

# KAUAI YOU MATTER | CRISIS NUMBERS



YOU MATTER  
KAUAI

988 Suicide & Crisis Lifeline Call/Txt/Chat [www.988lifeline.org](http://www.988lifeline.org)

Homeless Shelter KEO | 808-245-4077 | 2804 Wehi Road, Lihue, Kauai

Kaua'i Food Bank/Pop-up Food Distribution-Kauai 808-482-2224

Department of Human Services/Child Welfare Services 1-888-380-3088

Human Trafficking Reporting Line 1-888-398-1188

The Trevor Project Life Line|LGBTQ youth 1-866-488-7386

National Runaway Safeline 1-800-786-2929

Teen Link Hawai'i 808-545-3228

Kaua'i Mental Health Connection 808-482-7740

Mental Health Kokua 808-632-0466

Hale 'Opio Kaua'i, Inc. 808-245-2873

Child & Family Services 808-245-5914

Department of Health Child & Adolescent Mental Health Division 808-274-3883

YWCA Domestic Violence Lifeline Call/Txt 808-2455959 Chat 9am-10pm daily  
[ywcakauai.org/chat](http://ywcakauai.org/chat)

Kaua'i Police Department Emergency 911

Kaua'i Police Department Non-Emergency 808-241-1711

Trusted Adult: Phone:

Friend Support: Phone:

School : Phone:

Therapist: Phone:

Doctor: Phone:

Dentist: Phone:



## **KAUA'I SUPPORT GROUPS (1/29/2025)**

Overeaters Anonymous Meetings

SUNDAYS (9:15AM) & THURSDAYS (6:15PM) In person in Lihue by Beaky: 808-212-4129

FRIDAYS (9:00AM) Virtual by Beth: 619-977-5309; Mtg ID: 875-2357-6849

**MENTAL HEALTH PROFESSIONALS SUPPORT GROUP**

Peer Support Group for Mental Health Providers & Students

MONDAYS Virtual by Timothy Hand & Dr. Rose Evelyn (5:30PM-6:30PM)

<http://eepurl.com/h3U3j9>

Widow Peer Support Group

Virtually 2nd & 4th Mondays 12PM-1:30PM

Contact Lani McKenna: 808-635-9147

Domestic Violence & Sexual Assault Support Group

Virtually by YWCA, Referral needed by calling 808-245-4144

LGBTQIA+ Support Group

Wednesdays Virtually by YWCA 5:30PM-7:00PM

National Alliance on Mental Illness Kaua'i (For anyone who has a close family member with a serious mental illness) NAMI

Virtually 2nd Wednesday of the month 6:00PM-7:30PM

In-Person (Lihue) 3rd Thursday of the month 6:00PM-7:30PM

In-Person (Hanapepe) Last Saturday of the month 10AM-11:30AM with potluck

National Alliance on Mental Illness Kauai Peer Support Group

Tuesdays In-person 1:30PM-3:00PM Lihue Library

Contact Karin: 808-631-4982 or [info@namikauai.org](mailto:info@namikauai.org)

Pet Loss Support Group

Sundays (Monthly) In-Person, in Kapa'a by Kathleen: 949-246-2800

Hale Malama support groups at Kaua'i Community College

- Pono checkup with nursing students
- Art psychosocial group for international students, students, student veterans, and future soldiers
- PAU Violence Doll Making psychosocial support group
- Take A Break Wednesday-online support group for all UH students

Contact: [HMalama@hawaii.edu](mailto:HMalama@hawaii.edu) and call 808-245-8346

Co-Dependent Anonymous

Virtually Fridays at 5:30PM

Contact [fridaynightcoda@gmail.com](mailto:fridaynightcoda@gmail.com)



Caregiver Support Group by Alzheimer's Association, Kaua'i Chapter  
In-Person Lihue 3rd Thursday of the month at 5:30PM-7:00PM  
In-Person Lihue 4th Thursday of the month at 12:30PM-2:00PM  
In-Person Waimea Last Thursday of the month 5:30PM-7:00PM  
In-Person Kapa'a First Monday of the month 12:30PM-2:00PM  
In-Person Princeville First Wednesday of the month 5:00PM-6:30PM  
Contact Cindy Fowler, [cfowler@alz.org](mailto:cfowler@alz.org), 808-518-6655

Grief Support group by Kaua'i Hospice  
Contact 808-245-7277

Virtual Grief Share for ages 12 and up  
Contact James Higa 808-232-3922

Autism Parent Support Group for those with ASD and families Ages 3-15 year  
Contact 808-586-8126 [bethevoiceautismkauai@outlook.com](mailto:bethevoiceautismkauai@outlook.com)

Parent Support Group by Easter Seals  
Group meets 2 hours per month in Lihue to support parents of children of all ages who have challenging behaviors and learning difficulties, including Autism, ADHD, and various physical limitations  
Call 808-245-7141

Social Skills Groups (currently virtual, with possibility of being in-person soon)  
For adolescents & young adults with Autism, Depression, ADHD anxiety and other social or behavioral difficulties  
High School ages: Wednesdays 4:15PM-5:30PM  
Middle School ages: Wednesdays 5:30PM-5:00PM  
Fill our form at <https://forms.gle/UYp1b4sBFDEhrihQ9>  
For questions contact 808-800-1195 or [maria@islandbehavioralhealth.com](mailto:maria@islandbehavioralhealth.com)

Postpartum Depression Support Group  
Free: Biweekly Tuesdays from 7PM-8:30PM  
Format: 15-30 minutes of education and information regarding prenatal mental health, talk time for participants to share, wrap-up with an intention for the week/strategies  
Call Diane Ashton 808-392-7985

Two different Adult DBT Groups  
Virtual: Contact Breanne Woodbury, LCSW: 808-451-3960  
Virtual: Tuesdays 11:00AM-12PM and Thursdays 5:00PM-6:00PM  
Contact Lauren Ampolos, PhD: 808-518-1619 or [lauren@laurenphd.com](mailto:lauren@laurenphd.com)

Co-parenting for Divorcing Group (fee)  
Virtual Thursdays & Saturdays 4:30PM  
Sign up at <https://honolulupsychologycollective.com/co-parenting/>  
For questions, contact Allana Coffee, PhD: 808-260-9893



Co-parenting Support Group  
Virtual or In-Person, Wednesdays 5:30PM-6:30PM  
Contact Megan Smith at 808-855-8962

Women's Divorce Group  
Virtual 6 week series  
Contact Steph Kafoury: 503-413-9099 or [stephkafoury@gmail.com](mailto:stephkafoury@gmail.com)

Kaua'i Alcoholics Anonymous  
See schedule of meetings at [www.kauaimetings.com](http://www.kauaimetings.com)  
In-person meetings held in Princeville, Kapa'a, Poipu, Kilauea, Lihue, Hanalei, Koloa: Virtual options also available

Kaua'i Narcotics Anonymous  
See schedule at <https://na-hawaii.org/meeting-schedules/kauai-schedule/>  
Meetings available in-person in Anahola, Hanalei, Kapa'a, Kilauea, Lihue, Poipu, Wailua, Virtual option also available