

## MENTAL HEALTH RESOURCES

If you or someone you know is struggling as a result of the disaster, you are not alone.

### In-Person Counseling Services

- **Department of Health Maui Community Mental Health Center:** Offering crisis mental health services and expanded hours for those experiencing emotional or psychological distress. To receive services, contact the center by phone at (808) 984-2150, via email at [mauiwellness@doh.hawaii.gov](mailto:mauiwellness@doh.hawaii.gov) or in-person at 121 Mahalani St. in Wailuku. Clinic hours are 7:45 a.m. to 4:30 p.m. every day.
- **Kaiser Permanente & Queen's Health Systems:** Providing free behavioral health services to members and non-members at the Royal Lahaina Hotel from 9 a.m. – 4 p.m., Monday through Friday. The Kaanapali Circulator Shuttle offers free transportation between the hotels and the mobile health vehicles located at the Royal Lahaina Resort
- **West Maui Coordinated Care Clinic:** No appointment is necessary, and limited translation services are available in Ilocano and Tagalog. For more information, please call (808) 984-8201 or (808) 984-8260. Located at the Comprehensive Health Center on Akoakoa Place. Clinic hours are 9 a.m. to 4 p.m. daily.
- **Maui Behavioral Health Resources:** Counselors are available to support those experiencing mental health distress. For more information, please call (808) 579-8414, ext. 8105 or visit <https://mbhr.org/>.

### Telehealth Services

- **HMSA:** Offering free counseling services 24/7 for those experiencing mental distress or in need of assistance with food, housing, and other essential needs. To receive services, call (800) 580-6934. You do not need to be an HMSA member to participate.
- **Hawaii UTelehealth:** Free confidential crisis counseling services are available via telehealth to everyone, with a focus on older adults, Native Hawaiian, Pacific Islander and rural communities. For more information, please call (808) 375-2745, email [utele@hawaii.edu](mailto:utele@hawaii.edu), or visit <https://hawaiiutelehealth.org/>. To request an interpreter, please call (808) 375-2745.
- **Mana Mental Health:** Offering free counseling sessions for individuals who are pregnant or postpartum. To receive services, call (971) 251-2081, email [kalena@manamentalhealth.com](mailto:kalena@manamentalhealth.com), or book an appointment on <https://calendly.com/manamentalhealth/45min?month=2023-09&date=2023-09-06>.

### Hotlines

- **Hawaii CARES 988:** To speak to a local crisis counselor 24/7, please call (808) 832-3100, (800) 753-6879 or call/text/chat with 988.
- **Disaster Distress Hotline:** Call or text the Disaster Distress Hotline at (800) 989-5990 any time of day to access crisis counseling and support. If you require support in American Sign Language (ASL), you can call via a videophone-enabled device or click the “ASL Now” link at: <https://www.samhsa.gov/find-help/disaster-distress-helpline>
- **Kaiser Permanente:** Offering free, confidential emotional support. To speak to a counselor, call (808) 446-6676, Monday through Friday from 9 a.m. – 5 p.m.

### Support Groups

To register for both the online and in-person support groups and receive updates about future meetings, please email NAMI's Hawaii branch program director, Anisa Wiseman, at [anisa@namihawaii.org](mailto:anisa@namihawaii.org). For more information, please visit <https://namihawaii.org/> or call (808) 591-1297.

- **Online:** Free online support group meetings will be Saturdays at 10 a.m.
- **In-person:** Please contact [anisa@namihawaii.org](mailto:anisa@namihawaii.org) for more information about in-person support groups. .

### **Employee Assistance Programs**

- Check with your employer whether they offer an Employee Assistance Program (EAP), which may be designed to help employees address psychological stressors—among other services. EAPs often provide individual assessments, short-term counseling, and referrals to treatment.

### **Guides for Coping After a Disaster**

- **Taking Care of Your Emotional Health after a Disaster:** Tips are available here in your preferred language:
  - *English:* [https://www.redcross.org/content/dam/redcross/atg/PDF\\_s/Preparedness\\_Disaster\\_Recovery/General\\_Preparedness\\_Recovery/Emotional/Recovering\\_Emotionally\\_-\\_Large\\_Print.pdf](https://www.redcross.org/content/dam/redcross/atg/PDF_s/Preparedness_Disaster_Recovery/General_Preparedness_Recovery/Emotional/Recovering_Emotionally_-_Large_Print.pdf)
  - *Chinese:* [https://www.redcross.org/content/dam/redcross/atg/PDF\\_s/Preparedness\\_Disaster\\_Recovery/General\\_Preparedness\\_Recovery/Emotional/Recovering\\_Emotionally\\_-\\_Chinese.pdf](https://www.redcross.org/content/dam/redcross/atg/PDF_s/Preparedness_Disaster_Recovery/General_Preparedness_Recovery/Emotional/Recovering_Emotionally_-_Chinese.pdf)
  - *Korean:* [https://www.redcross.org/content/dam/redcross/atg/PDF\\_s/Preparedness\\_Disaster\\_Recovery/General\\_Preparedness\\_Recovery/Emotional/Recovering\\_Emotionally\\_-\\_Korean.pdf](https://www.redcross.org/content/dam/redcross/atg/PDF_s/Preparedness_Disaster_Recovery/General_Preparedness_Recovery/Emotional/Recovering_Emotionally_-_Korean.pdf)
  - *Spanish:* [https://www.redcross.org/content/dam/redcross/atg/PDF\\_s/Preparedness\\_Disaster\\_Recovery/General\\_Preparedness\\_Recovery/Emotional/Recovering\\_Emotionally\\_-\\_Spanish.pdf](https://www.redcross.org/content/dam/redcross/atg/PDF_s/Preparedness_Disaster_Recovery/General_Preparedness_Recovery/Emotional/Recovering_Emotionally_-_Spanish.pdf)
  - *Tagalog:* [https://www.redcross.org/content/dam/redcross/atg/PDF\\_s/Preparedness\\_Disaster\\_Recovery/General\\_Preparedness\\_Recovery/Emotional/Recovering\\_Emotionally\\_-\\_Tagalog.pdf](https://www.redcross.org/content/dam/redcross/atg/PDF_s/Preparedness_Disaster_Recovery/General_Preparedness_Recovery/Emotional/Recovering_Emotionally_-_Tagalog.pdf)
  - *Vietnamese:* [https://www.redcross.org/content/dam/redcross/atg/PDF\\_s/Preparedness\\_Disaster\\_Recovery/General\\_Preparedness\\_Recovery/Emotional/Recovering\\_Emotionally\\_-\\_Vietnamese.pdf](https://www.redcross.org/content/dam/redcross/atg/PDF_s/Preparedness_Disaster_Recovery/General_Preparedness_Recovery/Emotional/Recovering_Emotionally_-_Vietnamese.pdf)

### **First Responders**

Our first responders have been on the frontlines to contain the wildfires and help those in need. If you are a first responder, resources are available to support your mental health.

- **Zoom Support:** Maui Strong is hosting a 24/7 Zoom space for first responders, front line staff, volunteers, and any others who have been involved in caring for those affected by the fires to connect and talk story. To enter the chat room, click the following link: <https://zoom.us/j/88263804569> (password: 12345).
- **First Responders and Disaster Responders Resource Portal:** Tip sheets, online trainings, and other resources for first responders about specific stressors, identifying

signs of stress, and coping tips. To view these resources, please visit:

<https://www.samhsa.gov/dtac/disaster-responders>

- **A Guide to Managing Stress for Disaster Responders and First Responders:** Information about the signs and symptoms of stress and strategies to cope during a disaster response. To view this guide, please visit:  
<https://store.samhsa.gov/sites/default/files/pep22-01-01-003.pdf>.

### **Children**

Natural disasters can deeply affect children's emotional, social, and mental health.

- **Hawaii Department of Education:** Mental health resources are available to affected students, including free counseling sessions with Hazel Health. Services are available Monday through Friday between 7 a.m. – 7 p.m. To receive these services, visit HDOE's website here: <https://sites.google.com/k12.hi.us/maui-school-resources/parents-and-families/mental-health-resources>
- **Children and Disasters Resource Center:** Information on how children and teenagers may experience disasters, common reactions, and coping tips. To view these resources, please visit: <https://www.samhsa.gov/dtac/disaster-survivors/children-and-disaster>.
- **Helping Children Cope with Disaster:** Suggestions for parents, caregivers, and other adults on how to help children recover from a disaster. Visit the following links to access the resource in your preferred language:
  - *English:* [https://www.redcross.org/content/dam/redcross/atg/PDF\\_s/Preparedness\\_Disaster\\_Recovery/General\\_Preparedness\\_Recovery/Emotional/Helping\\_children\\_cope\\_with\\_disaster\\_-\\_English.pdf](https://www.redcross.org/content/dam/redcross/atg/PDF_s/Preparedness_Disaster_Recovery/General_Preparedness_Recovery/Emotional/Helping_children_cope_with_disaster_-_English.pdf)
  - *Chinese:* [https://www.redcross.org/content/dam/redcross/atg/PDF\\_s/Preparedness\\_Disaster\\_Recovery/General\\_Preparedness\\_Recovery/Emotional/Helping\\_children\\_cope\\_with\\_disaster\\_-\\_Chinese.pdf](https://www.redcross.org/content/dam/redcross/atg/PDF_s/Preparedness_Disaster_Recovery/General_Preparedness_Recovery/Emotional/Helping_children_cope_with_disaster_-_Chinese.pdf)
  - *Korean:* [https://www.redcross.org/content/dam/redcross/atg/PDF\\_s/Preparedness\\_Disaster\\_Recovery/General\\_Preparedness\\_Recovery/Emotional/Helping\\_children\\_cope\\_with\\_disaster\\_-\\_Korean.pdf](https://www.redcross.org/content/dam/redcross/atg/PDF_s/Preparedness_Disaster_Recovery/General_Preparedness_Recovery/Emotional/Helping_children_cope_with_disaster_-_Korean.pdf)
  - *Spanish:* [https://www.redcross.org/content/dam/redcross/atg/PDF\\_s/Preparedness\\_Disaster\\_Recovery/General\\_Preparedness\\_Recovery/Emotional/Helping\\_children\\_cope\\_with\\_disaster\\_-\\_Spanish.pdf](https://www.redcross.org/content/dam/redcross/atg/PDF_s/Preparedness_Disaster_Recovery/General_Preparedness_Recovery/Emotional/Helping_children_cope_with_disaster_-_Spanish.pdf)
  - *Tagalog:* [https://www.redcross.org/content/dam/redcross/atg/PDF\\_s/Preparedness\\_Disaster\\_Recovery/General\\_Preparedness\\_Recovery/Emotional/Helping\\_children\\_cope\\_with\\_disaster\\_-\\_Tagalog.pdf](https://www.redcross.org/content/dam/redcross/atg/PDF_s/Preparedness_Disaster_Recovery/General_Preparedness_Recovery/Emotional/Helping_children_cope_with_disaster_-_Tagalog.pdf)
  - *Vietnamese:* [https://www.redcross.org/content/dam/redcross/atg/PDF\\_s/Preparedness\\_Disaster\\_Recovery/General\\_Preparedness\\_Recovery/Emotional/Helping\\_children\\_cope\\_with\\_disaster\\_-\\_Vietnamese.pdf](https://www.redcross.org/content/dam/redcross/atg/PDF_s/Preparedness_Disaster_Recovery/General_Preparedness_Recovery/Emotional/Helping_children_cope_with_disaster_-_Vietnamese.pdf)