



CHILDCARE & CHILDREN'S PROGRAMS

- For those working in essential services, the local agency for childcare resources and referrals can help you find affordable options. Contact PATCH (People Attentive to Children) and leave a message with your phone number. mkelley@patch-hi.org or ☎(808) 246-0622
- Child Care Connection Hawaii offers subsidy programs for families meeting the income eligibility requirements. ☎(808) 245-2193 <http://humanservices.hawaii.gov/bessd/ccch-subsidies/>
- The Early Intervention program supports the development of infants from birth to 3 years of age. Contact Easter Seals Kauai at ☎(808) 245-7141
- In Peace can help families complete subsidy and unemployment forms laciec@inpeace.org ☎(808) 245-0045

Other Programs

- [Queen Liliuokalani Trust](#): Social services for Native Hawaiian families. ☎(808) 245-1873
- [Hale Opio](#): Case management for youth via phone. ☎(808) 245-2873
- [Keiki to Career](#): Information and support for parents and children. Check their [FB page](#). ☎(808) 632-2005
- [YWCA](#): Case management and crisis intervention (call-outs only). Domestic Violence Line ☎(808) 245-6362 - Crisis ☎(808) 245-4144
- The Executive Office on Early Learning has a website with resources for families with children from before birth through kindergarten. Visit <http://sites.google.com/eoel.hawaii.gov/covid-19/home>



MENTAL & BEHAVIORAL HEALTH

It is common to feel [stressed or anxious during this time](#), but even when you don't have full control of a situation, there are things you can do:

- Choose one or two trusted sources for COVID-19 and check them just once or twice a day.
- Follow healthy daily routines as much as possible:
 - Even simple actions such as making your bed, keeping a schedule, and making time for breaks can make a difference.
 - Take care of yourself through exercise and movement.
 - Maintain your social networks and stay connected.
- Do meaningful things with your free time:
 - Read a book, learn a new skill, take an online course, volunteer, do tasks around your home, etc.

Resources

- Child & Adolescent: [Kauai Family Guidance Center](#)'s Care Coordinators provide case management [services](#) as part of a clinical team with CAMHD psychologists and psychiatrists. ☎(808) 274-3883
- Adult Mental Health: Case and medication management. For information regarding eligibility and service, call ☎(808) 643-2643
- [Suicide Prevention Resource Center](#) provides 24/7, free and confidential support for people in distress and crisis resources for you or your loved ones, ☎1(800) 273-8255
 - Online CHAT and options for Deaf & Hard of Hearing available.
- If you or someone you love are experiencing COVID-19 related emotional or mental health issues, ☎1(800) 753-6879 or text the word "ALOHA" to 741741 for support.