

MENTAL HEALTH PROMOTION & SUICIDE PREVENTION RESOURCES

Helping Hawai'i Live Well

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)

Hawai'i CARES

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



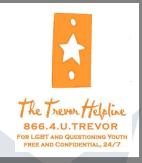
CRISIS TEXT LINE

Crisis
Text Line

Free, 24/7
Text ALOHA to 741-741
www.crisistextline.org

Trevor Helpline

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





Kokua Life

Free suicide prevention app for Hawai`i





COVID Coach

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





