

# MENTAL HEALTH PROMOTION & SUICIDE PREVENTION RESOURCES

## For Mental Health Emergencies:

You are not alone. If you or someone you know is suicidal, don't wait!



### National Suicide & Crisis Line

National 24/7 crisis line  
988

### 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](http://www.crisistextline.org)

### Trevor Helpline

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



*The Trevor Helpline*  
866.4.U.TREVOR  
FOR LGBT AND QUESTIONING YOUTH  
FREE AND CONFIDENTIAL, 24/7



### Online Screening

Free mental health  
screenings  
<https://bit.ly/3yGjJdN>

### COVID Coach

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

