

Adult Mental Health Services Hawaii



Including Adults with Intellectual & Developmental Disabilities (IDD)

All Services Listed are Free



📞 Crisis Help (24/7)

Hawai'i CARES – Call 988

Free, confidential crisis support anytime.

📞 Phone: 988 or 1-800-753-6879

💻 Web: hawaiicare.hawaii.gov

Adult Mental Health Division (AMHD) Crisis Line

- O'ahu: 832-3100
- Neighbor Islands: 1-800-753-6879
- Crisis Text Line

Text ALOHA to 741741 for support by text.

Free Therapy & Counseling

UH UTelehealth Program

Free online appointments with psychologists, psychiatrists, and counselors.

📞 Phone: (808) 692-1060

💻 Web: hawaiiutelehealth.org

Free Programs & Support

Mental Health America of Hawai'i (MHAH)

📞 Phone: (808) 521-1846

💻 Web: mentalhealthhawaii.org

NAMI Hawai'i

📞 Phone: (808) 591-1297

💻 Web: namihawaii.org

Trevor Project

Free LGBTQ+ Crisis

Intervention, Advocacy and Peer Support. Call, text or message through a computer.

Text "START" to 678-678

📞 Phone: 1-866-488-7386

💻 Web: thetrevorproject.org

Child Mental Health Services Hawaii



Free Statewide Child & Adolescent Mental Health Programs – Hawai'i

Including Infants, Children and Youth with Intellectual & Developmental Disabilities (IDD)

Crisis & Immediate Support

Hawai'i CARES 988 – Child & Adolescent Division (CAMHD)

Provides assessment, case management, and therapeutic services for children/adolescents with serious emotional or behavioral challenges.

 Call 988 or 1-800-753-6879

 hawaiicare.hawaii.gov

Crisis Text Line

Text ALOHA to 741741 for free, confidential support by text.

Available statewide, 24/7.

DOE School-Based Programs

Hazel Health (DOE Partnership)

Free telehealth therapy for all K–12 public school students in Hawai'i.

Licensed therapists available during school hours and at home.

Services include behavioral health assessments, therapy sessions, crisis consultation, and care navigation.

 Phone: 808-784-7363

 Sign up: my.hazel.co/hawaiipublicschools



Child Mental Health Services Hawaii



Free Statewide Child & Adolescent Mental Health Programs – Hawai'i

Including Infants, Children and Youth with Intellectual & Developmental Disabilities (IDD)

Community & Nonprofit Programs

Mental Health America of Hawai'i (MHAH)

Statewide nonprofit offering youth-focused education, advocacy, and access to care.

Publishes the Finding Help Resource Directory with updated child/adolescent services.

 Phone: 808-521-1846

 mentalhealthhawaii.org

NAMI Hawai'i (National Alliance on Mental Illness)

Free support groups, classes, and family education programs for youth and caregivers.

 Phone: 808-591-1297

 namihawaii.org

TeenLink Hawai'i

Youth outreach program providing mental health information, peer resources, and statewide referrals.

 teenlinkhawaii.org

Association for Infant Mental Health Hawaii (AIMHI)

Is a non-profit that provides Mental Health Consultation for Infant & Early Childhood (0-5).

 AIMHI.org



You are not alone. Free help is available statewide.
Call, text, or connect online today.