



# Healing Begins with Hope

**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.



Child &  
Adolescent  
Mental  
Health  
Division

Learn more at:  
[health.hawaii.gov/ontrackhi](http://health.hawaii.gov/ontrackhi)