

Mental Health Resources



The following resources are free, and considerate of those with intellectual and developmental disabilities (I/DD).



Crisis Support (24/7)

Crisis Text Line

Free, confidential crisis support through text messaging.

Contact

- Text HOME to 741741



crisistextline.org

Hawai'i CARES (988)

Free, confidential crisis support. Hawai'i CARES also assists with substance use treatment and recovery, and other mental health concerns.

Contact

- Phone: 988 or (808) 832-8100
 - Toll-free: (808) 753-6879
- Text: 988
- Open a chat through their website



hicares.hawaii.gov

The Trevor Project

Free, confidential crisis support for LGBTQ+ folks. The Trevor Project is also engaged in peer support, advocacy, research, and educating the public.

Contact

- Phone: (212) 695-8650



thetrevorproject.org

American Psychological Association (APA)

Provides mental health resources, leads the nation in psychological research, and engages in advocacy and training.

Contact

- Phone: (800) 374-2721 or (202) 336-5500



apa.org

Hawai'i Psychological Association (HPA)

Connects folks to psychologists, provides mental health resources, and engages in research and advocacy.

Contact

- Phone: (808) 521-8995
- Email: hpaexec@gmail.com



hawaiiipsychology.org

Hawai'i Utelehealth

Telehealth appointments with psychologists, psychiatrists, and counselors.

Services are free for residents of the neighbor islands, rural Oahu, or who are houseless.

Contact

- Phone: (808) 375-2745
- Email: utele@hawaii.edu

Hours

- Monday - Friday:
9 AM - 5 PM



hawaiiutelehealth.org

Mental Health America of Hawai'i (MHAH)

Provides mental health education and engages in advocacy.

Contact

- Phone: (808) 521-1846
- Email: info@mentalhealthhawaii.org

Hours

- Monday: 9 AM - 5 PM
- Tuesday - Friday: 8:30 AM - 5 PM



mentalhealthhawaii.org

National Alliance on Mental Illness (NAMI) Hawai'i

Provides support to those affected by mental illness through free programs, support, education, legislative advocacy, and crisis trainings.

Contact

- Phone: (808) 591-1297
- Email: info@namihawaii.org

Hours

- Monday - Friday: 9 AM - 3 PM



namihawaii.org

State Department of Health: Behavioral Health Administration

The Behavioral Health Services Administration oversees the following divisions that provide various resources and services.



health.hawaii.gov

Alcohol and Drug Abuse Division (ADAD)

- Phone: (808) 692-7506

Child and Adolescent Mental Health Division (CAMHD)

- Phone: (808) 733-9333

Adult Mental Health Division (AMHD)

- Phone: (808) 586-4686

Developmental Disabilities Division (DDD)

- Phone: (808) 586-5840

Children and Adolescents

Association for Infant Mental Health Hawai'i (AIM HI)

Provides mental health consultation focused on infancy and early childhood.

Contact

- Email: info@aimhhi.org



aimhhi.org

Hazel Health

Partnership with the Department of Education (DOE) to provide free telehealth services to K-12 public school students. Licensed therapists are available during school hours and at home. Services include behavioral health assessments, therapy sessions, crisis consultation, and care navigation.

Contact

- Phone: (808) 784-7363



getstarted.hazel.co

TeenLink Hawai'i

A youth empowerment, outreach, and education program that provides information and referral services for teens in Hawaii.

Contact

- Email: aloha@teenlinkhawaii.org



teenlinkhawaii.org