

Suicide Prevention & Support

Suicide & Crisis Lifeline

You are not alone.

Call or text 988

It's free, confidential and available 24/7



If you or someone you know is struggling, you are not alone.



Poison Help



Our poison control experts receive calls every day from people facing emergencies. If you need us, call **1-800-222-1222** anytime, from anywhere in the U.S. It's always free, confidential, and non-judgmental.

Take Action:

How You Can Protect Your Loved Ones

- Store medicines in a locked cabinet or lockbox
- Dispose of unused prescriptions safely (pharmacy take-back programs)
- Keep household cleaners, pesticides, and poisons out of reach
- Talk openly with family members about safe storage and mental health

5,917

Total Exposures Reported

(Hawaii Poison Center Data 2024)

800

Suicide Gestures (no. of cases)

66%

% Female cases

225

Teens (Aged 13-19) (no of cases)

207

Young Adults (Aged 20-29)

#

Most Common Substances:

Analgesics, Antidepressants, Antipsychotics