

## Counseling/Support Resources

Hawaii Army National Guard

### HAWAII ARMY NATIONAL GUARD

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- **Psychological Health Coordinator**- Free, confidential short-term consultations to assist with deployment cycles and military issues. Outreach support, available 24/7/365. Call or text Janet Covington, 808-295-7818.
- **Behavioral Health Specialist/Behavioral Health Officer**-Counseling, assessments, evaluations, ensuring mission readiness of soldiers. Provide Command Consultations, unit psychoeducation. Call CPT Melina Juan, 808-672-1329.
- **Behavioral Health Technician**- Resource, referrals, case management support. Hanna Kasikah Sabey, 808-844-6081.
- **Unit Ministry Team**- Free, confidential counseling support for service members and their families. Outreach support, available 24/7/365. Call or text Chaplain John Hiduchick-Nakayama, 808-381-9196.
- **Hawaii National Guard State Family Programs**-To empower service members, retirees, veterans, and their families to support their resiliency and growth by providing education, resources, and assistance for the unique environment of today's military way of life. 877-212-2696, <https://hawaiiguardohana.org/>

### VET CENTERS

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Life isn't always easy after a deployment. Vet Centers provide a broad range of counseling, outreach, and referral services to combat Veterans and their families. They guide Veterans and their families through major lifestyle adjustments that often occur after a Veteran returns from combat. Services for a Veteran may include individual and group counseling in areas such as Post-Traumatic Stress Disorder (PTSD), alcohol and drug assessment, and suicide prevention referrals. All services are free of cost and are strictly confidential.

- **Honolulu Vet Center**-1680 Kapiolani Boulevard, Rm F-3, Honolulu. 808-973-8387
- **Kapolei Vet Center**-885 Kamokila Boulevard, Suite 105, Kapolei. 808-674-2414
- **Hilo Vet Center**-70 Lanihuli Street, Suite 102, Hilo. 808-969-3833
- **Kailua-Kona Vet Center**-Hale Kui Plaza, Suite 207, 73-4976 Kamanu Street, Kailua-Kona. 808-329-0574
- **Kauai Vet Center**-4485 Pahe'e Street, Suite 101, Lihue. 808-246-1163
- **Maui Vet Center**-157 Ma'a Street, Kahului. 808-242-8557

### COHEN VETERANS NETWORK (OPENING JANUARY 2020)

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CVN is a not-for-profit, philanthropic network of mental health clinics servicing veterans and military families. Client-centered, low to no-cost, confidential, personalized, and evidence-based mental health care along with access to comprehensive case management support and referrals to deal with other stresses like unemployment, finances, housing, and legal issues. In-person, in-home, telehealth, and child care services offered. Mililani Mauka, 95-1091 Ainamakua Avenue. Visit [www.cohenveteransnetwork.org](http://www.cohenveteransnetwork.org).

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## OTHER RESOURCES

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- **Department of Veterans Affairs Coaching into Care**-Educating and empowering families and friends seeking care or services for a Veteran. Make a confidential call today, 888-823-7458.
- **Department of Veteran Affairs, National Center for PTSD**- <https://www.ptsd.va.gov/gethelp/index.asp>
- **FOCUS**-Families OverComing Under Stress provides resilience training to military children, families and couples. It teaches practical skills to help families and couples overcome common challenges related to military life. Joint Base Pearl Harbor Hickam and Marine Corps Base Hawaii, 808-257-7774, <https://focusproject.org/>
- **Give An Hour**- Give an Hour's mission is to develop national networks of volunteer professionals capable of responding to both acute and chronic conditions that arise within our society. We have focused on providing free and confidential mental health care to veterans and their families. To find a provider in your area, visit <https://giveanhour.org/>
- **Hawaii Crisis Line**-808-832-3100, 800-753-6879 from neighbor islands. Text "aloha" to 741741
- **Make the Connection**-Recovery is possible. Hear stories from Veterans about treatments that work and explore mental health resources. [www.MakeTheConnection.net](http://www.MakeTheConnection.net)
- **Mental Health America of Hawaii**-The mission of MHAH is to promote mental wellness through education, advocacy, and service. They endeavor to reduce the stigma of mental illness and improve the overall care, treatment, and empowerment of those with mental illnesses. Free, confidential on-line behavioral health screenings available for PTSD, depression, anxiety, and more. 808-521-1846, <http://mentalhealthhawaii.org/>
- **Military and Family Life Counselor**-Free and confidential short-term, non-medical counseling support to service members and their families. Call or text the Schofield Lead at 808-222-7088
- **Military OneSource**-MOS stands ready to assist with military life issues, to provide expert support and information that is proven and practical, to be a trusted voice, private and confidential, to provide answers that can be depended upon, and to be one dedicated community. 800-362-9647, <https://www.militaryonesource.mil/>
- **Sheep Dog Impact Assistance**-SDIA exists to engage assist and empower military veterans, law enforcement, fire and rescue and EMS personnel to **#GetOffTheCouch** and reengage in living a meaningful and productive lives with a renewed sense of purpose through volunteerism, supporting disaster response missions and participating in outdoor adventures. \$85 Lifetime Membership. [Rebecca Horn, 253-495-0330, R.Horn@sheepdogia.org](mailto:Rebecca.Horn@sheepdogia.org), [www.sheepdogia.org](http://www.sheepdogia.org)
- **USO**-United Service Organization offers respite and resource centers for service members and their families (Daniel K. Inouye Airport, JBPHH, Schofield, Pohakuloa), programs to keep service members connected with loved ones, and entertainment opportunities. <https://www.uso.org/>
- **Wounded Warrior Ohana**-Provides enriching experiences for wounded and injured military members, veterans and their families. 808-779-7504, <https://wwohana.org>
- **Wounded Warrior Project**- WWP offers a wide range of free programs and services to support the veteran and his/her family like Project Odyssey rehabilitative adventures, Operation Outreach, Soldier Ride and more. 877-TEAM-WWP (832-6997), <https://www.woundedwarriorproject.org/>
- **Veterans Crisis Line**-800-273-TALK, press 1 for veteran support, [www.veteranscrisisline.net](http://www.veteranscrisisline.net)