



General Resources for Mental Health Promotion & Suicide Prevention *You are not alone!*

[This is a working list of resources, and is by no means exhaustive, but provides a snapshot of those working to “pass life forward” in our State.
For questions about this resource list, contact the Prevent Suicide Hawai'i Taskforce at preventsuicidehi@gmail.com.]



24/7 RESOURCES FOR MENTAL HEALTH EMERGENCIES/CRISIS *If you or someone you know is in crisis, don't hesitate!*



For ANYONE in Crisis: 988 Suicide and Crisis Lifeline
National 24/7 crisis line (call, text, or chat)

As of July 2022, the national Suicide and Crisis Lifeline can now be reached by dialing or texting 9-8-8!
TTY: use your preferred relay service, or dial 711 then 988.
<https://988lifeline.org/>

**For Youth
& Young Adults:**
Also reached at 9-8-8



<https://youmatter.988lifeline.org/>

For Veterans:
Also reached at 9-8-8.
Press “1” to reach the Veterans Crisis Line.
Or Text to 838255.



Also, confidential chat at
<https://www.veteranscrisisline.net/>

CRISIS TEXT LINE |

**Crisis Text Line
(for the US & Canada)**

A free, 24/7 support for those in crisis (the organization also trains volunteers to support people in crisis)

- Text ALOHA to 741-741
- <http://www.crisistextline.org/>



**Hawai'i CARES
(formerly
Crisis Line of Hawai'i)**

In addition to continuing to serve as Hawaii's 24/7 crisis hotline, CARES is now the entry-point and coordinating center for behavioral health services including substance use disorders, mental health, and crisis intervention.

- Dial either number: 832-3100 or 1-800-753-6879
- <https://hicares.hawaii.gov/>



Military One Source

24/7 counseling & hotline, provided by the Department of Defense, at no cost to service members and their families

- Stateside: 1-800-342-9647
- TTY/TDD: 866-607-6794
- <http://www.militaryonesource.mil/> for confidential chat, and also to view international calling instructions



Trans Lifeline

Trans-led organization that connects trans people to resources.

- 1-877-565-8860
- <https://www.translifeline.org/>

**If you need support, please call the
Trevor Lifeline: 866 488 7386**

Trevor Helpline

The world's largest suicide prevention organization for LGBTQ young people.

- 1-866-4U-TREVOR (488-7386)
- Text “start” to 678-678
- Chat and resources at <http://www.thetrevorproject.org/>



Hawai'i Poison Hotline

Resource for management of poison exposure, assistance with identification of unknown medications, and severe overdoses.

- <https://www.hipoisoncenter.org/>