Mental Health & Wellness Resources:

If in crisis, don't hesitate, reach out to:

- Crisis Text Line text ALOHA to 741741
- Hawai'i CARES to speak to a local crisis counselor at 1-800-753-6879 or call/text 988
- 911

Beginning August 1, 2024, the Office of Student Support Services will offer a variety of valuable resources through **ParentGuidance.org** as part of the Here to Help initiative. These resources are freely accessible and are intended to support students, families, and the Hawaii State Department of Education (Department) staff as follows:

1. Mental Health Series Sessions: Virtual sessions providing insightful discussions and practical strategies on various mental health topics relevant to students and families. Information and promotional materials regarding the session dates and topics will be shared through complex points of contact as well as the Department's public facing Here to Help site.

2. Parent Coaching: Confidential coaching sessions for parents and legal guardians to assist them in supporting their children's mental health and navigating challenges effectively. Coaching includes weekly virtual sessions and messaging throughout the week.

3. Well-Being Coaching for Staff: Dedicated mental health coaching for staff to ensure they receive the support necessary to maintain their mental health. The format is similar to that of parent coaching.

4. My Life is Worth Living: A powerful program incorporating an engaging animated series aimed at preventing youth suicide and promoting positive mental health among students.

DOH Maui Community Mental Health Center - services include mental health counseling, trauma processing, psychiatric services and resource guidance. Phone: 808-984-2150,
121 Mahalani St., Wailuku, M-F 7:45am to 4:30pm.

The **Hawaii Keiki Health Hotline** is a free and confidential service for Hawaii DOE students, parents, and guardians to call for help with student-related health concerns. The hotline is available Monday through Friday, 8 AM–3 PM, excluding holidays and breaks, at (844) 436-3888.

Maui Wildfire & Natural Disaster Resources

- Maui Nui Strong
- Helping Children After a Natural Disaster: Tips for Parents and Educators

- Disaster Distress Helpline: https://www.samhsa.gov/find-help/disaster-distress-helpline