

Aloha House 249-2121 www.aloha-house.org
Child and Adolescent Mental Health Division 984-8200 www.health.hawaii.gov/maui/
(State Department of Health)
Child and Family Service
  Maui 877-6888
  Moloka`i 567-6100
To Report Child Abuse or Neglect
Children’s Justice Center 244-7926

Family Guidance Centers
  Wailuku 243-1252
  Lahaina 662-4045
  Molokai 553-5067
The Maui Farm 579-8271 www.mauifarm.org
Maui Youth & Family Services 579-8414 www.myfs.org
Maui Youth & Family Services – Adolescent Shelter Hotline 579-8406 ext. 1 www.myfs.org

Molokai Community Health Center-Wellness Dept. 553-3276 www.molokaichc.org
Moloka`i Healthy Start 553-8114 www.mfss.org/?page_id=9
Neighborhood Place of Wailuku 986-0700
The Parent Line 1-800-816-1222 www.theparentline.org

PATCH- People Attentive to Children
  Maui 242-9232
  Molokai 498-4145

Queen Lili`uokalani Children’s Center
  Wailuku 242-8888
  Hana 248-7218
  Molokai 553-5369 www.qlcc.org

LĀNA`I

ACCESS & Crisis/Suicide Line 1-800-753-6879 www.health.hawaii.gov/amhd/consumer/access/

To Report Child Abuse or Neglect
Family Guidance Center 565-7915 www.health.hawaii.gov/camhd/
Lāna`i Aloha House 565-9566 www.aloha-house.org
<table>
<thead>
<tr>
<th><strong>Clubhouses/Day Treatment</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>O`AHU</strong></td>
</tr>
<tr>
<td>Diamond Head Clubhouse</td>
</tr>
<tr>
<td>Hale O Honolulu Clubhouse</td>
</tr>
<tr>
<td>Hui Hana Pono Clubhouse (Wai`anae)</td>
</tr>
<tr>
<td>Ko`olau Clubhouse</td>
</tr>
<tr>
<td>Makaha Clubhouse (Kauhale Lahilahi)</td>
</tr>
<tr>
<td>Queen’s Day Treatment Services</td>
</tr>
<tr>
<td>Statewide Clubhouse Coordinator</td>
</tr>
<tr>
<td>Hale Na<code>au Pono - The Wai</code>anae Coast Community Mental Health Center, Inc.</td>
</tr>
<tr>
<td>Waipahu Aloha Clubhouse</td>
</tr>
<tr>
<td><strong>KAUA`I</strong></td>
</tr>
<tr>
<td>Friendship House</td>
</tr>
<tr>
<td><strong>HAWAI`I</strong></td>
</tr>
<tr>
<td>Hale `Oluea Clubhouse</td>
</tr>
<tr>
<td>Kona Paradise Clubhouse</td>
</tr>
<tr>
<td>West Hawai`i Mental Health Center</td>
</tr>
<tr>
<td><strong>MAUI/MOLOKA`I</strong></td>
</tr>
<tr>
<td>Hana Kalima - Moloka`i Clubhouse</td>
</tr>
<tr>
<td>Molokai Mental Health Services</td>
</tr>
</tbody>
</table>
# Community Health Centers

**O‘AHU**

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

**KAUA‘I**

<table>
<thead>
<tr>
<th>Center Name</th>
<th>Phone</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kaua‘i Community Health Center</td>
<td>240-0170</td>
<td><a href="http://www.hoolalahui.org">www.hoolalahui.org</a></td>
</tr>
<tr>
<td>Kapa‘a</td>
<td>240-0170</td>
<td></td>
</tr>
<tr>
<td>Waimea</td>
<td>240-0140</td>
<td></td>
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</tbody>
</table>

**HAWA‘I**

<table>
<thead>
<tr>
<th>Center Name</th>
<th>Phone</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bay Clinic, Inc. – Family Health Centers</td>
<td>969-1427</td>
<td><a href="http://www.bayclinic.org">www.bayclinic.org</a></td>
</tr>
<tr>
<td>Hilo</td>
<td>969-1427</td>
<td></td>
</tr>
<tr>
<td>Ka‘u</td>
<td>929-7311</td>
<td></td>
</tr>
<tr>
<td>Kea‘au</td>
<td>930-0400</td>
<td></td>
</tr>
<tr>
<td>Pahoa</td>
<td>965-9711</td>
<td></td>
</tr>
<tr>
<td>Hamakua Health Center</td>
<td>775-7206</td>
<td><a href="http://www.hamakua-health.org">www.hamakua-health.org</a></td>
</tr>
<tr>
<td>Kohala Family Health Center</td>
<td>889-6236</td>
<td><a href="http://www.hamakua-health.org">www.hamakua-health.org</a></td>
</tr>
<tr>
<td>West Hawaii Community Health Center</td>
<td>326-5629</td>
<td><a href="http://www.westhawaiichc.org">www.westhawaiichc.org</a></td>
</tr>
</tbody>
</table>

**MAUI/MOLOKA‘I**

<table>
<thead>
<tr>
<th>Center Name</th>
<th>Phone</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hana Health</td>
<td>248-8294</td>
<td><a href="http://www.hanahealth.org">www.hanahealth.org</a></td>
</tr>
<tr>
<td>Malama I Ke Ola Health Center</td>
<td>871-7772</td>
<td></td>
</tr>
<tr>
<td>Kahului</td>
<td>871-7772</td>
<td></td>
</tr>
<tr>
<td>Lahaina</td>
<td>667-7598</td>
<td></td>
</tr>
<tr>
<td>Moloka‘i Community Health Center</td>
<td>553-5038</td>
<td><a href="http://www.molokaichc.org">www.molokaichc.org</a></td>
</tr>
</tbody>
</table>

**LĀNA‘I**

<table>
<thead>
<tr>
<th>Center Name</th>
<th>Phone</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lāna‘i Community Health Center</td>
<td>565-6919</td>
<td><a href="http://www.lanaicommunityhealthcenter.org">www.lanaicommunityhealthcenter.org</a></td>
</tr>
<tr>
<td>Straub Lāna‘i Family Health Center</td>
<td>565-6423</td>
<td></td>
</tr>
</tbody>
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**Community Mental Health Centers (CMHC’s)**

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

**O‘AHU**

<table>
<thead>
<tr>
<th>Contact</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>CMHC System Administration</td>
<td>832-5770</td>
</tr>
<tr>
<td>Central O‘ahu CMHC – Pearl City Clinic</td>
<td>453-5953</td>
</tr>
</tbody>
</table>
Central O‘ahu CMHC – Wahiawa Counseling Center 621-8425
Diamond Head CMHC 733-9260
Kalihi-Palama CMHC 832-5800
Makaha MHC 697-7880
Windward CMHC – Kaneohe Clinic 233-3775

Kaua‘i
Kaua‘i CMHC Administration 241-3130
Kaua‘i CMHC 274-3190

Hawai‘i
Hawai‘i County CMHC Administration 933-0409
East Hawai‘i CMHC 974-4300
Puna AMH Services 965-2240
West Hawai‘i CMHC 322-4818
Ka‘u Clinic – Naalehu 929-7331
N. Hawai‘i AMH Services – Honoka‘a 775-8835

Maui/Molokai
Maui CMHC 984-2150
Moloka‘i Satellite 553-3691

Lana‘i
Lana‘i Satellite 565-6189

Consumer Advocacy Agencies

O‘ahu
Aloha Independent Living Hawaii 1-800-385-2454 www.AlohaILHawaii.org
Adult Mental Health Division, Office of Consumer Affairs (State Department of Health) 586-4688
Child and Adolescent Mental Health Division Grievance Office (State Department of Health) 733-9353 www.health.hawaii.gov/camhd
The Community Assistance Center 537-2917 www.cachawaii.org
Disability and Communication Access Board 586-8121 www.hawaii.gov/health/dcab/
Hawaii Centers for Independent Living 522-5400 www.cil-hawaii.org
Hawaii Civil Rights Commission 586-8636 www.labor.hawaii.gov/hcrc
Hawaii Disability Rights Center 949-2922; www.hawaiidisabilityrights.org
Hawaii Families As Allies 487-8785 www.hfaa.net
Hawaii State Council on Developmental Disabilities 586-8100 www.hiddc.org
Hawaii State Hospital (psychiatric hospital) - Patient Rights Advisor 236-8244
Learning Disabilities Association of Hawai‘i 536-9684; www.ldahawaii.org 1-800-533-9684
<table>
<thead>
<tr>
<th>Service</th>
<th>Phone Numbers</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>Legal Aid Society of Hawai`i – Intake Hotline</td>
<td>536-4302; 1-800-499-4302</td>
<td><a href="http://www.legalaidhawaii.org">www.legalaidhawaii.org</a></td>
</tr>
<tr>
<td>Long-Term Care Ombudsman Program</td>
<td>586-7268</td>
<td><a href="http://www.health.hawaii.gov/eea/home/long-term-care-ombudsman-program/">www.health.hawaii.gov/eea/home/long-term-care-ombudsman-program/</a></td>
</tr>
<tr>
<td>Mental Health America of Hawai`i</td>
<td>521-1846</td>
<td><a href="http://www.mentalhealth-hi.org">www.mentalhealth-hi.org</a></td>
</tr>
<tr>
<td>NAMI - National Alliance on Mental Illness</td>
<td>591-1297</td>
<td><a href="http://www.namihawaii.org">www.namihawaii.org</a></td>
</tr>
<tr>
<td>United Self-Help</td>
<td>931-6444; 1-866-866-4357 (HELP)</td>
<td><a href="http://www.unitedselfhelp.org">www.unitedselfhelp.org</a></td>
</tr>
<tr>
<td><strong>KAUAI’I</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Disability and Communication Access Board</td>
<td>274-3141 ext.68121#</td>
<td><a href="http://www.health.hawaii.gov/dcab">www.health.hawaii.gov/dcab</a></td>
</tr>
<tr>
<td>Hawaii Centers For Independent Living</td>
<td>245-4034</td>
<td><a href="http://www.cil-hawaii.org">www.cil-hawaii.org</a></td>
</tr>
<tr>
<td>Hawaii Disability Rights Center</td>
<td>1-800-882-1057</td>
<td><a href="http://www.hawaiidisabilityrights.org">www.hawaiidisabilityrights.org</a></td>
</tr>
<tr>
<td>Legal Aid Society of Hawai<code>i: Kaua</code>i Intake Hotline</td>
<td>245-7580</td>
<td><a href="http://www.legalaidhawaii.org">www.legalaidhawaii.org</a></td>
</tr>
<tr>
<td><strong>HAWAI’I</strong></td>
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</tr>
<tr>
<td>Disability and Communication Access Board</td>
<td>974-4000 ext.68121#</td>
<td><a href="http://www.health.hawaii.gov/dcab">www.health.hawaii.gov/dcab</a></td>
</tr>
<tr>
<td>Hawaii Centers For Independent Living</td>
<td>245-4034</td>
<td><a href="http://www.cil-hawaii.org">www.cil-hawaii.org</a></td>
</tr>
<tr>
<td>Hawaii Disability Rights Center</td>
<td>1-800-882-1057</td>
<td><a href="http://www.hawaiidisabilityrights.org">www.hawaiidisabilityrights.org</a></td>
</tr>
<tr>
<td>Special Parent Information Network (SPIN)</td>
<td>974-4000, ext.68126</td>
<td>spinhawaii.org</td>
</tr>
<tr>
<td><strong>MAUI/MOLOKA’I</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Disability and Communication Access Board</td>
<td>984-2400 ext.68121#</td>
<td><a href="http://www.health.hawaii.gov/dcab">www.health.hawaii.gov/dcab</a></td>
</tr>
<tr>
<td>Maui</td>
<td>1-800-468-4644 ext.68121#</td>
<td><a href="http://www.health.hawaii.gov/dcab">www.health.hawaii.gov/dcab</a></td>
</tr>
<tr>
<td>Moloka`i</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hawaii`i Centers For Independent Living – Maui</td>
<td>242-4966</td>
<td><a href="http://www.cil-hawaii.org">www.cil-hawaii.org</a></td>
</tr>
<tr>
<td>Hawaii<code>i Centers For Independent Living – Moloka</code>i</td>
<td>553-3340</td>
<td><a href="http://www.cil-hawaii.org">www.cil-hawaii.org</a></td>
</tr>
<tr>
<td>Hawaii Disability Rights Center</td>
<td>1-800-882-1057</td>
<td><a href="http://www.hawaiidisabilityrights.org">www.hawaiidisabilityrights.org</a></td>
</tr>
<tr>
<td>Legal Aid Society of Hawai`i – Maui Intake Hotline</td>
<td>242-0724</td>
<td><a href="http://www.legalaidhawaii.org">www.legalaidhawaii.org</a></td>
</tr>
<tr>
<td>Legal Aid Society of Hawai<code>i – Moloka</code>i Intake Hotline</td>
<td>553-3251</td>
<td><a href="http://www.legalaidhawaii.org">www.legalaidhawaii.org</a></td>
</tr>
<tr>
<td>Mental Health America of Hawai`i, Maui County Branch</td>
<td>242-6461</td>
<td><a href="http://www.mentalhealth-hi.org/maui-branch">www.mentalhealth-hi.org/maui-branch</a></td>
</tr>
<tr>
<td><strong>LÄNA’I</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Disability and Communication Access Board</td>
<td>1-800-468-4644 ext.68121#</td>
<td><a href="http://www.health.hawaii.gov/dcab">www.health.hawaii.gov/dcab</a></td>
</tr>
<tr>
<td>Hawaii Disability Rights Center</td>
<td>1-800-882-1057</td>
<td><a href="http://www.hawaiidisabilityrights.org">www.hawaiidisabilityrights.org</a></td>
</tr>
</tbody>
</table>
### Counseling Programs

**O`AHU**
- Counseling and Spiritual Care Center of Hawai`i 545-2740 [www.cscch.org](http://www.cscch.org)
- Mental Health Kokua 737-2523 [www.mentalhealthkokua.org](http://www.mentalhealthkokua.org)
- Queens Counseling Services 691-4401 [www.queensmedicalcenter.org/counseling-and-clinical-services](http://www.queensmedicalcenter.org/counseling-and-clinical-services)

**HAWAI`I**
- Catholic Charities Hawai`i – The Counseling Center 961-7000 [www.catholiccharitieshawaii.org/programs/counseling-center](http://www.catholiccharitieshawaii.org/programs/counseling-center)

### Culturally Sensitive Service Providers

**O`AHU**
- Queen Lili`uokalani Children’s Center 847-1302 [www.qlcc.org](http://www.qlcc.org)
- Susannah Wesley Community Center 847-1535 [www.susannahwesley.org](http://www.susannahwesley.org)
- Wai`anae Coast Community Mental Health Center (Hale Na`au Pono) 696-4211 [www.wccmhc.org](http://www.wccmhc.org)

### Developmental Disabilities

**O`AHU**
- Case Management and Information Services Branch (Hawaii State Department of Health) 733-9172 [www.health.hawaii.gov/ddd](http://www.health.hawaii.gov/ddd)

  - Neurotrauma Services 453-6151 [www.health.hawaii.gov/nt/helpline](http://www.health.hawaii.gov/nt/helpline)

**HAWAI`I**

**KAUA`I**

**MAUI/MOLOKA`I**

### 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, Catholic Charities 524-4673 [www.catholiccharitieshawaii.org](http://www.catholiccharitieshawaii.org)
Hawaii Counseling and Education Center, Inc. – Ke Ala Pono 254-6484  www.hcechawaii.com
PACT Family Peace Center 832-0855  www.pac.thawaii.org
Domestic Abuse Shelter and Crisis Hotline 841-0822  www.childandfamilyservice.org
Windward Spouse Abuse Shelter Hotline 528-0606
Ohio Shelter Domestic Violence Hotline 526-2200  www.pac.thawaii.org
TIFFE- The Institute for Family Enrichment, LLC 596-8433  www.tiffe.org

KAUA‘I
Child and Family Service 245-5914  www.childandfamilyservice.org
The Family Visitation Center 821-0574  www.pac.thawaii.org/kauai_visitation_center.html
Domestic Violence Crisis Hotline 245-6362  www.ywcakauai.org

HAWAII‘I
Child and Family Service 935-2188  www.childandfamilyservice.org
Hale Ohana Domestic Violence Shelter – Hilo 959-8864  www.childandfamilyservice.org
Domestic Violence Shelter – Kona 322-7233  www.childandfamilyservice.org
TIFFE- The Institute for Family Enrichment, LLC - Hilo 961-5166  www.tiffe.org
TIFFE- The Institute for Family Enrichment, LLC - Kona 323-3305  www.tiffe.org

MAUI/MOLOKA‘I
Child and Family Service – Maui 877-6888  www.childandfamilyservice.org
Child and Family Service – Moloka‘i 567-6100  www.childandfamilyservice.org
Hale Ho‘omalu Shelter and Alternatives to Violence Moloka‘i 567-6888
PACT Family Peace Center – Maui 244-2330  www.pac.thawaii.org
Women Helping Women Hotline and TRO 579-9581; 242-6600; 242-0775  www.whwmaui.net

Dual Diagnosis

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

MAUI/MOLOKA‘I
Aloha House 442-6567  www.aloha-house.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/Plans

**O`AHU**

AlohaCare 973-1650  www.alohacare.org
Attention Plus Care 739-2811  www.attentionplus.com/index.php
Hawai`i Medical Assurance Association (HMAA) 591-0088; 1-800-621-6998  www.hmaa.com
Hawai`i Medical Service Association (HMSA) 948-6111; 1-800-776-4672  www.hmsa.com
Hawai`i Medical Service Association (HMSA) 952-4400
Behavioral Health Care Connection
Hawai`i MedQUEST/Medicaid/QeXA
Eligibility 587-3521  www.mybenefits.hawaii.gov
Problems with eligibility/health plan enrollment 524-3370
Kaiser Permanente Behavioral Services 432-5955; 1-800-966-5955  www.kp.org
Medicaid Dental Care 792-1070; 1-866-486-8030

United Healthcare Community Plan
QUEST 1-877-512-9357
QExA 1-888-980-8728
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**

Kaiser Permanente - Maui 891-6800  www.kp.org

Homeless Shelters & Services

**O`AHU**

Hale Kipa Youth Services 589-1829  www.halekipla.org
Institute for Human Services (I.H.S.) 447-2800  www.ihshawaii.org
Kahumana 696-8844  www.kahumana.org
Network Enterprises (military) 833-1923  www.networkenterprises.org
<table>
<thead>
<tr>
<th>Service Type</th>
<th>Organization/Location</th>
<th>Phone Number</th>
<th>Website</th>
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<tbody>
<tr>
<td>Transitional Housing</td>
<td>Next Step Shelter</td>
<td>922-4790</td>
<td><a href="http://www.waikikihc.org">www.waikikihc.org</a></td>
</tr>
<tr>
<td>Transitions Housing</td>
<td>Onemalu Transitional Shelter - Kalaeloa</td>
<td>682-3869</td>
<td></td>
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<tr>
<td>Safe Haven for Homeless Mentally Ill</td>
<td>Safe Haven for Homeless Mentally Ill</td>
<td>737-2523</td>
<td><a href="http://www.mentalhealthkokua.org">www.mentalhealthkokua.org</a></td>
</tr>
<tr>
<td>U.S. Vets (for military) - Waianae</td>
<td>U.S. Vets (for military) - Waianae</td>
<td>696-6770</td>
<td><a href="http://www.usvetsinc.org/waianae">www.usvetsinc.org/waianae</a></td>
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<td>U.S. Vets (for military) – Kapolei</td>
<td>U.S. Vets (for military) – Kapolei</td>
<td>682-9000</td>
<td><a href="http://www.usvetsinc.org/barberspoint">www.usvetsinc.org/barberspoint</a></td>
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<tr>
<td>Youth Outreach (YO) for homeless youth</td>
<td>Youth Outreach (YO) for homeless youth</td>
<td>942-5858</td>
<td><a href="http://www.waikikihc.org">www.waikikihc.org</a></td>
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<td>HAWAI'I</td>
<td>Care-A-Van/Hope Services of Hawai'i (island wide)</td>
<td>935-3050</td>
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<tr>
<td>Catholic Charities- Kawaiho Transitional Housing</td>
<td>Catholic Charities- Kawaiho Transitional Housing</td>
<td>935-4673</td>
<td><a href="http://www.catholiccharitieshawaii.org">www.catholiccharitieshawaii.org</a></td>
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<tr>
<td>KAUAI'</td>
<td>Kauai Economic Opportunity</td>
<td>245-4077</td>
<td><a href="http://www.keoinc.org">www.keoinc.org</a></td>
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<tr>
<td></td>
<td>Wilcox Adult Day Health</td>
<td>246-6919</td>
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<tr>
<td>MAUI/MOLOKA'I</td>
<td>Ka Hale A Ke Ola Homeless Resource Center</td>
<td><a href="http://www.khako.org/index.php">www.khako.org/index.php</a></td>
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<tr>
<td></td>
<td>Wailuku</td>
<td>242-7600</td>
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<tr>
<td></td>
<td>Lahaina</td>
<td>662-0076</td>
<td></td>
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<tr>
<td>Salvation Army</td>
<td>Salvation Army</td>
<td>www1.usw.salvationarmy.org</td>
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<tr>
<td></td>
<td>Kahului Corps</td>
<td>871-6270</td>
<td></td>
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<tr>
<td></td>
<td>Lahaina Corps</td>
<td>661-5335</td>
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**Hospitals & Medical Centers**

**O'AHU**

<table>
<thead>
<tr>
<th>Hospital Type</th>
<th>Hospital Name</th>
<th>Phone Number</th>
<th>Website</th>
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<tbody>
<tr>
<td>Castle Medical Center (in-patient psych unit)</td>
<td>Castle Medical Center (in-patient psych unit)</td>
<td>263-5500</td>
<td><a href="http://www.castlemed.org">www.castlemed.org</a></td>
</tr>
<tr>
<td>Hawai'i State Hospital (psychiatric hospital)</td>
<td>Hawai'i State Hospital (psychiatric hospital)</td>
<td>247-2191</td>
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<tr>
<td>Hawai'i State Hospital Patient Rights Advisor</td>
<td>Hawai'i State Hospital Patient Rights Advisor</td>
<td>236-8244</td>
<td></td>
</tr>
<tr>
<td>Kāhi Mōhala Behavioral Health (psychiatric hospital)</td>
<td>Kāhi Mōhala Behavioral Health (psychiatric hospital)</td>
<td>671-8511</td>
<td><a href="http://www.kahimohala.org">www.kahimohala.org</a></td>
</tr>
<tr>
<td>Kahuku Medical Center</td>
<td>Kahuku Medical Center</td>
<td>293-9221</td>
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</tr>
<tr>
<td>Kaiser Permanente Moanalua Hospital and Clinic</td>
<td>Kaiser Permanente Moanalua Hospital and Clinic</td>
<td>432-0000</td>
<td><a href="http://www.kp.org">www.kp.org</a></td>
</tr>
<tr>
<td>Kalihi-Palama Health Center – Kalihi</td>
<td>Kalihi-Palama Health Center – Kalihi</td>
<td>845-0686</td>
<td><a href="http://www.kphc.org">www.kphc.org</a></td>
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<tr>
<td>Kalihi-Palama Health Center - Downtown</td>
<td>Kalihi-Palama Health Center - Downtown</td>
<td>792-5576</td>
<td><a href="http://www.kphc.org">www.kphc.org</a></td>
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<tr>
<td>Kapiolani Medical Center</td>
<td>Kapiolani Medical Center</td>
<td>983-6000</td>
<td><a href="http://www.kapiolani.org">www.kapiolani.org</a></td>
</tr>
<tr>
<td>Kapiolani Medical Center at Pali Momi</td>
<td>Kapiolani Medical Center at Pali Momi</td>
<td>486-6000</td>
<td><a href="http://www.kapiolani.org">www.kapiolani.org</a></td>
</tr>
<tr>
<td>Kuakini Medical Center</td>
<td>Kuakini Medical Center</td>
<td>536-2236</td>
<td><a href="http://www.kuakini.org">www.kuakini.org</a></td>
</tr>
<tr>
<td>Queen’s Referral Line (in-patient psych unit)</td>
<td>Queen’s Referral Line (in-patient psych unit)</td>
<td>691-7117; 538-9011</td>
<td><a href="http://www.queens.org">www.queens.org</a></td>
</tr>
<tr>
<td>Rehabilitation Hospital of the Pacific</td>
<td>Rehabilitation Hospital of the Pacific</td>
<td>531-3511</td>
<td><a href="http://www.rehabhospital.org">www.rehabhospital.org</a></td>
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<tr>
<td>Straub Clinic and Hospital</td>
<td>Straub Clinic and Hospital</td>
<td>522-4000</td>
<td><a href="http://www.straubhealth.org">www.straubhealth.org</a></td>
</tr>
<tr>
<td>Tripler Army Medical Center</td>
<td>Tripler Army Medical Center</td>
<td>433-6661</td>
<td><a href="http://www.tamc.amedd.army.mil">www.tamc.amedd.army.mil</a></td>
</tr>
<tr>
<td>Wahiawa General Hospital</td>
<td>Wahiawa General Hospital</td>
<td>621-8411</td>
<td><a href="http://www.wahiawageneral.org">www.wahiawageneral.org</a></td>
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</table>
HAWAʻI
Hale Hoʻola Hamakua 932-4100 www.hhh.hhsc.org
Hilo Medical Center 932-3000 www.hilomedicalcenter.org
Kaiser Permanente Hilo Clinic 934-4000 www.kp.org
Kaʻu Hospital - Pahala 932-4200 www.kau.hhsc.org
Kohala Hospital 889-6211 www.koh.hhsc.org
Kona Community Hospital (in-patient psych unit) 322-9311 www.kch.hhsc.org
North Hawaiʻi Community Hospital 885-4444 www.nhch.com

KAUAʻI
Kauaʻi Medical Clinic
Lihue 245-1500 www.hawaiipacifichealth.org
Elele 335-0499
Kapaa 822-3431
Koloa 742-1621
Mahelona Medical Center (in-patient psych unit) 822-4961 www.smmh.hhsc.org
West Kauai Medical Center 338-9431 www.kvmh.hhsc.org
Wilcox Memorial Hospital 245-1100 www.wilcoxhealth.org

MAUI/MOLOKAʻI
Hawaiʻi Health Systems Corp (in-patient psych unit) 733-4020 www.hhsc.org
Kaiser Permanente Wailuku Clinic 243-6000 www.kp.org
Kula Hospital 878-1221 www.kula.hhsc.org
Maui Hana Medical Center 248-7515 www.hanahealth.org
Maui Memorial Medical Center (in-patient psych unit) 244-9056 www.mmmc.hhsc.org
Molokaʻi Family Planning Project 553-3145
Molokaʻi Family Support Services 553-3276
Molokaʻi General Hospital 553-5331 www.molokaigeneralhospital.org
Napuʻuuwai Native Hawaiian Health Care 560-3653 www.napuuuwai.com

LĀNAʻI
Lānaʻi Hospital 565-8450 www.lch.hhsc.org

Housing Information/Providers
OʻAHU
Aloha Independent Living Hawaiʻi 1-800-385-2454 www.AlohaILHawaii.org
Dept. of Human Services Public Assistance Info Line 643-1643 www.humanservices.hawaii.gov
Hawaiʻi Public Housing Authority 832-4692 www.hcdch.state.hi.us
Hawaiʻi Centers for Independent Living 522-5400 www.cil-hawaii.org

HAWAʻI
Hawaiʻi County Housing 959-4642
Hawaiʻi Centers for Independent Living 935-3777 www.cil-hawaii.org
Hawaiʻi Public Housing Authority 974-4000 ext24692# www.hcdch.state.hi.us
### KAUAʻI
- Kauai Economic Opportunity 245-4077  www.keoinc.org

### MAUI/MOLOKAʻI
- County of Maui 270-7805  www.mauicounty.gov
- Hawaiʻi Public Housing Authority 984-2400 ext24692#  www.hcdch.state.hi.us
- Lokahi Pacific 242-5761  www.lokahipacific.org
- Maui Centers for Independent Living 242-4966  www.cil-hawaii.org
- Molokaʻi Hale Mahaolu 872-4100  www.halemahaolu.org

### LĀNAʻI
- Hawaiʻi Public Housing Authority 1-800-468-4644 ext24692#  www.hcdch.state.hi.us
- Lānaʻi Castle & Cooke Housing 565-4800  www.castlecookehawaii.com

### Immigrant Services

#### OʻAHU
- Bilingual Access Line (24 hours) 526-9724  www.helpinghandshawaii.org
- Catholic Charities Immigrant Services 521-4357  www.catholiccharitieshawaii.org
- Child and Family Service 681-500  www.childandfamilyservice.org
- Hawaiʻi Immigrant Justice Center at Legal Aid Society of Hawaiʻi 536-8826  http://www.kukuicenter.org/hawaii-immigrant-justice-center/
- Lanakila Easy Access Project 832-5685
- Legal Aid Society of Hawaiʻi 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 1-800-375-5283  www.uscis.gov

#### HAWAʻI
- County Immigration Information Office 961-8220  www.hawaiicounty.gov/immigration

#### MAUI/MOLOKAʻI

### Jail & Prison Services

#### OʻAHU
- The Community Assistance Center 537-2917  www.cachawaii.org
- Department of Public Safety- Health Care Division 587-1250  www.dps.hawaii.gov
- Hawaiʻi Courts and Corrections 832-1852  www.courts.state.hi.us
- Oahu Community Correctional Center 832-1777  www.dps.hawaii.gov
- Waiawa Correctional Facility 677-6150  www.dps.hawaii.gov
- Women’s Correctional Center 266-9580  www.dps.hawaii.gov
<table>
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<tr>
<th>Location</th>
<th>Service</th>
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<th>Website</th>
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<tr>
<td>HAWAI`I</td>
<td>Hawai`i Community Correctional Center</td>
<td>933-0428</td>
<td><a href="http://www.dps.hawaii.gov">www.dps.hawaii.gov</a></td>
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<tr>
<td>KAU<code>A</code>I</td>
<td>Kauai Community Correctional Center</td>
<td>241-3057</td>
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<tr>
<td>MAU/MOLOKA`I</td>
<td>Maui Community Correctional Center</td>
<td>243-5861</td>
<td><a href="http://www.dps.hawaii.gov">www.dps.hawaii.gov</a></td>
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<td></td>
<td>Moloka`i Police Station</td>
<td>553-5355</td>
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<td>LĀNA`I</td>
<td>Lāna`i Police Station</td>
<td>565-6428</td>
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**Job Training & Placement**

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<tr>
<td>O`AHU</td>
<td>Goodwill Vocational Training Center</td>
<td>836-0313</td>
<td><a href="http://www.higoodwill.org">www.higoodwill.org</a></td>
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<tr>
<td></td>
<td>Lanakila Pacific</td>
<td>531-0555</td>
<td><a href="http://www.lanakilapacific.org">www.lanakilapacific.org</a></td>
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<td></td>
<td>Network Enterprises, Inc.</td>
<td>521-7774</td>
<td><a href="http://www.networkenterprises.org">www.networkenterprises.org</a></td>
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<td></td>
<td>State Vocational Rehab Division</td>
<td>692-8601</td>
<td><a href="http://www.hawaiivr.org">www.hawaiivr.org</a></td>
</tr>
<tr>
<td></td>
<td>Winners at Work</td>
<td>532-2100</td>
<td><a href="http://www.abilitiesunlimitedhi.org">www.abilitiesunlimitedhi.org</a></td>
</tr>
<tr>
<td>KAU<code>A</code>I</td>
<td>State Vocational Rehab Division</td>
<td>274-3333</td>
<td><a href="http://www.hawaiivr.org">www.hawaiivr.org</a></td>
</tr>
<tr>
<td>HAWAI`I</td>
<td>Brantley Center</td>
<td>775-7245</td>
<td><a href="http://www.thebrantleycenter.org/?p=6">www.thebrantleycenter.org/?p=6</a></td>
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<td>Economic Opportunity Council</td>
<td>961-2681</td>
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<td></td>
<td>State Vocational Rehab Division</td>
<td>323-0025</td>
<td><a href="http://www.hawaiivr.org">www.hawaiivr.org</a></td>
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<td>MAU/MOLOKA`I</td>
<td>Maui State Vocational Rehab Division</td>
<td>984-8350</td>
<td><a href="http://www.hawaiivr.org">www.hawaiivr.org</a></td>
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<td></td>
<td>Moloka`i Occupational Center</td>
<td>553-3266</td>
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<td></td>
<td>Moloka`i State Vocational Rehab Division</td>
<td>553-3621</td>
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**Legal Services**

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<tr>
<td>O`AHU</td>
<td>Hawai`i Civil Rights Commission</td>
<td>586-8636</td>
<td><a href="http://www.labor.hawaii.gov">www.labor.hawaii.gov</a></td>
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<td></td>
<td>Hawai`i Disability Rights Center</td>
<td>949-2922; 1-800-882-1057</td>
<td><a href="http://www.hawaiidisabilityrights.org">www.hawaiidisabilityrights.org</a></td>
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<td></td>
<td>Legal Aid Society</td>
<td>536-4302</td>
<td><a href="http://www.legalaidhawaii.org">www.legalaidhawaii.org</a></td>
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<tr>
<td></td>
<td>Maximum Legal Services Corp. (Trust and Conservatorships for disabled and minors)</td>
<td>585-0920</td>
<td><a href="http://www.maxcorp-hi.org">www.maxcorp-hi.org</a></td>
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<td>Volunteer Legal Services of Hawai`i</td>
<td>528-7046</td>
<td><a href="http://www.vlsh.org">www.vlsh.org</a></td>
</tr>
<tr>
<td>KAU<code>A</code>I</td>
<td>Hawai`i Disabilities Rights Center</td>
<td>1-800-882-1057</td>
<td><a href="http://www.hawaiidisabilityrights.org">www.hawaiidisabilityrights.org</a></td>
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</table>
HAWA`I
Child and Family Services (TROs) - Hilo  935-2188  www.childandfamilyservice.org
Child and Family Services (TROs) - Kona  323-2664  www.childandfamilyservice.org
Hawai`i Disabilities Rights Center  1-800-882-1057  www.hawaiidisabilityrights.org
Legal Aid Society & Seniors Program - Kona  329-3910  www.legalaidhawaii.org
Public Defender  974-4573; 322-1945  www.hawaii.gov/budget/pd
West Hawai`i Mediation Services  885-5525; 326-2666  www.whmediation.org

MAUI/MOLOKA`I
Hawai`i Disabilities Rights Center  1-800-882-1057  www.hawaiidisabilityrights.org
Legal Aid Society  244-3731  www.legalaidhawaii.org

LĀNA`I
Hawai`i Disabilities Rights Center  1-800-882-1057  www.hawaiidisabilityrights.org
Lāna`i Legal Aid Society  565-6089  www.legalaidhawaii.org

Lesbian/Gay/Bisexual/Transgender
O`AHU
Da Moms  383-2111  ocsjosie@hotmail.com
It Gets Better Project  www.itgetsbetter.org
Life Foundation  521-2437  www.lifefoundation.org
PFLAG O`ahu  672-9050; 779-9087  www.pfлагаahu.org
The Trevor Project  (866) 488-7386  www.thetrevorproject.org
University of Hawai`i LGBT Student Services  956-9250  www.manohaui.edu/lgbt/index.html

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

HAWA`I
PFLAG Big Island  238-2880  pflagbigisland@gmail.com

Marriage & Family Services
O`AHU
Catholic Charities Family Services  521-4357  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
Hawai`i Association of Marriage and Family Therapists  987-7070  www.hamft.net
Jewish Community Services  258-7121  www.jcs-hi.org
Queen Lili`uokalani Children’s Center (Ho`oponopono)  847-1302  www.qlcc.org

KAUA`I
Child and Family Service  245-5914  www.childandfamilyservice.org

MAUI/MOLOKA`I
Maui Child and Family Service  877-6888  www.childandfamilyservice.org
### Mediation Services

<table>
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<tr>
<th>Location</th>
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<th>Phone</th>
<th>Website</th>
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<tbody>
<tr>
<td>O`AHU</td>
<td>Mediation Center of the Pacific</td>
<td>521-6767</td>
<td><a href="http://www.mediatehawaii.org">www.mediatehawaii.org</a></td>
</tr>
<tr>
<td>HAWAI`I</td>
<td>Kuikahi Mediation Center</td>
<td>935-7844</td>
<td><a href="http://www.hawaiimediation.org">www.hawaiimediation.org</a></td>
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<tr>
<td></td>
<td>West Hawai`i Mediation Services</td>
<td>885-5525</td>
<td><a href="http://www.whmediation.org">www.whmediation.org</a></td>
</tr>
<tr>
<td>MAUI/MOLOKA`I</td>
<td>Mediation Services of Maui</td>
<td>244-5744</td>
<td><a href="http://www.mauimeditiation.org">www.mauimeditiation.org</a></td>
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</tbody>
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### Military Mental Health Services

<table>
<thead>
<tr>
<th>Location</th>
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<th>Website</th>
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</thead>
<tbody>
<tr>
<td>O`AHU</td>
<td>Adolescent Substance Abuse Counseling Service</td>
<td>655-9944</td>
<td><a href="http://www.asacs.org">www.asacs.org</a></td>
</tr>
<tr>
<td></td>
<td>DSTRESS Help Line (Marine Corps and Vets)</td>
<td>877-476-7734</td>
<td><a href="http://www.dstressline.com">www.dstressline.com</a></td>
</tr>
<tr>
<td></td>
<td>Military One Source</td>
<td>1-800-342-9647</td>
<td><a href="http://www.militaryonesource.mil">www.militaryonesource.mil</a></td>
</tr>
<tr>
<td></td>
<td>National Call Center for Homeless Veterans</td>
<td>1-800-273-8255x1</td>
<td><a href="http://www.va.gov/HOMELESS/NationalCenter_VHPD.asp">www.va.gov/HOMELESS/NationalCenter_VHPD.asp</a></td>
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<td></td>
<td>Honolulu Vet Center</td>
<td>973-8387</td>
<td><a href="http://www.vetcenter.va.gov">www.vetcenter.va.gov</a></td>
</tr>
<tr>
<td></td>
<td>US Vets Waianae Facility</td>
<td>696-6770</td>
<td><a href="http://www.usvetsinc.org/waianae/">http://www.usvetsinc.org/waianae/</a></td>
</tr>
<tr>
<td></td>
<td>Veterans Affairs Mental Health Clinic</td>
<td>433-0600</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Veterans Crisis Line (Suicide Prevention Counseling)</td>
<td>1-800-273-8255x1</td>
<td><a href="http://www.va.gov/HOMELESS/NationalCenter_VHPD.asp">http://www.va.gov/HOMELESS/NationalCenter_VHPD.asp</a></td>
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<tr>
<td></td>
<td>Veterans Day Treatment Program (Tripler)</td>
<td>1-800-214-1406</td>
<td><a href="http://www.hawaii.va.gov/contact/inbox.asp">www.hawaii.va.gov/contact/inbox.asp</a></td>
</tr>
<tr>
<td>KAUA`I</td>
<td>Vet Center</td>
<td>246-1163</td>
<td><a href="http://www.vetcenter.va.gov">www.vetcenter.va.gov</a></td>
</tr>
<tr>
<td></td>
<td>Veterans Clinic</td>
<td>246-0497</td>
<td></td>
</tr>
<tr>
<td>HAWAI`I</td>
<td>Veterans Affairs Primary Care Clinic (Community Based Outpatient Clinic) - Hilo</td>
<td>935-3781</td>
<td><a href="http://www.vetcenter.va.gov">www.vetcenter.va.gov</a></td>
</tr>
<tr>
<td>MAUI/MOLOKA`I</td>
<td>Maui Community-Based Outpatient Clinic</td>
<td>871-2454</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Maui Vet Center</td>
<td>242-8557</td>
<td><a href="http://www.vetcenter.va.gov">www.vetcenter.va.gov</a></td>
</tr>
</tbody>
</table>

### Postpartum Depression/Anxiety

<table>
<thead>
<tr>
<th>Location</th>
<th>Service</th>
<th>Phone</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>O`AHU</td>
<td>Postpartum Depression (PPD) Support HI</td>
<td>392-7985</td>
<td><a href="http://www.ppdsupporthi.org">www.ppdsupporthi.org</a></td>
</tr>
</tbody>
</table>

### Professional Organizations

<table>
<thead>
<tr>
<th>Location</th>
<th>Organization</th>
<th>Phone</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>O`AHU</td>
<td>Hawai`i Association of Marriage and Family Therapists</td>
<td>987-7070</td>
<td><a href="http://www.hamft.net">www.hamft.net</a></td>
</tr>
</tbody>
</table>
Hawai‘i Nurses Association 531-1628 www.hawaiinurses.org
Hawai‘i Psychiatric Medical Association 1-800-572-3015 www.hawaiipsychiatric.org
Hawai‘i Psychological Association 521-8995 www.hawaiipsychology.org
National Association of Social Workers/Hawai‘i 521-1787 www.naswhi.org

Rent Assistance

O‘AHU
Catholic Charities Hawaii 521-4357 www.catholiccharitieshawaii.org
Helping Hands Hawaii www.helpinghandshawaii.org
   Emergency Assistance Program 440-3835
   Punawai Program for Native Hawaiians 440-3804
The Salvation Army 841-5565 www.hawaii.salvationarmy.org

HAWAI‘I
Catholic Charities Hawai‘i 935-4673
Hope Services Hawaii, Inc. 935-3050 www.hopeserviceshawaii.org

KAU‘A‘I
Catholic Charities Hawai‘i 241-4673 www.catholiccharitieshawaii.org

MAUI
Catholic Charities Hawai‘i 873-4673 www.catholiccharitieshawaii.org

Residential Treatment, Supportive Housing, Group Homes: Adults

O‘AHU
Breaking Boundaries, Inc 312-1530 www.breakingboundariesinc.org
CARE Hawai‘i, Inc. 533-3936 www.carehawaii.com
Catholic Charities Family Services 521-4357 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
Po‘ailani 263-1065; 262-2799 www.poailani.org
Safe Haven for Homeless Mentally Ill 524-7233 www.mentalhealthkokua.org
Sand Island 841-2319 www.sandisland.com
Steadfast Housing 599-6230 www.steadfast-hawaii.org
Wai‘anae Coast Community Health Center (Hale Na‘au Pono) 696-4211 www.wccmhc.org

HAWAI‘I
Community Care Services 935-3481
Mental Health Kokua – Hilo 935-7167 www.mentalhealthkokua.org
Mental Health Kokua – Kona 331-1468 www.mentalhealthkokua.org
Residential Treatment Programs:
Children and Teens

**O`AHU**
- CARE Hawai`i, Inc. (Crisis Residential) – Kaneohe 234-5825 www.carehawaii.com
- Catholic Charities Family Services 521-4357 www.catholiccharitieshawaii.org
- Child and Family Service 543-8494 www.childandfamilyservice.org
- Hale Kipa 589-1829 www.halekipa.org
- Kailana, Tole Mour (Marimed Foundation) 239-2939 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) 847-3285 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 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 263-5077 www.castlemed.org/cgi-bin/contact-home-care.cgi
- Catholic Charities Hawai`i/Community Senior Services Division 527-4777 www.catholiccharitieshawaii.org
- Central O`ahu Caregivers’ Support Group 625-0420 www.wvpress.com/care
- Child and Family Services Gerontology Program 543-8468 www.childandfamilyservice.org
- Eldercare Support Group 395-9082
Project Dana 945-3736  www.projectdana.org
Respite Companion Services 586-5192
VA Caregivers Support Group 433-7646

KAUA‘I
Adult Protective Services 241-3432
Kaua‘i Agency on Elderly Affairs 241-4470  www.kauai.gov/elderly
Statewide: State Long-Term Care Ombudsman (Investigation of nursing home complaints on O‘ahu) 586-7268  www.hawaiiadrc.org/site/438/long_term_care_ombudsman.aspx

HAWAI‘I
Alzheimer’s Association 981-2111  www.alz.org/hawaii
Elderly Affairs 768-7700  www.elderlyaffairs.com
Hawai‘i Adult Protective Services – Hilo 933-8820  www.napsa-now.org/get-help/help-in-your-area/hawaii/
Hawai‘i Adult Protective Services – Kona 327-6280
Hawai‘i County Area Office on Aging – Hilo 961-8626  www.hcoahawaii.org/site/363/contact_us.aspx
Hawai‘i County Area Office on Aging – Kona 323-4390
Statewide: State Long-Term Care Ombudsman (Investigation of nursing home complaints) 586-7268  www.hawaiiadrc.org/site/438/long_term_care_ombudsman.aspx

Senior Services

O‘AHU
AARP Hawai‘i 545-6006  www.states.aarp.org/aarp-resource-guide-for-long-term-care-planning/
Adult Protective Services (Abuse) 832-5115; 832-5673
Alzheimer’s Association Help Line 1-800-272-3900  www.alz.org/hawaii
Executive Office on Aging 586-0100  www.health.hawaii.gov/ea
Senior Help Line (Elderly Affairs Division) 768-7700  www.elderlyaffairs.com
SMP- Hawai‘i Protecting Seniors, their families and caregivers from healthcare and financial fraud 586-7281; 1-800-296-9422  health.hawaii.gov/ea/home/senior-medicare-patrol-smp-hawaii/
Social Security Administration 1-800-772-1213  www.ssa.gov/sf/
Statewide: State Long-Term Care Ombudsman (Investigation of nursing home complaints) 586-7268  www.hawaiiadrc.org/site/438/long_term_care_ombudsman.aspx
University of Hawai‘i Elder Law Program 956-6544  www.hawaii.edu/uhelp

HAWAI‘I
Alzheimer’s Association 981-2111  www.alz.org/hawaii
Elderly Affairs Division 768-7700  www.elderlyaffairs.com
Hawai‘i Adult Protective Services - Hilo 933-8820  www.napsa-now.org/get-help/help-in-your-area/hawaii/
Hawai‘i Adult Protective Services - Kona 327-6280
Hawai‘i Co. Area Office on Aging - Hilo 961-8626
Hawai‘i Co. Area Office on Aging - Kona 323-4390
Statewide: State Long-Term Care Ombudsman (Investigation of long term care complaints) 586-7268 (O‘ahu) www.hawaiiadrc.org/site/438/long_term_care_ombudsman.aspx

**KAUA‘I**

Adult Protective Services 241-3432
Kaua‘i Agency on Elderly Affairs 241-4470 www.kauai.gov/elderly
Statewide: State Long-Term Care Ombudsman (Investigation of long term care complaints) 586-7268 (O‘ahu) www.hawaiiadrc.org/site/438/long_term_care_ombudsman.aspx

**MAUI/MOLOKA‘I**

Adult Protective Services 243-5151 www.hawaii.gov/dhs
Elderly Affairs Division 768-7700 www.elderlyaffairs.com
Hana Office on Aging Senior Center 248-8833
Maui County Office on Aging 270-7774 www.co.maui.hi.us/index.aspx?nid=255
Maui County Office on Aging - Moloka‘i 553-5241
Statewide: State Long-Term Care Ombudsman (Investigation of long term care complaints) 586-7268 (O‘ahu) www.hawaiiadrc.org/site/438/long_term_care_ombudsman.aspx

**LĀNA‘I**

Lāna‘i Senior Citizens Center 565-6282
Maui County Office on Aging - Lāna‘i 565-6818
Statewide: State Long-Term Care Ombudsman (Investigation of long term care complaints) 586-7268 (O‘ahu) www.hawaiiadrc.org/site/438/long_term_care_ombudsman.aspx

### Sex Abuse Treatment: Offenders

**O‘AHU**

Catholic Charities 524-4673 www.catholiccharitieshawaii.org
The Community Assistance Center 537-2917 www.cachawaii.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

**MAUI/MOLOKA‘I**

Sexual Assault Support Service, 24 hour crisis hotline 873-8624 www.childandfamilyservice.org
HAWAÏ’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
Counseling and Spiritual Care Center of Hawai’i 545-2740 www.cscch.org/index.html

KAUA’I
Child and Family Service 245-5914 www.childandfamilyservice.org

Substance Abuse Services:
see Alcohol and Drug Abuse

Support Groups: Consumers

O’AHU
Alcoholics Anonymous Oahu Intergroup 946-1438 www.oahucentraloffice.org
Alzheimer’s Association Aloha Chapter 591-2771 www.alz.org/hawaii
Castle Medical Center Support Groups 263-5400 www.castlemed.org/cgi-bin/class-group.cgi?10
  Alzheimer’s Caregivers’ Support Group
  Bereavement Support Group
  Caregivers’ Support Group
  Hospice Hawaii Monthly
  Mental Illness Caregivers’ Support Group
  Parkinson’s Disease Support Group
Co-dependents Anonymous 589-CODA www.codependents.org
Dual Recovery Anonymous (Community Care Services) 845-7771
“Hope Impact” Support Group Wahiawa 621-4771
Narcotics Anonymous (NA) Hawai’i 734-4357 www.na-hawaii.org
Obsessive-Compulsive Disorder Support 261-6987
Sex and Love Addicts Anonymous 926-0166
United Self-Help operates a “warm line” until 9 pm daily & offers support groups – call for more info. 931-6444; 1-866-866-4357 www.unitedselfhelp.org

KAUA’I
Alcoholics Anonymous on Kauai 245-6677 www.kauiaa.org
Narcotics Anonymous (NA) Hawai’i 212-0114 www.na-hawaii.org
United Self-Help operates a “warm line” until 9 pm 1-866-866-4357 www.unitedselfhelp.org
**HAWAI’I**

- East Hawaii Intergroup of Alcoholics Anonymous (AA)
  - 961-6133
  - www.hawaiiaa.org
- Narcotics Anonymous (NA) Hawai’i
  - 769-6016
  - www.na-hawaii.org
- United Self-Help operates a “warm line” until 9 pm daily & offers Support Groups
  - Hilo Support Group
  - Kailua Kona Support Group
- West Hawaii Alcoholics Anonymous (AA)
  - 329-1212
  - www.westhawaiiaa.org

**MAUI/MOLOKA’I**

- Alcoholics Anonymous on Maui
  - 244-9673
  - www.aamaui.org
- Narcotics Anonymous (NA) Hawai’i
  - 214-1239
  - www.na-hawaii.org
- United Self-Help operates a “warm line” until 9 pm daily & offers Support Groups
  - Kihei Support Group
  - Wailuku Support Group

**LĀNA’I**

- United Self-Help Warm Line
  - 1-866-866-4357
  - www.unitedselfhelp.org

### Support Groups: Family

**OʻAHU**

- Al-Anon Family Groups Hawaii
  - 546-5647
  - www.al-anon.alateen.org
- 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
- NAMI - National Alliance on Mental Illness
  - 591-1297
  - www.namihawaii.org
- NAR-ANON (Narcotics Anonymous)
  - 247-3191
  - www.nar-anon.org
- P.A.R.E.N.T.S. Inc.
  - 235-0255
  - www.hawaiiparents.org

**KAUA’I**

- Al-Anon Family Groups Hawaii
  - 651-8399
  - www.al-anon.alateen.org
- Hawai’i Families As Allies
  - 1-866-361-8825
  - www.hfaa.net

**HAWAI’I**

- Al-Anon Family Groups Hawaii
  - 935-0971
  - www.al-anon.alateen.org
- Hawai’i Families As Allies
  - 1-866-361-8825
- P.A.R.E.N.T.S. Inc.
  - 934-9552
  - www.hawaiiparents.org

**MAUI/MOLOKA’I**

- Al-Anon Family Groups Hawaii
  - 242-0296
  - www.al-anon.alateen.org
- 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 Crisis

O`AHU
ACCESS Suicide Crisis Line – 24 Hour Hotline 832-3100

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

Suicide Prevention

Statewide Prevent Suicide Hawai`i Taskforce
Suicide Prevention Coordinator, Department of Health nancy.deeley@doh.hawaii.gov
– Nancy Deeley

O`AHU
O`ahu Prevent Suicide Hawai`i Taskforce www.oahupreventsuicidehi.org
Chair – Pua Kaninau-Santos oahupreventsuicidehawaii@gmail.com

KAUA`I
Kaua`i Prevent Suicide Hawai`i Taskforce 651-6637 www.preventsuicidekauai.org
Chair – Gina Kaulukukui; Co-Chair – Bridge Arume info@preventsuicidekauai.org

HAWAI`I
Hawai`i Island Taskforce – Hilo
Chair – Jo Ann Balberde-Kamali`i tiahonu@hawaii.rr.com
Co-Chair – Tracey Wise tracey.wise@doh.hawaii.gov
Hawai`i Island Taskforce - Kona www.preventsuicidekona.com
Chair – Nancy Sallee; Co-Chair – Paulla Demello-Obannon preventsuicidekona@gmail.com

MAUI
Maui Island Taskforce
Co-Chair – Ann Nakagawa naka266@gmail.com
Co-Chair – Jeny Bissell jenny.bissell@doh.hawaii.gov

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

O`ahu 586-2211
Hawai`i 974-4000
Kaua`i 274-3141
Maui 984-2400

All phone numbers are area code 808 unless otherwise noted.
<table>
<thead>
<tr>
<th>National Mental Health Resources</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>American Association of Suicidology</strong></td>
</tr>
<tr>
<td><strong>American Foundation for Suicide Prevention</strong></td>
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<tr>
<td><strong>American Self-Help Clearinghouse</strong></td>
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<tr>
<td><strong>Anxiety Disorders Association of America</strong></td>
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<tr>
<td><strong>Attention Deficit Disorder Association</strong></td>
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<tr>
<td><strong>Autism Society of America</strong></td>
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<tr>
<td><strong>Child and Adolescent Bipolar Foundation</strong></td>
</tr>
<tr>
<td><strong>Children and Adults with Attention Deficit/Hyperactivity Disorder</strong></td>
</tr>
<tr>
<td><strong>Depression and Bipolar Support Alliance</strong></td>
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<tr>
<td><strong>Dual Diagnosis of Oregon, Inc.</strong></td>
</tr>
<tr>
<td><strong>Federation of Families for Children’s Mental Health</strong></td>
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<tr>
<td><strong>Freedom from Fear</strong></td>
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<tr>
<td><strong>Hospice Foundation</strong></td>
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<tr>
<td><strong>Mental Health America (National)</strong></td>
</tr>
<tr>
<td><strong>National Alliance on Mental Illness</strong></td>
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<tr>
<td><strong>National Council on Problem Gambling</strong></td>
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<tr>
<td><strong>National Institute of Mental Health</strong></td>
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<tr>
<td><strong>National Suicide Prevention Lifeline</strong></td>
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<tr>
<td><strong>Obsessive Compulsive Foundation</strong></td>
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<td><strong>Postpartum Support International</strong></td>
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<td><strong>Recovery International</strong></td>
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<td><strong>Safe Schools Coalition</strong></td>
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<tr>
<td><strong>Self Mutilators Anonymous</strong></td>
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<tr>
<td><strong>Substance Abuse and Mental Health Services Administration</strong></td>
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<tr>
<td><strong>TARA Association for Personality Disorder</strong></td>
</tr>
<tr>
<td><strong>The Trevor Project (24/7 LGBT crisis hotline)</strong></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Hawai`i 24 Hour Suicide Crisis Line</th>
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<tbody>
<tr>
<td><strong>O`AHU</strong></td>
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<tr>
<td>ACCESS Suicide Crisis Line– 24 Hour Hotline</td>
</tr>
<tr>
<td><strong>NEIGHBOR ISLANDS</strong></td>
</tr>
<tr>
<td>ACCESS Suicide /Crisis Line – 24 Hour Hotline</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>

Add Columns

TOTAL SCORE =

What your score means:

0-4 No depression  10-14 Moderate depression  20+ Severe depression
5-9 Mild depression  15-19 Moderately severe depression

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

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