HEALTHY FAMILIES

It is common to feel stressed or anxious during this time. If you or a loved one is experiencing emotional or mental health issues, please (800) 753-6879 or text the word “ALOHA” to 741741 for support. Multilingual services available.

- DOH Child & adolescent mental health services at the Kauai Family Guidance Center, (808) 274-3883
- DOH 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, (800) 273-8255. Options for Deaf & Hard of Hearing available.
- Support for sexual & gender minorities:
  - LGBTQ++ tools & 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 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, 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 ‘Opio: Live & virtual programs, case management, & support for youth & families. (808) 245-2873
- The Boys & Girls Club of Kauai: after-school programs. Contact each Club House for information: Kapaa (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

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

For more information on resources Call 211 - Aloha United Way (AUW) or KEMA (808) 241-1800.

Disclaimer: Benefits and services available continue to change. For the most up-to-date version, please visit www.kauai.gov/covid-19