

More Support Groups

Not necessarily affiliated with United Self-Help. Call for more information, or if you would like to be a trained Facilitator of a USH Support Group, 947-5558.

MENTAL HEALTH SUPPORT GROUPS

•**Anxiety Support Group**– Queen's Counseling Services, corner of Nuuanu and Vineyard. 1st & 3rd Fridays, 6-7:30 pm. Call 262-5873 or just show up.

•**NAMI (National Alliance on Mental Illness) Support Groups for Families** - 4 Support Groups on O`ahu; 1 each in Kona, Hilo, & Kaua`i. Consumers can attend too. 591-1297

•**Diamond Head Family Support groups.** - First and Third Tuesday of each month, 6:00 PM - 7:30 PM Diamond Head Health Center (3627 Kilauea Ave), Room 408. It's Free and Confidential and is facilitated by a

psychiatrist, psychologist, and/or social worker. For more information, call 733-9260 Monday-Friday, 7:45am-4:30pm.

•**Windward MHC Family Support Group**-- second Tuesday of each month at 7-9pm Windward Oahu Community Mental Health Center, 45691 Keaahala Rd., Kaneohe. free and confidential, facilitated by a psychologist and a nurse. For more information, call 233-3775.

- ACOA (Adult Children of Alcoholics) 521-4477

- Alzheimers Support – 591-2771

- Al-Anon (people living with substance abusers) 593-3977; Oahu 935-1071, Kauai 246-1116; Maui 242-0296

- Alcoholics Anonymous (lesbian & gay groups available) 946-1438

- Anorexia & Bulimia Centre of Hawaii 540-1001

- Co-Dependents Anon (CODA) (relationship problems) 589-2632

- Dual Diagnosis Anonymous-Tuesdays, 2:30-3:30pm, Queens Outpatient, Nuuanu and Vineyard.

-Gamblers Anonymous 595-8838

-Hawaii Families as Allies (parents of kids with emotional challenges) 487-8785

-Helping Hands Hawaii 536-7234

-Obsessive-Compulsive Disorders 261-6987

-Sex and Love Addicts Anonymous 926-0166

-Survivors of Suicide (SOS) 440-3823 or 440-3861

-Teen Peer Listeners O`ahu: 521-TEEN; toll free Neighbor Islands: 1-877-521-TEEN



Other Support Groups

- Adoption Circle of Hawaii-591-3834

- ALS (Lou Gehrig's Dis., clients, support) 548-0588

- American Cancer Society (24-Hrs for local support group) 1-800-ACS-2345, www.cancer.org

- Brain Injury Association of Hawaii 454-0699

- Breast Cancer support group 547-4742, 537-7353

- Caregivers support (Parents of injury disabled young adults) 221-9311

- Castle Medical Center Bereavement Support Group 263-5343 or 263-5344

- Child and Family Service 521-2377 or 681-3500

- Compassionate Friends (loss of a child) 792-0204

- Compulsive Eaters Anonymous 674-0617

- Chronic Fatigue Syndrome, Ray 955-7144

- Eldercare Hawaii Death, Dying Group 722-3000

- Emphysema Support Group- 10 -11am every Thursday, Harris United Methodist Church

- Epilepsy Support Group 528-3058

- Family Peace Centre (domestic violence) 832-0855

- Gay support & discussion grp, 848-2964

- Grieving Persons Support Group 949-0022, or Ann 261-1669

- Hawaii Down's Syndrome 949-1999

- Hawaiian Humane Society (grieving a lost pet) 946-2187

- HelpCats (Hepatitis B & C monthly support group) 221-6204

- Hina Mauka-anyone affected by addiction of family member or friend 236-2600

- Kako O Ohana Pa ahao (families, current or ex-inmates) 696-4261

- Legal Line (info, referrals only) 537-9140

- Learning Disabilities 536-9684 info, no support groups

- Life Foundation (gay resources/AIDS info/anonymous HIV testing and counseling) 521-2437

- Lung Disorder 536-2236

- Lung Disorder Hui-547-9532.

- Make Today Count (life threat. illness, family and friends) patients 455-3467; others 455-3242

- Memorial Society (funeral planning info) 589-2884

- Multiple Sclerosis, 532-0811

- NA (Narcotics Anon - Drug problems) 734-4357; Friends, relatives 230-2084, 247-3191

- Nicotine Anonymous - Mondays, 5 - 6 pm. Val 593-7973

- Overeaters Anonymous 737-3469

- Parents without Partners 262-6442

- Pet Bereavement Support Group 946-2187 ext 217

- P Flag (Parents and Friends of Lesbians and Gays) 672-9050

- Parentline (questions on parenting) 526-1222

- Parkinsons 528-0935

- PWA (People With AIDS) Coalition Hawaii (by and for people with AIDS) 942-7922

- Sex Abuse Treatment Centre-24 hr Hotline 524-7273 or 535-7600 office hours

- Single Again 235-4486

- The CENTER (for Lesbians/Gays/bisexuals/transgenders) 951-7000.

ACCESS LINE-- 832-3100 OR NEIGHBOR ISLANDS 1-800-75-ENTRY. For Crisis calls or access to State Mental health Services -- 24 hrs.



United Self-Help

Hawaii's Self-Help News

2525 S. King St. Ste. 303 • Honolulu, HI 96826 • Phone: 947-5558 • Fax: 947-5002 • director@unitedselfhelp.org— Sep - Dec. 2006

Guess Who's Coming to USH 4th Friday, Dec 22



Yes, the ol' fat guy who brings cheer to everyone will be here at our fourth Friday. No! Not Tom Hester --Santa Claus!

And he sounds manic again: making promises of gifts to all good girls and boys --- oh come anyway. There will probably be something for you too. Free food, and Bingo, too, if there is time.

Friday, Dec 22, Waikiki Community Center.

Two Beach Parties! USH Support Group Members Invited to 4th Annual Best Practices Conference; Party at Bellows

Be grateful if you are in a United Self-Help support group.

Since more than 200 consumers enjoyed the 21st annual consumer conference at Bellows beach, we are planning two similar outings for USH support group members at the Bellow's Air Force beach. On January 8-9, at 9:00am - 1:00pm there will be a picnic with free food, miniature golf, volleyball, boogie boarding, swimming, tennis, and overnight camping (bring your own TENT).

On April 2, the day before the 4th Annual Best Practices Conference, come and join us for some fun in the sun at this beautiful military resort. Camp out on the beach, barbecue, hike, swim. There will also be a few meetings on sharing on how to run support groups.

Stay all night at the new facility, complete with air conditioning. Then learn the latest information on recovery at the Best Practices Conference at the Hawaii Convention Center the next day, from April 3-5.

The conference is open to all mental health professionals and consumers, but there is a fee. If you are a member of your support group we'll cover that or get you a scholarship.

Theme for the Conference is Work Works! Supported Employment.

So you need to do two things. If you want a scholarship to the conference, call Adult Mental Health at 586-4688. If you are a member of a United Self-Help support group, call us and we'll give you some fun and camaraderie in addition to the conference.

Call the United Self-Help office at 947-5558 and we will send a registration form to you.

***Note: Must have valid registration/ driver's license ready at the Bellows gate.**

4th Fri Meetings

December 22, January 26

Waikiki Health Center Auditorium, 310 Paoakalani St. 7 pm to 9 pm.

Enjoy a feast on us, plus guest speakers. And playing bingo.

Steadfast job and housing counselors will be around to offer suggestions and answer questions. And there will be a free psychiatrist, compliments of Lydia Hardie and Hawaii Psyc Med Assn. Enjoy a free dinner, snack and door prizes. Join us every month, same time, same place, compliments of United Self-Help, with help from the Weinberg Foundation and SAMHSA. Free for consumers and their family & friends. See you there!

**Avoid the Holiday
Blues !! Call us --
Warm Line**

**4:30pm -9pm Seven days a
week .**

947-5558

**or for Neighbor Islands 1-866-
866-HELP (4357)**

Free Wahine Wear!

For Women in United Self-Help Support groups or women in recovery.

Do you have a job interview, court appearance or an important event? To find out about an outfit to wear at no cost... Call Mattie at 853-1733.

Bless your heart Mattie!

Three new Bridges Education Classes forming soon!

Join the fun, get a sandwich after every session, get a gift certificate, have a party at a nice restaurant, then you can get a job from us. That's what Bridges is all about.

Queen's Outpatient, Nuuanu and Vineyard. Wednesdays, 8am-10am by veteran teacher Eric Martin, next class starts in January

Waikiki Health Center, Tuesdays from 6-7:30pm, Starts Tuesday, January 2. By Sharolyn B. and her friends.

United Self Help Main office, 2525 S. King, #303 on Wednesdays, 6-7:30pm, starting November 29. Linda Takai and her friends.

Depression and Anxiety Support Group forming!

New Depression and Anxiety Support Group starting January 4th, Thursday at 3pm, located at 2525 So. King Street, Suite 303, in the Conference Room, with Sharon Rohner and her friends. If you are a "Shut-in" you can go online to be in this meeting. Call Sharon Rohner at 808 783 9861 and she'll set you up online.

Christmas Carols for consumers who don't take their meds:

Schizophrenia: Do you hear what I hear?

Multiple Personality Disorder: We three Kings

Disoriented Are

Dementia: I think i'll be home for Christmas

Narcissist: Hark the herald angels sing about me.

Manic: Deck the halls and walls and house and lawn and streets and stores and office and town and cars and buses and trucks and trees and hydrants and....

Paranoid: Santa claus is coming to get me.

Borderline Personality disorder: thoughts of roasting on an open fire.

Personality Disorder: You better watch out, I'm gonna cry, I'm Gonna Pout, Maybe I'll tell you why,

Obsessive Compulsive Disorder: Jingle Bells, Jingle Bells, Jingle Bells, Jingle Bells, Jingle Bells, Jingle Bells, Jingle Bells, Jingle Bells



Calendar of Opportunities

Jobs for Bridges Graduates or those taking Bridges--

Training for Consumer Assessment Team, Interviewing consumers (good pay) . Call Ester at 947-5558 for training. Work in a nice place!

Peer mentors needed, for CBI wrap. \$10 an hour, but the state pays you direct so it is a bit of a bureaucratic nightmare, but the money is good. You must be a Bridges Graduate or currently taking Bridges.

•**Golf**—every Thursday 9 am. Free for BRIDGES graduates if they are an active regular member of a support group. If not, come anyway and pay full price – Just \$9 plus clubs and pull cart rental. Call 947-5558 for reservations.

• **Fourth Friday, The fourth Fri. of every month, 7-9pm Waikiki Health Center auditorium.**

•**Softball** – 2 PM-5pm, always the day after the fourth Friday (Saturday) every month, Kamamalu Park, next to Nuuanu YMCA.

•**Free Karate** – Every Wednesday, 5:30-6:30pm at Hon Clubhouse, by SENSEI Bernie. Free for all members of United Self Help or Clubhouse. Dress comfy.

•**Free Computer Classes** for Support group members. Saturdays 12:30 PM - 2 PM at McKinley Community School for Adults, 634 Pensacola St, Room 208. Call David 947-5558. USH support group lend computers as long as that person is a member.

•**State Council Meeting** – Second Tuesday of every month, 9:30 am-noon, at Queen Liliuokalani Children's Ctr. Call Judy Crockett at 586-4688.

•**Chief's Round Table Meeting** – Third Monday of each month., call Randy Hack at 586-4688.

•**Oahu Service Area Board meeting**, 3rd Monday of Month, 6pm Kalihi Palama Mental Health Center . Get involved with the changes being made. Consumer input is needed.

•**Hawaii Psychosocial Rehab Association (HIPRA used to be IAPSPRS)** Next meeting is ???? to be announced, at Queens Day treatment Center, Kaheihemalie Building, 1374 Nuuanu Avenue, Honolulu, Hi 96817. Call MIC at 539-3939. Free for members of United Self Help Support Groups.

Free Psychologist or Psychiatrist

If you are in a support group, and can't find a doctor, we have volunteers again, limited appointment times available. Call us IF YOU ARE IN A SUPPORT GROUP. We had this service once, and we're building it up again. We have a nice volunteer retired psychologist and we are looking for the old list of psychologist who agreed to help. Please call 947-5558.

Batter Up...Come "Play Ball" with USH!!!

December 23 and January 27 always the day after 4th Friday from 2 PM - 5:30 PM @ Kamamalu Park, next to Nuuanu YMCA



United Self-Help has a Support Group you'll enjoy

A few Benefits of being in a USH Support Group:

- Sharing with others who have the same challenges, Sharing of information
- Helps us solve our problems
- Training given on coping & problem solving
- Guest speakers
- Refreshments
- Tapes on mental illness
- We help each other with support throughout the week
- It's a great way to socialize
- There are special activities that people in support groups are invited to
- There are job opportunities that people in support groups get offered
- There's a social every quarter, wherever the support group wants to go.

More Perks

- *You must be a continuing member of one of the Support Groups to the right, not counting the 4th Friday Group.* Contact the USH office, 947-5558, to see if you qualify for or if you would like more information on the following:
- **Computers on loan or for purchase** - Linux, Windows or Mac. You need to attend our free training sessions on how to use the computer, and make your own arrangements to pick it up.
- **'Cheap Rentals' Book** - Produced by Paul Stephens, it lists cheaper rentals throughout the islands. The book is available at all Support Groups for reference use, and at the USH Office. Also on the web at www.unitedselfhelp.org/resources/
- **Medic Alert Bracelets** & engraving - purchase it and you get a \$50 reimbursement if you are in a support group.
- **Free Notary Service** - By Randy Hack

• Consumer-Run Self-Help Support Groups Offer • Free Mental Health Support & Education Throughout Hawai'i

O`ahu Support Groups

Are you Isolating?

- **New Anxiety & Depression Support Group 1/4/07!**
Starting January 4th, every Thursday, at 3pm, 2525 So. King Street, Ste. 303, Sharon Rohner and her friends.
“Shut-ins” with a PC can go online for this meeting. Call Sharon Rohner at 808-783-9861 and she'll set you up.
- **New Depression Support Group**
1st & 3rd Fridays ea. mo., 5 - 6:30 P.M. 2525 So King St, Rm 303
- **Central Leeward meets weekly!** –
Every Monday, 9:00am-10:00am.
Central Leeward Community Mental Health Center, Pearl City, 860 4th St. (Next to District Court), Room 222
- **Depression and Bi-Polar Support Alliance (DBSA) Support Group-now 4 times a month.**
2nd & 4th Mondays, 6-7:30 pm, Waikiki Health Center lobby, 277 Ohua Ave. 947-5558
1st & 3rd Monday, 6-7:30 PM, 2525 S. King St., Ste. 303, Conference Room. Ph. 947-5558. “Shut-ins” can go online to set you up online.
- **Self-Esteem Group** – 1st & 3rd Mondays, 3-4:30 pm plus light snack. 2525 S. King St., Ste. 303, Conference Room. A support group and self esteem class. Call Mike at 521-3269.
- **Kailua Windward Oahu** - 2nd & 4th Mondays, 5:30-7 pm, St. Christopher's Church, 93 N. Kainalu Drive. Call 947-5558.
- **Queen's Bridges Support group** – 1st & 3rd Wed., 10-11:30 am, on first floor at Queens outpatient, Kaheihimalie Bldg, Nuuanu and Vineyard.
- **Schizophrenia and Schizoaffective Support Group** – on hold, call 947-5558
- **Wahiawa Bridges Support Group** –
Every Monday, 6-7 pm, Wahiawa General Hospital, 1st floor. 128 Lehua Street. Call Sue at 626-3941.
- **Writers Group** – Every Friday, call Sharon at 941-7662. They meet at Coffee Talk in Kaimuki or United Self Help office at about 4pm.

BRIDGES Education Classes

- **Hawaii State Hospital** - call 947-5558 to sign up.
- **Kailua-Kona** - Call Sally at 322-0135.
- **Ocean View** - Care Hawaii Ocean View Group Home. Open to all. Call Sally 322-0135.
- **Queens Day Treatment** - Starting in January, Wednesday 8:00 - 10:00 am., First flr, Kaheihimalie Bldg., Corner of Nuuanu and Vineyard. Call 947-5558.
- **United Self Help Main Office** -
Wednesdays 6:00 PM - 7:30 PM at 2525 S. King St., Room 303, call 947-5558.
- **Wahiawa** - Mondays at Wahiawa General Hospital, call Sue 626-3941.
- **Waikiki Health Center** – Starting January 2nd, Tuesdays, 6-7:30, 277 Ohua Ave.

Neighbor Island Groups

MAUI

- **Kahului** – NEW GROUP -- 1st & 3rd Thursdays 6-7:30on Kahului Union Church, Room #15, corner of Kamehameha and Lono in Kahului. Kehau 298-5413, 244-6960 or Julia at 344-5737.

KAUAI

- **Kapaa** – on hold. Anyone on Kauai want a group, fun, pay for co facilitators, free trips to Honolulu? Call us 1-866-866-HELP.

HAWAII

- **Hilo** – Every Tuesday, 9:30-11am, at the Hale 'Oluea Clubhouse, 1045B Kilauea Avenue. For more information call Cindy Frye at 968-8858.
- **Hilo -- NEW Group** -- Bridge to Health - A Faith based support group, 1st and third Saturday, 11:30-1 library at St. Joseph's Church 935-9913
- **Ka'u** – on hold? Fridays, Punaluu Beach Park 10am-12:30 pm. Call Ruth at 928-9004.
- **Kealakekua** - 2nd & 4th Thursdays, 1-3pm, Nani Olu, in Kealekekua down hill from the National Guard Armory. Call Sally 328-8143 or Kathy 322-4818.

Re-evaluate Medicare Coverage

This holiday season is a great time to pull up a chair and have a conversation with a friend or loved one regarding Medicare Prescription Drug Coverage.

The annual open enrollment period regarding the Medicare Prescription Drug benefit started November 15 and ends on December 31. In addition, people should know that Extra Help is available via the Low Income Subsidy. And Preventive Services including cardiovascular and diabetes screenings, and more, are offered to those who have Medicare Part B under the original Medicare Plan (sometimes called fee-for-service).

Use these five simple steps to help guide you through your conversation:

1. Understand the basics of Medicare Prescription Drug Coverage.
2. Determine how your friend or family members get prescription drug coverage.
3. Gather some information.
4. Review the plan choices to determine what plan will best meet their needs...whether it is the most cost effective plan, or a plan that covers all of their prescription medicines, or a plan that has the pharmacy they prefer to use.
5. Help them enroll or re-evaluate the plan they are in.

For more information visit www.Medicare.gov or call 1-800-MEDICARE (1-800-633-4227).

Join a Bipolar Study, Earn \$100

If you have Bipolar Disorder -- you may be eligible to participate in a study at the University of Pennsylvania. Participants complete a confidential interview and give a small blood sample. Participants will be paid \$100, and there is no travel. Anyone with a history of bipolar disorder, specifically those who have had manic episodes can participate. Participation requires: a 1-2 hour interview, completion of a series of questionnaires, and a small blood sample. Call Catherine Conroy at 215-746-3656 or Email: conroycg@mail.med.upenn.edu

Apply online today:
www.uphs.upenn.edu/cnb/bp.htm

How to Cope With Holiday Blues

By Nancy Schimelpfening from "Your Guide to Depression"

The Thanksgiving and Christmas holidays are always a time of depression for me. What can I do to cope this year?

A. One of the biggest cause of stress during the holidays is high expectations for how the holidays ought to be. Some tips to help you keep your expectations reasonable:

. Don't judge the value of a gift by its price tag. The best gifts come from the sincere desire to make a person happy. If you give from the heart, your gift will never be too small.

. You don't have to do everything that's asked of you. Learn to assert yourself and say no if you really don't have time to do something. Delegate responsibility to your children and spouse. Learn time management skills.

. Share with someone less fortunate, for example, by volunteering at a homeless shelter for a day. If you have kids, this is a great way to show them the true meaning of Christmas.

. Remember, your family is a real family, not a TV family.

. There will be arguments and rivalries among siblings. If Mom has always criticized you, she still will. These things don't have to ruin your holiday. You may not be in control of other people's actions, but you can certainly control your reaction to them. Take this year as an

opportunity to learn forgiveness and acceptance. If all else fails, take a time out with a spouse or other sympathetic listener and vent your frustrations.

. Remember that things will occasionally go wrong. Your kids will get dirty and make noise. You will forget to buy batteries, thaw the turkey, or take the cookies out of the oven. Planes will be delayed, relatives will get tied up with other responsibilities, and dogs will jump on your favorite party dress with muddy paws. If you can learn to face these little setbacks with style and grace you'll find yourself having a better holiday than if everything had turned out perfect because now you're more relaxed.

Can't be with someone you love because of a divorce, military commitments or finances? Find a creative way to make the holiday special. For example, send cookies, gifts, and a special videotaped greeting to a far away relative. Or arrange to spend another day together as "Christmas". Be creative. The feelings of sharing and caring that Christmas engenders can be had any day of the year. Don't limit yourself to what it says on a calendar. In fact, if you think about what's really important like love, sharing, and togetherness, you begin to realize December 25 is only one day out 365 that you have to spread peace and good will.

Need Somewhere to Go for Christmas?

Bipolar and Depression Support Group invites everyone on Christmas Day to the Waikiki Health Center.

Come join the fun and activities, from 6-7:30 pm at the Waikiki Health Center lobby located at 277 Ohua St. Yes, it's that group, which meets on the second and fourth of each month. It chose not to cancel, but to celebrate. Grab bag gifts, maybe, special food (maybe). And if you have no where to go, stop in. Bring a dish if you want.

New:Depression Support Group!

Happy Holidays To You And Your Wonderful Family

Depression Support Group begins on Monday, January 5, 2006 at 2525 South King Street Room 303:

Meetings are on the 1st & 3rd Fridays of each month from 5:00 P.M. to 6:30 P.M. except on Federal and/or State holidays.

Talk, listen, smile, laugh and support each other, monthly workbook exercises, role playing, quarterly films, surveys and research participation, biannual guest speakers, quarterly social events, the clinical process of rehabilitation and recovery, and clinical discharge. All Are Welcome!

Please note: There are more people in the world, and/or in America with depression than any other mental illness categories. In any given 1-year period, 9.5 percent of the population, or about 20.9 million American adults have depression.

MERRY CHRISTMAS ???

By Starlady

Holidays are upon us. Bummer! I personally don't do Christmas anymore. I canceled it long ago as I was wrapping my kids' presents early one Christmas morning. Suddenly my husband stammered:

"I want to have an affair."

"Say what?" I said, wondering if I was hearing right.

"I want to have an *affair*," he sheepishly repeated. Multicolored tree lights spun like a kaleidoscope, gradually turning red as my temper flared.

"You're asking?" I replied in my steely soft voice.

"You need *permission*?" I replied, my voice now strident.

"Hell no, I'll cut it off and hang – it – on – the – TREE" I shrieked, armed with indignation, not to mention scissors!

"I have her all picked out" he continued, squirming, refusing to meet my gaze.

And *that's* how I discovered how my best friend was doing my husband. I'm *not* making this up!

Anyway, that was over thirty years ago. And yes, I *am* that old.

I'm sure some, if not all of you have vivid memories of at least one horrid holiday, and we keep remembering them over and over again.

You know, our brain is sort of like TIVO. It continually scans all the TV channels, then pulls up and *records* similar programs for you.

Hey, wait a minute. Does that mean that we replay our horrible holidays so much that only the rotten memories remain in our brain?

You betcha!

So what can we *do* to make that stop? Well, we can rewind and record more pleasant ones right over them. Gradually, when our brain starts searching for clues as to what we play (and think) most, it will start remembering more of the good stuff. Eventually our subconscious mind (which only believes what it's told) will start remembering more of the good stuff. And it not only replays them, it starts *looking* for them. Really.

Listen up. I used to be just another fat old lady, and believe me, *they* are pretty

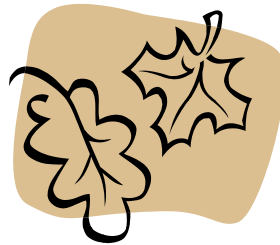
much invisible. Not me. And certainly not now!

Hey, Santa is a big, jolly old guy wearing a funny red suit and hat, riding the friendly skies in a sleigh. Children around the world celebrate him. OK, so it's because he brings them presents.

Well, I'm a voluptuous, well-seasoned kapuna broad wearing blue in a sparkly hat (with a train, yet), riding a chariot adorned with stars! And young people respond with "you're awesome, way cool", and "you rock"! And you better believe *that* feels really good. For all of us.

So you don't want to make a fool of yourself? You don't have to. You can smile to a stranger even if you don't feel like it. Pretty soon, you'll have so many smiles returned to you that you will probably *want* to smile. Say hello to someone you don't know. Even ask for a hug. It's not just babies who wither away if they're not touched enough.

And by all means, come to the second and fourth Monday's manic depression support group/Christmas party meeting at the Waikiki Health center 277 Ohua on December 25th at six pm. The manic-depression group that meets on the first and third Monday at the United Self Offices (225 King Street, 3rd floor) is having a New Year's party - support group. Call the USH office, 947-5558 for more information. And bring a hug. We all could use one!



Have Something for Our Newsletter?

Whether it's poems or new information about mental illness, send submissions to director@unitedselfhelp.org.

Submissions due by the 5th of the month.

Published by:

United Self-Help

*People helping people
help themselves*

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NIMH

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the month.*