



Mental Health America
of Hawai'i

...formerly Mental Health Association



Aloha United Way

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

(Accessible entrance: 67 So. Pauahi near Fort Street Mall)

Ph: 808.521.1846

Fx: 808.533.6995

MHA-Maui County: (808) 242-6461

MHA-Hawai'i County: (808) 966-8736

E-mail: info@mentalhealth-hi.org Website: www.mentalhealth-hi.org

FINDING HELP Phone List:
A Consumer Guide to Mental Health Services in Hawai'i
Updated 8/07

This phone list, which was prepared as completely and accurately as possible, is provided to help you find community services. 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.

All phone numbers are area code 808 unless otherwise noted.

Crisis Telephone Numbers -- Call 911 or call:

ACCESS – 24 hr Crisis Center & Access to Mental Health Services: Provides suicide prevention/crisis services, mobile crisis outreach, and entry into Adult Mental Health system (i.e., Community Mental Health Centers) for low/no income individuals

Oahu

832-3100

Crisis Mobile Outreach, CARE Hawai'i Inc.

486-7175

Neighbor Islands ACCESS Suicide Prevention/Crisis Line

1-800-753-6879

Army Community Service Resource Line

624-HELP (4357)

Health & Human Services in Hawai'i Information Line

Aloha United Way

211;

<http://www.auw.org/211>.

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

Oahu

586-2211

Hawai'i

974-4000

Maui

984-2400

Kaua'i

274-3141

Alcohol & Drug Services

<u>Oahu</u>	Alcohol & Drug Abuse Division (State Dept. of Health)	692-7522
	Adolescent Substance Abuse Counseling Service	655-9944
	Alcohol and Drug Abuse Prevention and Control Program, Schofield Barracks	433-700
	Drug Addiction Services of Hawai'i (DASH)	538-0704
	Coalition for a Drug-Free Hawaii	545-3228; 1-800-845-1946
	Hina Mauka	236-2600; 1-888-446-2628
	Hina Mauka Teen C.A.R.E.	236-2600 ext.259
	Institute of Human Services	537-2724 ext.127
	Queen's Day Treatment Services	547-4352
	Wai'anae Mental Health Center (Hale Na'au Pono)	696-4211
	Women's Way Residential Substance Abuse Treatment	733-2802
<u>Hawai'i</u>	Big Island Substance Abuse Council	935-4927
	ACCESS Capabilities	1-800-753-6879
	Drug Addiction Services of Hawai'i (DASH)	961-6822
	Lokahi Treatment Center	883-0922
	Marimed Foundation	962-6610
<u>Kaua'i</u>	Keala Pono Recovery Center	246-0663
	Hina Mauka	245-8883
<u>Maui</u>	Aloha House	579-9584
	Prevention Resource Center	1-800-845-1946
<u>Lana'i</u>	Aloha House	565-9566
<u>Moloka'i</u>	Ka Hale Pomaka'i (AA & NA)	558-8480
	Hale Ho'okopa'a	553-3231

Anger Management Services

<u>Oahu</u>	Catholic Charities Family Services	536-1794
	Child & Family Services	521-2377; 681-3500
	Family Peace Center	832-0855
	Community Assistance Center	537-2917
	Hawai'i Counseling and Education Center	254-6484
<u>Hawai'i</u>	Turning Point for Families	969-7798
	Child and Family Services	935-2188
<u>Kaua'i</u>	YWCA	245-5959
<u>Maui</u>	Child and Family Services	877-6888; 1-800-873-8624
	PACT	244-2330
<u>Moloka'i</u>	Child Welfare Services	553-1703

Bereavement & Grief Support

<u>Oahu</u>	Beginning Experience	949-5910
	Caregiver Support Group Castle Medical Center	263-5400
	Compassionate Friends	792-0204
	Grief Share	532-1111
	Hawai'i Sudden Infant Death Syndrome Counseling	951-1410

H.O.P.I.N.G. (Helping Other Parents in Normal Grieving)	432-5838
Hospice Hawai'i	924-9255
Kids Hurt, Too	735-2989
Make Today Count (American Cancer Society)	595-7500
Mattie Lyman Grieving Persons Support Group	261-1669; 294-2730
Organ/Tissue Donor Center of Hawai'i Family Bereavement Support	585-3412
Parents Of Murdered Children	236-2242
Parents Without Partners	262-6442; 262-7441
Pet Loss Support Group, Hawaiian Humane Society	946-2187, ext.217
Reid Richards Foundation "Napuaokamakaola"	220-3491
St. Francis Hospice	547-6508
Society of Military Widows, Aloha Chapter	947-5282
Survivors of Suicide	440-3861
<u>Hawai'i</u> Compassionate Friends- Hilo	968-7046
Hospice of Hilo	969-1733

Bilingual Services

<u>Oahu</u> Bilingual Access Line (Helping Hands Hawai'i Affiliate)	526-9724
Pacific Gateway Center	945-3918
<u>Neighbor Islands</u> Bilingual Access Line	526-9724 (call collect)

Brain Injury / Stroke

<u>Oahu</u> Brain Injury Assn. of Hawai'i	454-0699
Information After a Brain Injury or Stroke	533-4525
	www.lava.net/~richard/

Child & Adolescent Services

Crisis Intervention – Call ACCESS Suicide Prevention/Crisis Line <i>24 Hour Hotline</i>	832-3100 Oahu 1-800-753-6879 Neighbor Isl.
<u>Oahu</u> Alakai Na Keiki	523-7771
Autism Society	228-0122
Benchmark Behavioral Health Services	454-1411
Bobby Benson Center	293-7555
CARE Hawai'i, Inc.	533-3936
Catholic Charities Family Services	536-1794
Center for Cognitive Behavior Therapy (UH-Manoa)	956-9559
Child & Adolescent Mental Health Division (Department of Health)	733-9333; 1-800-294-5282
Child and Family Services	521-2377
Drug Addiction Services of Hawai'i (DASH)	538-0704
Family Guidance Centers	
-Central Oahu	433-5900
-Windward Oahu (Kaneohe)	233-3770
-Windward Oahu (Koolauloa)	293-8998
-Leeward Oahu	692-7700
-Honolulu (Diamond Head)	733-9393
-Honolulu (Kalihi Palama)	832-3792

	-Family Court Liaison Branch	266-9922
	H-KISS (Dept. of Health) – information for parents of children age 0-3 yrs with special needs	594-0066
	Hale Kipa	589-1829 ext.101
	Hawai'i Families as Allies	487-8785; 1-866-361-8825
	Hawai'i Keiki Info Service System	594-0066
	Healthy Start – Intake and screening for children from birth to 1 year – home visits and early intervention	566-4141
	Hina Mauka Teen Care	236-2600 ext.259
	Ho'okawiki	696-3717
	Institute for Family Enrichment	596-8433
	Learning Disabilities Association of Hawai'i	733-9349
	Legal Services for Children (Wai'anae)	696-6393
	Marimed Foundation	236-2288
	New Horizons	484-1000
	Parents and Children Together (PACT)	847-3285
	PATCH- People Attentive to Children	839-1988
	Salvation Army- Family Treatment Services	732-2802
	Special Parent Info Network (SPIN)	586-8126
	Teen Line	521-TEEN (8336)
	The Parent Line	526-1222; 1-800-816-1222
	The Queens Medical Center	537-7032
	Wai'anae Coast CMHC (Hale Na'au Pono)	697-3045
<u>Hawai'i</u>	Big Island Substance Abuse Council	935-4927
	Family Guidance Centers	
	-Hilo	933-0610
	-Kona	322-1541
	-Waimea	887-8100
	Family Intervention Services	935-4411
	Family Support Services of West Hawai'i	326-7778
	Hawai'i Behavioral Health LLC	935-6109
	Institute for Family Enrichment	961-5166
	Kapiolani Health Hawai'i	1-800-362-3585
	Military Safe House	533-7125
	Queen Liliuokalani Children's Center	935-9381; 329-7336
	SAVE (Sexual Assault Victim Empowerment)	935-0677
	Special Parent Info Network (SPIN)	974-4000
	Turning Point for Families	322-7233
<u>Kaua'i</u>	Child and Family Services Teen Substance Abuse	245-5914
	Family Guidance Centers	274-3883
	Hale 'Opio Kaua'i, Inc.	245-2873
	Hina Mauka	245-8333
	Ke ala Pono	246-0663
	Queen Liliuokalani Children's Center	245-1873
	Special Parent Info Network (SPIN)	274-3141 ext.68126
	YWCA of Kauai	245-5959
<u>Lana'i</u>	Aloha House	565-9566
	Family Guidance Centers	565-7915

	Lana'i Youth Center	565-7675
<u>Moloka'i</u>	Healthy Start	553-8114
	Children's Crisis Outreach	1-800-785-3687
	Child Protection Services (CPS) (Hawai'i State Dept. of Human Services	553-1703
	Family Support Services	553-3276
	Queen Liliuokalani Children's Center	553-5369
<u>Maui</u>	Aloha House	579-9584
	Castle Medical Center	242-9733
	Child and Family Services	877-6888
	Family Guidance Centers	
	-Kahului	873-3362
	-Lahaina	662-4044
	-Hana	248-8927
	Malama Family Recovery Center	877-7117
	Maui Youth and Family Services	579-8414 ext.33
	Queen Liliuokalani Children's Center	242-8888
	Special Parent Info Network (SPIN)	984-2400 ext.68126
	The Maui Farm Inc	579-8271
<u>Neighbor Islands (all):</u>		
	Special Parent Info Network (SPIN)	1-800-468-4644 ext.68126
	Teen Line	1-877-521-TEEN (8336)
	The Parent Line	1-800-816-1222

Clubhouses/ Day Treatment

	<i>Statewide Clubhouse/Psychosocial Rehabilitation Coordinator</i>	832-5850
<u>Oahu</u>	Diamond Head Club House	733-9188
	Honolulu Clubhouse	586-3978
	Hui Hana Pono Clubhouse (Wai'ianae)	696-3716
	Ko'olau Clubhouse	233-3778
	Queen's Day Treatment Services	547-4352
	Wai'anae Mental Health Center (Hale Na'au Pono)	696-4211
	Waipahu Aloha Clubhouse	675-0093
<u>Hawai'i</u>	Hale O'luea Clubhouse	974-4320
	Kona Paradise Club, West Hawai'i Mental Health Center	322-4818
<u>Kaua'i</u>	Friendship House	821-4480
<u>Maui</u>	Hale o Lanakila	984-2156
<u>Moloka'i</u>	Moloka'i Clubhouse	553-5874
	Moloka'i Drop In Center	553-3691

Community Health Centers

<u>Oahu</u>	Kalihi-Palama Health Center	848-1438
	Kokua Kalihi Valley	848-0976
	Ko'olauloa Community Health & Wellness Center	293-9216
	Waikiki Health Center	922-4787
	Waimanalo Health Center	259-7948
	Wai'anae Coast Comprehensive Health Center	696-7081

<u>Hawai'i</u>	Bay Clinic - Hilo	969-1427
	Bay Clinic - Kea'au	930-0400
	Bay Clinic - Ka'u Family Health Center	929-7311
	Bay Clinic - Pahoia Family Health Center	965-9711
	Hamakua Health Center	775-7206
	West Hawai'i Community Health Center	326-5629
<u>Maui</u>	Community Clinic of Maui	871-7772
	Hana Community Health Center	248-8294
<u>Kaua'i</u>	Kaua'i Community Health Center	338-1855
<u>Lana'i</u>	Straub Clinic	565-6423

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

<u>Oahu</u>	Central Oahu CMHC	453-5953
	Diamond Head CMHC	733-9260
	Kalihi-Palama CMHC	832-5800
	Windward Coast (Kaneohe) CMHC	233-3775
	Wai'anae Coast CMHC (Hale Na'au Pono)	696-4211
	Adult Mental Health Division Consumer Advocate	586-4688
<u>Hawai'i</u>	Hawai'i CMHC - Hilo	974-4300
	Kona CMHC	322-4818
	Naalehu CMHC	929-7331
	Waimea CMHC	775-8835
	Hawai'i Puna CMHC	965-2240
<u>Kaua'i</u>	Kaua'i CMHC	274-3190
<u>Maui</u>	Maui CMHC	984-2150
<u>Moloka'i</u>	Moloka'i CMHC	533-3691
<u>Lana'i</u>	Lana'i	565-6189
	Aloha House	565-9566

Consumer Advocacy Agencies

<u>Oahu</u>	Affordable Housing & Homeless Alliance	845-4565
	Adult Mental Health Division, Dept. of Health, Consumer Advocate	586-4688
	Community Assistance Center	537-2917
	Disability & Communications Access Board	586-8121
	Hawai'i Disability Rights Center	949-2922; 1-800-882-1057
	Child/Adolescent Mental Health Division (Dept. of Health) Grievance Office	733-9352
	Hawai'i Centers for Independent Living	522-5400; 1-800-645-4651
	Hawai'i Civil Rights Commission	974-4000; 586-8636
	Hawai'i Families As Allies	487-8785
	Hawai'i State Hospital Patient Rights	247-2191
	Learning Disabilities Association/Hawai'i	536-9684; 1-800-533-9684
	Legal Services For Children	696-6393
	Legal Aid Society of Hawai'i	1-800-499-4302
	Long-Term Care Ombudsman (for elderly)	586-7218
	Mental Health America of Hawai'i	521-1846

	NAMI (National Alliance on Mental Illness)	591-1297
	Self-Advocacy Advisory Council (SAAC)	522-5408
	United Self-Help	947-5558
<u>Hawai'i</u>	Hawai'i Disability Rights Center East Hawaii	965-0152
	Hawai'i Disability Rights Center West Hawaii	325-5123
	Disability & Communications Access Board	1-808-974-4000 ext.68121
	Hawai'i Centers For Independent Living	935-3777; 323-2221
	-Hilo	934-0678
	-Kona	329-8331
	Mental Health Association of Hawai'i County	966-8736
<u>Kaua'i</u>	Disability Rights Center	246-2576
	Disability & Communications Access Board	274-3141
	Hawai'i Centers For Independent Living	245-4034
	Legal Aid Society of Hawai'i: Kaua'i	245-7580
	Mental Health Clinic	274-3190
<u>Maui</u>	Disability & Communications Access Board	984-2400 ext.68121
	Disability Rights Center	876-0529
	Disability Rights Center	1-877-712-7575
	Legal Aid Society of Hawai'i	242-0724
	Maui Centers For Independent Living	242-4966
	Mental Health Association Of Maui County	242-6461
<u>Neighbor Islands</u>		
	Disability Rights Center	1-800-882-1057
	Disability Communication Board	1-800-468-4644
	United Self Help	1-866-866-4357 (HELP)

Culturally Sensitive Service Providers

<u>Oahu</u>	Bilingual Access Line	526-9724
	Catholic Charities, Immigrant Services	528-5233 ext.16
	Susannah Wesley Community Center	847-1535
	Wai'ianae Community Mental Health	696-4211
	Queen Liliuokalani Children's Center	847-1302
<u>Neighbor Islands</u>		
	Bilingual Access Line	526-9724 (call collect)

Domestic Violence

<u>Oahu:</u>	Domestic Violence Clearinghouse & Legal Hotline	531-3771
	Ho'ola Pono Domestic Violence Program for Batterer Intervention	521-HELP; 536-1794
	Child and Family Services	681-3500
	Ke'ala Pono- Hawai'i Counseling and Education Program for Batterer Intervention	254-6484
	Shelter & Crisis Line for Family Violence – Honolulu and Leeward	841-0822
	Shelter & Crisis Line for Family Violence – Oahu	528-0606
	Shelter & Crisis Line for Family Violence – Windward	526-2200
	The Institute for Family Enrichment	596-8433
	PACT Family Peace Center	832-0855

<u>Hawai'i</u>	Child and Family Services	935-2188
	Shelter and Crisis Line for Family Violence – Hilo	959-8864
	Shelter and Crisis Line for Family Violence – Kona	322-7233
	The Institute for Family Enrichment- Hilo	961-5166
	The Institute for Family Enrichment- Kona	323-3305
<u>Maui</u>	Child and Family Services	877-6888
	PACT Family Peace Center	244-2330
	Shelter and Crisis Line for Family Violence – Maui	579-9581
<u>Kaua'i</u>	Child And Family Services	245-5914
	Kaua'i Family Visitation Center	821-0574
	Shelter and Crisis Line for Family Violence – Kaua'i	245-6362
<u>Moloka'i</u>	Child and Family Services	567-6100

Eating Disorders

	Eating Disorders – Women	262-3345
	Kapiolani Comprehensive Eating Program	983-6100
<u>Hawai'i</u>	Food Addicts Anonymous	967-8530
<u>Maui</u>	Anorexia and Bulimia Center of Hawai'i Ai Pono	870-9888
	Food Addicts Anonymous	669-8140

Elderly Services

	<u>Statewide:</u> State Long-Term Care Ombudsman	586-7268
<u>Oahu</u>	AARP Resources for Family, Caregivers	545-6006
	Adult Protective Services (Abuse)	832-5115
	Alzheimer's Association Help Line	1-800-272-3900
	Catholic Charities Elderly Services	595-0077
	Child & Family Services	521-2377
	Elderly Affairs Division, City & County of Honolulu	768-7705
	Kupuna Care/Elderly Affairs Division	523-4545
	SMP Protecting Seniors, their families and caregivers from healthcare and financial fraud	586-7281; 1-800-296-7268
	Respite Companion Services	586-5192
<u>Hawai'i</u>	Adult Protective Services	933-8820; 327-6280
	Economic Opportunity Council	961-2681
	Alzheimer's Association	981-2111
	Hawai'i County Office on Aging	961-8600
	Hilo Adult Day Center	961-3747
	Kona Adult Day Center	322-7977
<u>Maui</u>	Adult Protective Services	243-5151
	Kaunoa Senior Center	270-7308
	Maui County Office on Aging	270-7755; 270-7774
<u>Kaua'i</u>	Adult Protective Services	241-3432
	Kaua'i Area Agency on Aging/Senior Services	241-6400
	Kauai Agency on Elderly Affairs	241-4470
	Seniors Law Program	246-8868
<u>Moloka'i</u>	Home Pumehana	553-5788
	Molokai County Offices on Elderly/Aging	553-5241
<u>Lana'i</u>	Senior Citizens Center	565-6282

Elderly Caregivers Services

Elderly Affairs Division - I & E Caregiver Services

523- 4545

www.elderlyaffairs.com,Oahu

Alzheimer's Association

1-800-272-3900

Catholic Charities Hawai'i

595-0077

Honolulu Gerontology Program

543-8421

Project Dana

945-3736

Health Insurance ProvidersOahu

AlohaCare

973-1650

Hawai'i Medical Service Association (HMSA)

948-6111; 1-800-776-4672

Hawai'i Quest

587-3521

Kaiser Permanente

432-5955; 1-800-966-5955

Medicaid

587-3521

Medicaid Dental Care

1-866-486-8030

Med-Quest Info Line

586-5390; 587-3521

Social Security Administration

1-800-772-1213

Hawai'i

Hawai'i Quest

933-0399; 327-4970

Kaua'i

HMSA

245-3393

Maui

Kaiser Permanente

246-3448

Neighbor Island

Hawai'i Quest

1-800-518-8887

Medicaid Social Security Administration

772-1213; 1-800-518-888

Homeless Shelters & ServicesOahu

Care-A-Van

922-4790

Hale Kipa Youth Services

589-1829

Health Care for the Homeless Project (Safe Haven)

524-7233

Institute for Human Services (I.H.S.)

845-7052

Ohana Ola O Kahumana (Wai'ianae)

696-4039

Safe Haven for Homeless Mentally Ill

524-7233

Wilcox Adult Day Health

246-6919

Hawai'i

East Hawai'i Coalition for the Homeless

961-2559

Care-A-Van (island wide)

935-3050

Kawaihoe Transitional Housing

882-7609

Maui

Caravan medical Outreach

224-7407

Ka Hale Ake Ola

242-7600

Lahaina Lightbringers

667-6621

Salvation Army

871-6270

Hospitals & Medical CentersOahu

Castle Medical Center (has in-patient psychiatric unit)

263-5500

Hawai'i State Hospital (psychiatric hospital)

247-2191

Kahi Mohala Hospital (psychiatric hospital, for both adults and adolescents)

671-8511

	Kahuku Hospital	293-9221
	Kaiser Behavioral Health service	432-7600
	Kaiser Permanente Medical Services	432-2000
	Kaiser Permanente Moanalua Hospital & Clinic	432-0000
	Kalihi-Palama Dental Health Center	845-0686
	Kalihi-Palama Health Center	848-1438
	Kapiolani Medical Center at Pali Momi	486-6000
	Kapiolani Medical Center	983-6000
	Kuakini Medical Center	536-2236
	Queens Medical Center (has in-patient psychiatric units for both adults and adolescents)	538-9011
	Queen's Referral Line	537-7117
	Rehabilitation Hospital of the Pacific	531-3511
	Hawai'i Medical Center East	547-6011
	Hawai'i Medical Center West	678-7000
	Straub Clinic & Hospital	522-4000
	Tripler Army Medical Center	433-6661
	Wahiawa General Hospital	621-8411
	Wai'ianae Coast Comprehensive Health Center	696-7081
<u>Hawai'i</u>	North Hawai'i Community Hospital	885-4444
	Hale Ho'ola Hamakua Critic Access Hospital	775-7211
	Kaiser Permanente Hilo Clinic	934-4000
	Kohala Hospital	889-6211
	Kona Community Hospital (has in-patient psychiatric unit)	322-9311
<u>Kaua'i</u>	Kaua'i Medical Clinic	245-1500
	Kaua'i Veterans Memorial Hospital	338-9431
	Samuel Mahelona Memorial Hospital	822-4961
	Wilcox Memorial Hospital	245-1100
<u>Maui</u>	Hana Medical Center	248-7259
	Kaiser Permanente Wailuku Clinic	243-6000
	Kula Hospital	878-1221
	Maui Memorial Medical Center (has in-patient psychiatric units for both adults and adolescents)	244-9056
<u>Moloka'i</u>	Moloka'i General Hospital	553-5331
	Moloka'i Family Health	555-5353
	Napuwai Native Hawai'ian Health care	553-3653
	Moloka'i Family Support Services	553-3276
	Moloka'i Family Planning Project	553-3145
<u>Lana'i</u>	Lana'i Hospital	565-6411
<u>Housing Information</u>		
<u>Oahu</u>	Affordable Housing & Homeless Alliance	845-4565
	Dept. of Health Financial, Food Stamp and Medical Information	643-1643
	Hawai'i Centers for Independent Living	522-5400
<u>Hawai'i</u>	County Housing	959-4642

	Hawai'i Centers for Independent Living	935-3777
	State Housing	933-0474; 322-1915
<u>Kaua'i</u>	Hawai'i Centers for Independent Living	245-4034
<u>Maui</u>	County of Maui	270-7805
	Lokahi Pacific	242-5761
	Maui Centers for Independent Living	242-4966
<u>Lana'i</u>	Castle & Cooke Housing	565-3975
<u>Moloka'i</u>	Hale Manaolu	872-4100

Immigrant Services

<u>Oahu</u>	Bilingual Access Line	526-9724
	Catholic Charities Immigrant Services	528-5233
	Child and Family Services	521-2377
	Na Loio (legal assistance)	847-8828
	Susannah Wesley Community Center	847-1535
<u>Hawai'i</u>	County Immigration Center	961-8220
<u>Maui</u>	Immigrant Services	1-800-375-5283
<u>Neighbor Islands</u>		
	Bilingual Access Line	1-808-526-9724

Jail & Prison Services

<u>Oahu</u>	Hina Mauka Women's Community Correctional Ctr	261-9111
	John Howard Association	537-2917
	Dept. of Public Safety-Health Care Div.	587-1250
	State Courts Branch	832-1852
<u>Hawai'i</u>	Hawai'i Community Correction Center	933-0428
	Police Department	935-3311
<u>Maui</u>	Police Dept	244-6400
<u>Moloka'i</u>	Police Dept	553-5355
<u>Lana'i</u>	Police Dept	565-6428

Job Training & Placement – see also Clubhouses

<u>Oahu</u>	Goodwill Vocational Training Center	836-0313
	Lanakila Rehabilitation Center	531-0555
	State Vocational Rehab Division	586-5167
	United Self-Help	947-5558
	Winners at Work	532-2100
<u>Hawai'i</u>	Brantley Center	775-7245
	State Vocational Rehab Division	323-0025
	Economic Opportunity Council	961-2681
<u>Kaua'i</u>	State Vocational Rehab Division	274-3333
<u>Maui</u>	State Vocational Rehab Division	984-8350
<u>Moloka'i</u>	State Vocational Rehab Division	553-3621
	Moloka'i Occupational Center	553-3266

Legal Services

<u>Oahu</u>	Hawai'i Civil Rights Commission	586-8636
	Hawai'i Disability Rights Center	949-2922; 1-800-882-1057

	Legal Aid Society	536-4302
	Legal Services for Children (Wai'ianae)	696-6393
	Maximum Legal Services Corp. (Trust and Conservatorships for disabled and minors)	585-0920
	Volunteer Legal Services of Hawai'i	528-7046
<u>Hawai'i</u>	Disabilities Rights Center	965-0152; 325-5123
	Legal Aid Society & Seniors Program	329-3910
	Public Defender	322-1945
	Turning Point for Families (TRO)	969-7798
<u>Maui</u>	Disabilities Rights Center	876-0529
	Legal Aid Society	244-3731
<u>Lana'i</u>	Legal Aid Society	565-6089
<u>Neighbor Islands</u>		
	Disabilities Rights Center	1-800-882-1057

Marriage & Family Services

Look in the "Marriage, Family, Child, & Individual Counselors" section of the yellow pages, or call:

<u>Oahu</u>	Catholic Charities Family services	521-4357
	Child and Family Services	681-3500
	Hawai'i Association for Marriage and Family Therapy	371-3254
	Jewish Community Services – Crisis intervention for Jewish families	258-7121
	Queen Liliuokalani Children's Center (Ho'oponopono)	847-1302
	Counseling & Spiritual Care Center of Hawai'i	545-2740
<u>Kaua'i</u>	Child and Family Services	245-5914
<u>Maui</u>	Child and Family Services	877-6888

Mediation Services

<u>Oahu</u>	Mediation Center of the Pacific	521-6767
<u>Hawai'i</u>	Kuikahi Mediation Center	935-7844
	West Hawai'i Mediation Services	885-5525; 326-2666
<u>Kaua'i</u>	Kaua'i Mediation Program	245-4077
<u>Maui</u>	Mediation Center of Maui	244-5744
<u>Moloka'i</u>	Mediation Center of Moloka'i	553-3844

Military Mental Health Services

<u>Oahu</u>	Air Force Life Skills Support Center	449-0175; 449-0176
	Marine Family Service Center	257-7787
	Veterans Day Treatment Program (Tripler)	433-0776
<u>Hawai'i</u>	Veterans Affairs, Primary Care Clinic	935-3781; 329-0774

Professional Organizations

<u>Oahu</u>	Hawai'i Assoc. for Marriage and Family Therapy	291-5321
	Hawai'i Nurses Association	531-1628
	Hawai'i Psychiatric Medical Association	263-3070
	Hawai'i Psychological Association	521-8995
	National Association of Social Workers/Hawai'i	521-1787

Residential Treatment, Supportive Housing, Group Homes: ADULTS

<u>Oahu</u>	CARE Hawai'i, Inc.	791-6180
	Catholic Charities Family Services	537-6321
	Hina Mauka	236-2600
	Kahumana Residential Special Treatment Facility	696-6699
	Mental Health Kokua	737-2523
	Poailani	263-1065; 262-2799
	Safe Haven for Homeless Mentally Ill	524-7233
	Sand Island	841-2319
	Steadfast Housing	599-6230
	Steps for Independence	696-7480
	Wai'anae Mental Health Center (Hale Na'au Pono)	696-4211
<u>Hawai'i</u>	Community Care Services	935-3481
	Mental Health Kokua (Hilo)	935-7167
	Mental Health Kokua (Kailua-Kona)	331-1468
<u>Maui</u>	Lokahi Pacific	242-5761
	Maui Centers for Independent Living	242-4966
	Mental Health Kokua	244-7405

Residential Treatment Programs: CHILDREN AND TEENS

<u>Oahu</u>	CARE Hawai'i, Inc (Crisis Residential) – Aiea	486-7270
	CARE Hawai'i, Inc (Crisis Residential) – Pearl City	453-4296
	CARE Hawai'i, Inc (Crisis Residential) – Kaneohe	235-6049
	Catholic Charities Family Services	536-1794
	Child & Family Service	521-2377
	Kailana, Tole Mour (Marimed Foundation)	236-2288
	Hale Kipa	589-1829
<u>Hawai'i</u>	Child & Family Service	935-2188
<u>Kaua'i</u>	Hale Opio	245-2873
	Hawai'i Behavioral Health Services inc.	246-9102
<u>Maui</u>	Maui Farm	579-8271
	Maui Youth & Family Service	579-8414
<u>Moloka'i</u>	Moloka'i Community Service Council	553-3244

Respite Services: FAMILIES, CHILDREN/YOUTH, AND ADULTS

	Mental Health Kokua Respite Coordinator on Oahu	735-6423
	Time-Out from Parenting for families under stress (PACT)	841-1027
	Hawai'i Family Services – Wai'anae	696-3482
	Tutu Support Group	696-3482

Self-Help/Support Groups: CONSUMERS

United Self-Help provides an array of support groups and operates a "warm line"

<u>Oahu</u>		947-5558
<u>Neighbor Islands</u>		1-866-866-4357 (HELP)
<u>Oahu</u>	Adult Children of Alcoholics	599-7755
	Al-Anon/Narc-Anon (people living with substance abusers)	559-7755; 935-0971

	Alcoholics Anonymous (AA)	946-1438
	Alzheimer's Association Aloha Chapter	591-2771
	Co-Dependents Anon (relationship problems)	589-2636
	Dual Recovery Anonymous	845-7771
	Gamblers Anonymous	595-8838
	Helping Hands Hawai'i	536-7234
	Narcotics Anonymous (NA)	734-4357
	National Alliance for the Mentally Ill (NAMI)	561-7843
	Obsessive-Compulsive Disorder Support	261-6987
	Sex and Love Addicts Anonymous	926-0166
	Survivors of Suicide	440-3861
	Wala'au	845-7771
<u>Hawai'i</u>	Alcoholics Anonymous (AA)	961-6133; 329-1212
	Helping Hands Hawai'i	934-9063
	Narcotics Anonymous (NA)	969-6644
<u>Kaua'i</u>	Al-Anon/Al-Teen	246-1116
	Alcoholics Anonymous (AA)	245-6677
	Narcotics Anonymous (NA)	828-1674
<u>Maui</u>	Al-Anon	242-0296
	Alcoholics Anonymous (AA)	244-9673
	Narcotics Anonymous (NA)	242-6404
<u>Neighbor Islands</u>	United Self-Help/ Warm Line	1-866-866-4357 (HELP)

Self-Help/Support Groups: FAMILY

<u>Oahu</u>	Alzheimer's Association	591-2777; 591-0090
	Diamond Head Family Support Groups	733-9260
	Hawai'i Families As Allies	487-8785
	Hina Mauka	236-2600
	Learning Disabilities Association of Hawai'i	536-9684
	Narcotics Anonymous	230-2084; 247-3191
	Nat'l Alliance for the Mentally Ill-Oahu	591-1297
	Nicotine Anonymous	926-0741
	Survivors of Suicide (SOS)	536-7234
	Windward MHC Family Support Group	233-3775
<u>Hawai'i</u>	Nat'l Alliance for the Mentally Ill- Hilo	935-3518
	Nat'l Alliance for the Mentally Ill- Kona	808-561-7843
<u>Kaua'i</u>	Nat'l Alliance for the Mentally Ill- Hawai'i	808-561-7843
<u>Maui</u>	Al-Anon/Alateen	242-0296
	Alzheimer's Association	242-8636
	Nat'l Alliance for the Mentally Ill- Hawai'i	808-561-7843
	Women Helping Women (domestic violence)	579-9581
<u>Moloka'i</u>	Moloka'i Women's Shelter (domestic violence)	567-6888
<u>Neighbor Islands</u>	Hawai'i Families As Allies	1-866-361-8825

Sex Abuse Treatment – Offenders

<u>Oahu</u>	Catholic Charities	535-0155
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Sex Abuse Treatment - Victims

<u>Oahu</u>	The Children's Justice Center	586-0822
	Navy's Sexual Assault Victim Intervention Program	576-9634
	Sex Abuse Treatment Center – 24 hr Hotline	535-7600; 524-7273
<u>Hawai'i</u>	Rape Crisis Line	973-9337
	YWCA/Empowering Alternatives	935-0677
<u>Kaua'i</u>	Sex Assault Treatment Program	245-4144
	The Children's Justice Center	327-4985
<u>Maui</u>	Child and Family Services	873-8624
	Sex Assault Crisis Line	242-4335
	The Children's Justice Center	243-8684
<u>Moloka'i</u>	Sex Assault Crisis Line	1-866-553-5997
<u>Lana'i</u>	Sex Assault Crisis Line	1-866-443-5702

Sliding Scale Fee Agencies

<u>Oahu</u>	Catholic Charities Family Services	536-1794
	Child & Family Service	681-3500
	Counseling & Spiritual Care Center of Hawai'i	545-2740
<u>Kaua'i</u>	Child & Family Service	245-5914

Veterans' Mental Health Services

<u>Oahu</u>	National Center for PTSD	566-1546
	Veterans Affairs Mental Health Clinic	433-0660; 1-800-827-1000
	Veterans Day Treatment Program (Tripler)	433-0600
	Vet Center	973-8387
<u>Hawai'i</u>	Veterans Clinic	935-3781; 329-0774
<u>Kaua'i</u>	Kaua'i Veterans Center	246-1135
	Veterans Clinic	246-0497
<u>Maui</u>	Community-based Outpatient Clinic	871-2454
	Maui Vet Center	242-8557

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!

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?

<i>Circle the answer</i>	<i>Not at all</i>	<i>Several days</i>	<i>More than half the days</i>	<i>Nearly every day</i>
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 to 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 the Mental Health Association, 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.