



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 distress, please call the Kū Makani line at ☎1(800) 753-6879 for free & anonymous crisis counseling. Multilingual services available.

- DOH Child & adolescent mental health [services](#) at the [Kaua'i Family Guidance Center](#), ☎(808) 274-3883
- DOH Adult mental health & case management, ☎(808) 643-2643
- [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.
- CCH's Counseling Center ☎(808) 520-7721
- Support for sexual & gender minorities:
 - LGBTQ++ tools & information at the [Sexual & Gender Minorities \(SGM\) Resource Hub](#).
 - [Mālama 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
- The Red Cross: Virtual Family Assistance at www.redcross.org/VFAC or ☎1(833) 492-0094 (toll-free)

Support for Children, Youth, & Parents

- [The Parent Line](#): free & confidential support on kids' behavior. ☎1(800) 816-1222
- [Healthy mothers, healthy babies](#) virtual new-parent support & telehealth lactation services. ☎(808) 737-5805
- [Family Hui Hawai'i](#): Peer-led parenting group. Visit their [FB page](#) or ☎(808) 230-7112
- [Queen Liliuokalani Trust](#): Social services for Native Hawaiian families. Visit onipaa.org/ or call ☎(808) 466-8080
- The [Easter Seals Kaua'i](#)'s Early Intervention program ☎(808) 245-7141
- [The Boys & Girls Club of Kaua'i](#): after-school programs for K-5. Contact each Club House for information:
 - Kapa'a ☎(808) 821-4406
 - Lihu'e ☎(808) 245-2210
 - West Kaua'i ☎(808) 320-8353
- [Hale 'Ōpio](#): Live & virtual programs, support for youth & families. ☎(808) 245-2873
- [Keiki to Career](#): Information for parents & children. Visit their [Facebook page](#) or ☎(808) 632-2005

Childcare

For help accessing affordable childcare, contact:

- [PATCH](#) (People Attentive to Children) at mkelley@patch-hi.org or ☎(808) 246-0622
- [INPEACE](#) (Institute for Native Pacific Education & Culture Help) ☎(808) 245-0045 or at laciec@inpeace.org
- [Child Care Connection Hawai'i](#) offers assistance for income eligible families. ☎(808) 245-2193

