

# Free Counseling Services

Wildfire support for you



If you are experiencing mental distress or need assistance with food, housing, and other essential needs, help is available.

## Managing your stress



Call the numbers shown here to receive the help you need. Be patient; call centers may be receiving many calls and texts.



Counselors can help you manage your stress and help you determine the next steps you can take to care for yourself and your family.



Come together with your community. Together, you can offer each other support.



Be kind to yourself and others. Take a break from the news. Try to find ways to be productive to give yourself a sense of action and control in this difficult time.



Keep things in perspective. You are strong, and you will get through this.

Carelon Behavioral Health has set up a support line to listen to your concerns and problem solve with you.

Call us at  
**800-580-6934**

# Important resources

## [Hawai'i Wildfire Recovery and Resilience Resource Guide](#)

### [24/7, free emergency and crisis services](#)

- **911 emergency services:** Call or text **911**.
- **Hawai'i Cares 988 Suicide and Crisis Lifeline:** Call or text **988**. You can also call **808-832-3100** or **800-753-6879** or access chat at [988lifeline.org/chat](https://988lifeline.org/chat).

### [Social services](#)

- **Aloha United Way:** Call or text **211** for shelter, healthcare, food, information on school closings, and other social needs. Open 7 days per week from 7 a.m. to 10 p.m.
- **American Red Cross of Hawai'i:** Go to [redcross.org/local/Hawaii](https://www.redcross.org/local/Hawaii) or call **800-RED-CROSS** (800-733-2767) for help with emergency shelter.
- **The Salvation Army of Hawai'i:** Go to [hawaii.salvationarmy.org/hawaii\\_2/maui-location](https://www.salvationarmy.org/hawaii_2/maui-location) to access emergency food boxes, meals-to-go, and emotional and spiritual support.
- **Maui Food Bank:** Go to [mauifoodbank.org](https://www.mauifoodbank.org) to offer donations and find shelter or food.
  - In His House of Restoration, 63 La'a Street in Kahului, 8 a.m. to 6 p.m. daily (donation collection, shelter, grocery distribution)
  - King's Cathedral, 777 Maui Veterans Highway in Kahului, 8 a.m. to 8 p.m. daily (donation collection, shelter, meal distribution)
  - Salvation Army Kahului, 45 Kamehameha Street in Kahului, 9 a.m. to 4 p.m. daily (donation collection, meal distribution)
  - Calvary Chapel South Maui; 320 Ohukai Road Suite 420 in Kihei; 9 a.m. to 2 p.m. daily (donation collection, grocery distribution)

### [Crisis counseling](#)

- **Disaster Distress Helpline:** Call or text 800-985-5990.
- **Maui Community Mental Health Center:** Call **808-984-2150**, email [mauiwellness@doh.hawaii.gov](mailto:mauiwellness@doh.hawaii.gov), or visit in person at 121 Mahalani Street in Wailuku.

- **SAMHSA Disaster Distress Helpline:** Call **800-985-5990** or visit [samhsa.gov/find-help/disaster-distress-helpline](https://www.samhsa.gov/find-help/disaster-distress-helpline).
- **NAMI HelpLine:** Call **800-950-6264**, Monday through Friday from 10 a.m. to 10 p.m.

### [Government assistance](#)

#### **Hawai'i Emergency Management Agency:**

Go to [dod.hawaii.gov/hiema](https://dod.hawaii.gov/hiema).

- Instagram: [@Hawaii\\_ema](https://www.instagram.com/Hawaii_ema)
- Facebook: [HawaiiEMA](https://www.facebook.com/HawaiiEMA)
- Twitter: [@Hawaii\\_EMA](https://twitter.com/Hawaii_EMA)

#### **Maui Emergency Management Agency:** Go to

[mauicounty.gov/70/Emergency-Management-Agency](https://mauicounty.gov/70/Emergency-Management-Agency).

- Instagram: [@Maui\\_ema](https://www.instagram.com/Maui_ema)
- Twitter: [@Maui\\_EMA](https://twitter.com/Maui_EMA)

### [Finding loved ones](#)

- **American Red Cross of Hawai'i:** Go to [redcross.org/local/Hawaii](https://www.redcross.org/local/Hawaii) or call **800-RED-CROSS** (800-733-2767).
- **Maui Fires People Locator:** This [find and search list](#) was created by members of the community and is not monitored by government officials. Please feel free to search this list or add names to it as a public service.

### [Public safety](#)

- **Domestic Violence Hotline:** Call **800-799-7233**.
- **National Center for Victims of Crime:** Call **202-467-8700** or **855-484-2846**. Visit [victimconnect.org](https://www.victimconnect.org).

There is no question that this is a challenging time. Remember that support is available through crisis services, now and in the future, and we will get through this together.

Reach out to Carelon Behavioral Health at **800-580-6934**. Our team will listen to your concerns and help you determine your next steps.