



HEALTHY FAMILIES

If you or a loved one is experiencing emotional or mental health issues, please call 1(800) 753-6879 or text the word “ALOHA” to 741741 for support. Services available in 200+ languages.

- Child & adolescent mental health [services](#) at the [Kauai Family Guidance Center](#), ☎(808) 274-3883
- Adult mental health & case management, ☎(808) 643-2643
- Telepsychiatry & telepsychology, visit <https://hawaii.virtriage.com/#/uhtelepsych>
- Mental Health Pro Bono offers telehealth options <https://hawaiipsychology.org/>
- [Suicide Prevention Resource Center](#): 24/7, confidential support for people in distress & resources for you & your loved ones, ☎1(800) 273-8255. Options for Deaf & Hard of Hearing available.
- Support for sexual & gender minorities:
 - LGBTQ++ support & information at the [Sexual & Gender Minorities \(SGM\) Resource Hub](#).
 - [Malama Pono Health Services](#) provides counseling & hormone replacement therapy, & PrEP access & management. ☎(808) 246-9577
 - The [YWCA](#) offers LGBTQ support & information. ☎(808) 245-5959 x256 or email matthew@ywcakauai.org

Assistance during crisis

- [YWCA](#): Case management & crisis intervention ☎(808) 245-6362 / 4144
- [Women in Need \(WIN\)](#): support for women & children with a history of domestic violence, substance abuse, or incarceration. ☎(808) 245-1996
- [Child Abuse or Neglect Reporting Hotline](#): to report a suspect case or for information, ☎(808) 832-5300 or 1(888) 380-3088
- Virtual Family Assistance Center (VFAC) by the Red Cross. Visit www.redcross.org/VFAC or ☎1(833) 492-0094 (toll-free)

Childcare & Children’s Programs

For help looking for affordable childcare options, contact

- **PATCH** (People Attentive to Children) at mkelley@patch-hi.org or ☎(808) 246-0622
- **INPEACE** (The Institute for Native Pacific Education & Culture Help) at laciec@inpeace.org or ☎(808) 245-0045
- [Child Care Connection Hawai'i](#) offers subsidy programs for income eligible families. ☎(808) 245-2193

Other support programs for children & youth:

- The [Easter Seals Kauai](#)'s Early Intervention program supports the development of infants, ages 0-3. ☎(808) 245-7141
- [Hale 'Ōpio](#): Case management & support for youth. ☎(808) 245-2873
- [The Boys & Girls Club of Kauai](#) offers after-school programs. Contact each Club House for information: Kapa'a ☎(808) 821-4406; Lihue (808) 245-2210; & West Kauai (808) 320-8353
- [Keiki to Career](#): Information for parents & children. Visit their [FB page](#) or ☎(808) 632-2005
- More resources by the Executive Office on Early Learning: <http://sites.google.com/eoel.hawaii.gov/covid-19/home>

Support for Parents

- [The Parent Line](#): free & confidential support on kids' behavior. ☎1(800) 816-1222
- [Family Hui Hawai'i](#): Peer-led parenting group for families with keiki, ages 0-5. Visit their [FB page](#) or ☎(808) 230-7112
- [Healthy mothers, healthy babies](#) offers virtual new-parent support group & telehealth lactation services. ☎(808) 737-5805
- [Queen Liliuokalani Trust](#): Social services for Native Hawaiian families. ☎(808) 245-1873

