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 (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/TTD: 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/

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/