

Trauma Resources for Maui and Lahaina, Hawai'i Communities

[SAMHSA National Disaster Distress Helpline](#)

- A 24/7, free, confidential national helpline that connects you to immediate crisis counseling if you are experiencing emotional distress related to a disaster. This includes survivors of the disaster, loved ones of victims, first responders, rescue and recovery workers, faith leaders, local leaders, and parents and caregivers. Call for yourself or for someone else.
- Contact the helpline by phone:
 - English: Call or text "talk" to 1-800-985-5990 and press "1"
 - Español: Llama o envía un mensaje de texto 1-800-985-5990 presiona "2"
 - Deaf and Hard of Hearing ASL: [Connect directly with an agent](#) in American Sign Language or call 1-800-985-5990 from your videophone
 - Disaster Distress webpage in other languages:
 - Arabic [العربية](#)
 - Chinese [繁體中文](#)
 - Creole [Kreyòl Ayisyen](#)
 - Farsi [فارسی](#)
 - French [Français](#)
 - German [Deutsch](#)
 - Vietnamese [Tiếng Việt](#)
 - Italian [Italiano](#)
 - Japanese [日本語](#)
 - Korean [한국어](#)
 - Polish [Polski](#)
 - Portuguese [Português](#)
 - [Tagalog](#) a major language spoken in the Philippines
 - Russian [Русский](#)

Local Resources

- [NAMI Hawaii](#)
 - The state chapter of NAMI, National Alliance on Mental Illness, that provides support, education, advocacy, and awareness for people with mental health conditions and their families. Visit NAMI Hawai'i's webpage to find your island's local NAMI affiliate.
 - NAMI Maui Strong Support Groups
 - Virtual: Saturday, August 26th at 10am on Zoom
 - In-person: Tuesday, August 29th at 9:30-11am, 11:30am-1pm, and 1:30pm-3pm
 - Register via email: anisa@namihawaii.org

- [American Academy of Pediatrics Hawai'i Chapter](#)
 - Includes physical and mental health resources, books, parent guides, and other resources for helping children cope with impact of wildfires, information about insurance and Medicaid coverage for those affected by the fire, volunteer opportunities, and more.
- [American Red Cross](#)
 - Provides information on finding missing loved ones, volunteering help, and connecting with support.
- [Hawai'i Wildfire Recovery and Resilience Resource Guide](#)
 - Hawai'i Cares 988 has compiled an extensive resource guide to assist those affected by Hawai'i wildfires. These could include resources for disaster assistance, mental health support, unemployment assistance, domestic violence resources, financial assistance, health care services, and more.
- [Aloha United Way 211 Resource Helpline](#)
 - Provides information about disaster-related evacuations, shelters, food and clothing distribution, volunteer opportunities, and other resources and referrals.

Financial Assistance for Individuals, Families, and Small Businesses

- [Center for Medicare & Medicaid Services \(CMS\)](#)
 - CMS announced additional resources and flexibilities available in response to the recent wildfires in the State of Hawaii. CMS is working closely with Hawaii to put these flexibilities in place to ensure those affected by these wildfires have access to the care they need – when they need it most.
- [FEMA Hawai'i Wildfires Disaster Assistance](#)
 - Includes information about applying for disaster relief online, through the FEMA mobile app, or by calling the FEMA HelpLine at 800-621-3362.
- [Senator Brian Schatz Fire Updates and Resources webpage](#)
 - Provides information on different types of federal assistance that may apply to Hawaiians affected by the wildfires. Also includes information on emergency alerts and updates.
- [Small Business Administration \(SBA\) Disaster Loans](#)
 - Includes information about applying for home disaster loans, business physical disaster loans, and economic injury disaster loans.

Other Resources

- [SAMHSA Tips for Survivors of a Disaster or Other Traumatic Event Handout](#)
- [FACT SHEET: Biden-Harris Administration's Latest Actions to Support Communities Impacted by Maui Wildfires White House Press Release](#)

NAMI HelpLine 2023 Selected Resources

[Please click here for access to NAMI HelpLine's online directory](#)

- [Child Mind Institute](#) offers information about signs, symptoms, and treatment for common mental health issues, including trauma, that affect children and teens. The organization's website also offers a symptom checker to inform parents about possible diagnoses and offer information about possible diagnoses to discuss with a mental health professional.
- [Handouts for Survivors](#) is a free downloadable subsection of the Psychological First Aid Manual, features coping strategies, including information about post-disaster emotional and physical reactions and tips on social support, relaxation, parenting after disasters, and self-care for adults.
- [International Society for the Study of Trauma and Dissociation \(ISSTD\)](#) offers a treatment locator for finding therapists and treatment facilities that specialize in treatment of trauma and dissociation, and FAQs about dissociation.
- [Substance Abuse and Mental Health Services Administration \(SAMHSA\)](#) offers a webpage with coping tips for traumatic events and disasters.
- [TF-CBT National Therapist Certification Program](#) offers a "Find a Therapist" locator on its website to find a clinician in Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) treatment for people impacted by trauma; search by location, name and other criteria.
- [The EMDR International Association \(EMDRIA\)](#) offers a "Find an EMDR Therapist" locator on its website; search by location, name and other criteria. EMDR therapy is psychotherapy for the treatment of trauma.
- [The JED Foundation](#) protects emotional health and prevents suicide for adolescents and young adults; the organization's website offers a webpage on "[How to Cope with Traumatic Events](#)," including tips on coping and recognizing when trauma requires professional help.
- [The National Institutes of Health \(NIH\)](#) is the lead federal agency for research on mental health conditions. NIMH offers a [fact sheet on self-care](#), including an overview of self-care, tips to get started, information about when to seek professional help and videos on managing stress and anxiety, that may be helpful for coping in the aftermath of a traumatic event.
- [The National Institutes of Health \(NIH\)](#) is the largest biomedical research agency in the world. NIH offers an [emotional wellness toolkit](#) that includes fact sheets on managing emotions, stress reduction, sleep, mindfulness and coping with loss, that may be helpful for coping in the aftermath of a traumatic event.
- [The U.S. Department of Veterans Affairs National Center for PTSD](#) offers a webpage with resources for survivors and the public following disaster and mass violence, including information sheets about common reactions, short- and long-term coping strategies, tips on self-care after disasters, tools to help with symptoms following trauma and links to crisis services.
- [NAMI Identity and Cultural Dimensions Asian American and Pacific Islander page](#)

- NAMI Knowledge Article for the Asian American Community: [“Are there any mental health resources specifically for the Asian American and Pacific Islander community?”](#)
- NAMI Knowledge Article for the Asian American Community: [“How can I find a mental health provider who is part of or has experience working with the Asian American and Pacific Islander community?”](#)
- [Asian Pride Project](#) is a nonprofit organization that celebrates the journeys, triumphs and struggles of LGBTQI individuals and Asian and Pacific Islander (API) families and communities through the use of arts — film, video, photography and the written word — as a medium for social justice and advocacy.
- [National Asian American Pacific Islander Mental Health Association \(NAAPIMHA\)](#) is a nonprofit organization with the mission of promoting the mental health and wellbeing of Asian American and Pacific Islander communities. They offer a spreadsheet of AANHPI Service Providers in 50 states along with trainings and webinars.
- [Psychology Today](#) offers a “Find an Asian Therapist” directory. Use the search function to search by location, and narrow the search by mental health issues treated, type of therapy offered, type of insurance accepted, languages spoken and more.
- [South Asian Public Health Association](#) offers a section on their website providing national mental health resources for South Asian American communities across the country.