



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 ☎️ 1(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, ☎️ 1(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 'Ōpio](#): 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: 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

- [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

