

Mental Health Resources:

Hawai'i CARES 24/7 Crisis

www.hicares.hawaii.gov

Oahu: 832-3100

Neighbor Islands 1-800-753-6879

Ku Makani, The Hawai'i Resiliency Project

www.kumakani.org

Oahu: 832-3100

Neighbor Islands 1-800-753-6879

Crisis Text Line of Hawaii

texting ALOHA to 741741

www.crisistextline.org

Family Guidance Centers:

<https://health.hawaii.gov/camhd/>

O'ahu: 733-9333

All other islands: 1-800-294-5282

Child and Family Services (CFS): 'Ohana Support Services:

<https://www.childandfamilyservice.org/>

Parent line: O'ahu 526-1222

All other islands: 1-800-816-1222

Parents Lines

www.theparentline.org

Teen Link Hawaii

www.teenlinkhawaii.org

Mental Health America of Hawai'i:

www.mentalhealthhawaii.org

Oahu 832-3100

Neighbor Island 1-800-753-6879

Special Parent Info Network

www.spinhawaii.org

O'ahu: 586-8126

All other islands: 1-800 486-4644 ext 68126

Help Your Keiki:

www.helpyourkeiki.com

Oahu: 832-3100

Neighbor Island 1-800-753-6879

Queen's Clinically Integrated Physician Network

<https://qcipn.org/>

https://qcipn.org/images/MHI/MentalHealthResourcesList_07.25.18.pdf

Hawaii Disability Rights:

www.hawaiidisabilityrights.org

National Suicide Prevention Lifeline:

1-800-273-8255

Apps For Learning coping skills, mindfulness, and mediation

MoodMission

Moodfit

Headspace

Apps For Safety Plan:

MY3

ReMinder Suicide Safety Plan

Books For Families:

The Childhood Depression Sourcebook (1988), by Jeffery Miller

The Depressed Child: Overcoming Teen Depression (2001), by Mariam Kaufman

The Explosive Child (2001), by Ross Greene

Helping Teens Who Cut: Understand and Ending Self-Injury (2008), by Michael Hollander

Feeling Good: The New Mood Therapy (1999) by David Burns

When Nothing Matters Anymore: A Survival Guide for Depressed Teens (2007), by Bev Cobain and Elizabeth Verdick

Taking Depression to School (2002), by Kathy Khalsa (young children)

Where's Your Smile, Crocodile? (2001), by Clair Freedman (young children)

My Feeling Better Workbook: Help for Kids Who Are Sad and Depressed (2008), by Sara Hamil (elementary school)

Informational Websites for Families:

- <https://www.nami.org/Your-Journey/Teens-Young-Adults>
- <https://afsp.org/>
- [www.aacap.org/AACAP/Families and Youth/Home](http://www.aacap.org/AACAP/Families_and_Youth/Home)