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[health.hawaii.gov/ontrackhi](https://health.hawaii.gov/ontrackhi)

# OnTrack Hawaii

a CAMHD program

## Healing Begins With Hope



Child &  
Adolescent  
Mental  
Health  
Division



# Help is Available

**If you or anyone you know is experiencing these changes in behavior and they begin to intensify or do not go away, reach out to a healthcare provider. Even if the changes are not symptoms of psychosis, they are likely signs that an individual is struggling and could use extra support.**

## ABOUT

**OnTrack Hawai'i is an early intervention program** for teens and young adults experiencing unusual thoughts and behaviors or are seeing and hearing things that others don't. Our goal at OnTrack Hawai'i is to help young individuals learn coping skills, support overall health and wellness and reach personal goals for school, work and relationships.

## CONTACT

For more information about OnTrack Hawai'i, please contact us at: **(808) 973-1002** or by email at **[DOH.CAMHD.OnTrack@doh.hawaii.gov](mailto:DOH.CAMHD.OnTrack@doh.hawaii.gov)**