


**For Mental Health Emergencies:**

You are not alone. If you or someone you know is suicidal, don't wait!



**National Suicide Prevention Lifeline**  
National 24/7 crisis line  
1-800-273-TALK (8255)  
[suicidepreventionlifeline.org](http://suicidepreventionlifeline.org)

**Hawai'i CARES**  
Hawai'i's 24/7 crisis line  
O`ahu: 832-3100  
Neighbor Islands Toll Free:  
1-800-753-6879



**HAWAI'I CARES**

**CRISIS TEXT LINE |**

**Crisis Text Line**  
Free, 24/7  
Text ALOHA to 741-741  
[www.crisistextline.org](http://www.crisistextline.org)

**Trevor Helpline**

National 24/7 hotline for  
LGBTQ Youth  
1-866-4U-TREVOR (488-7386)  
[www.thetrevorproject.org](http://www.thetrevorproject.org)



*The Trevor Helpline*  
**866.4.U.TREVOR**  
FOR LGBT AND QUESTIONING YOUTH  
FREE AND CONFIDENTIAL, 24/7



**Kokua Life**  
Free suicide prevention app for  
Hawai'i

Download on the **App Store** | **ANDROID APP ON Google Play**

**COVID Coach**  
Created to support self-care and mental health during the COVID-19 pandemic.



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