

*you are not alone*  
there is help.



**Are you being controlled, harmed or are afraid of your partner? Or do you know someone who seems to be afraid of or controlled by their partner?**

*You may get help by calling, confidentially and anonymously:*

**Call:** (808) 531-3771

**Toll-free:** 1(800) 690-6200

**Text:** (605) 956-5680

**Chat:** [domesticviolenceactioncenter.org](https://www.domesticviolenceactioncenter.org)



**If you believe that a child is being hurt or neglected, call**

**Call:** (808) 832-5300

**Toll-free:** 1(800) 494-3991



**In an immediate emergency call:**

 **911**

**If you or someone you know is having suicidal feelings, a mental health crisis, or problems with substance use, call Hawai'i CARES**



**Call:** (808) 832-3100

**Toll-free:** 1(800) 753-6879

**Text 'ALOHA'** at 741741

**If you or someone you know is a victim of trafficking, call**

**Call:** (808) 832-1999

**Toll-free:** 1(800) 398-118



**If you are a parent and need support, call**

**Call:** (808) 526-1222

**Toll-free:** 1(800) 816-1222

