

## 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.

- 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 – Jan- Mar 2007



From left - clockwise: Steve M., Andrew N., John L., Sally H., Merry R., and Jeanette O.

### Hilo BRIDGES Education Group Celebrates!

By Pearl Kadota, BRIDGES Graduate

Finding a parking space was the hardest part. While everybody waited, Pearl K. drove around the block four times, before finally deciding to park at KTA-Keawe Market, then walking to Cafe Pesto, a block away for the lunch on Jan. 10.

Everyone sat at the bar until a table cleared. We ordered appetizers: a crab quesadilla and one order of crostini. Some people ordered small salads. Steve got a 9-inch Southwestern pizza. Some people ordered sodas or lemonade or iced tea. Sally ordered the lokelani pizza; Pearl ordered her favorite - a Miloli'i seafood sandwich. Merry ordered an ahi and greens large salad. Andrew ordered a gourmet sandwich.

*Continue on Page 2*

### 4th Fri Meetings

Feb. 23, Mar. 24

Waikiki Health Center Auditorium, 277 Ohua Ave. 7 pm to 9 pm.

DVR will be here IN FEBRUARY

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!

### Consumers Invited to 2007 Annual Best Practices Conference – Work Works! Supported Employment; April 3-5 at the Hawaii Convention Center- scholarships available!

WORK IS THE KEY TO RECOVERY – says a keynote speaker. You are cordially invited to attend the 2007 Annual Best Practices Conference – Work Works! Supported Employment from April 3-5 at the Hawaii Convention Center (TUESDAY, April 3: 11am-5pm; April 4, 7 AM- 5 PM; April 5, 7 AM-NOON). This conference will include providers of mental health services, consumers, psychiatrists, psychologists, nurses, social workers, consumers of mental health services, and family members of consumers.

Because of this year's theme, we will also have a unique opportunity to host a job fair, which will be open to the public. Job seekers can post their resumes during the job fair on Thursday, April 5 from 8am—noon in room 306A. Employers are encouraged to post their open positions regardless of what industry they are in. Please call 539-3939 for more information.

The conference is jointly sponsored by the State's Adult mental health, and other organizations, including United Self-Help as a partner.

Included in the seminar are: "It pays to Work" for those with disabilities, from Suzy Anderson of Social Security; Partnering with Business—overview of what businesses expect from employees and visa versa, Work accommodations and Self-Disclosure, The benefits of Self-Employment, State and Federal funding for persons with Disabilities who want to work.

*Continue on Page 2*

**Need to Talk  
to Someone?**

**Call us at  
Warm Line**

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

**947-5558**

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

# Conference from April 3 to 5

From Page 1

Fee for the three day event is \$110 for the full three days to \$30 to \$60 if you want to attend only one or two days.

Adult mental health office of Consumer affairs is offering 20 scholarships for consumers – 11 from Oahu and 9 for Neighbor Islands. For more information call them for an application at 586-4688. For other information call 539-3939.

United Self-Help will offer full and partial scholarships to its members who are in support groups. If you are interested in applying, call 947-5558 or 1-866-866-HELP from Neighbor Islands. Scholarships are based on participation in United Self-Help.

On April 2, there will be a conference for all support group coordinators.

Don't miss this exciting event –Employment could change your life. Come see what is done for others and how to handle it. Apply for a scholarship today at Adult Mental Health, or , if you are active with United Self Help, call us for a full or partial scholarship based on your activity.

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## Hilo BRIDGES Group

from page 1.

Jeanette O. got pasta with salmon - delectable! John ordered a special pizza. Then, we ordered two desserts to share - a piece of lilikoi cheesecake and a chocolate cake ganache. Some people ended the meal with espresso or cappuccinos to go.

What an incredibly lavish feast!

Thank you, BRIDGES Education and Bud Bowles!

Thanks to Sally Ho and Drew Lloyd for 15 enlightening weeks!

From Andrew N., Pearl K., John L., Steve M., Merry R., Jeanette O., and Sally H. and Drew L.

Sally H. would like to add that this was the second Hilo BRIDGES class to graduate. The group met every Wednesday morning at Hale 'Oluea Clubhouse from 11 AM to 1:30 PM, beginning last Sept. Although small, the class was mighty: three of the four graduates had perfect attendance: Pearl K., Steve M., and Andrew N. Pearl K. had perfect attendance and perfect attention at all the classes. Steve M. and Andrew N. each made up a class (they are busy doing advocacy and helping with the Hilo support group). John L. entered the class too late to be an official graduate, but he plans to retake the course and finish. He is already working as a peer mentor. Merry R. would like to start up a new support group in the Hilo area. Jeanette O. was taking the course for a second time. What a powerful and enthusiastic group!!

Mahalo nui to all the class members for all the energy and truth they brought to the course. You are the BEST!



Pearl Kodata

## 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 218. 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're expanding it. 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.htm](http://www.unitedselfhelp.org/resources.htm)
- **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

*Those who bring sunshine to the lives of others cannot keep it from themselves. --James Mathew Barrie*

## • 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**  
Starting January 4th, every 2nd and 4th Thursday. at 3pm, 2525 So. King Street, Ste. 303.
- **New Depression Support Group**  
1st & 3rd Fridays ea. mo., 5:00 - 6:30 P.M. 2525 S. 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.**  
--1st & 3rd Monday, 6-7:30 PM, 2525 S. King St., Ste. 303, Conference Room. Ph. 947-5558.  
--2nd & 4th Mondays, 6-7:30 pm, Waikiki Health Center lobby, 277 Ohua Ave. 947-5558
- **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** – RESUMES!! 1st and 3rd Thurs, 6 - 7:30 pm. NEW LOCALE: 2525 S. King St. 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, 4 pm 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 for reservations.
- **Kailua-Kona** - Call Sally at 322-0135.
- **Queens Day Treatment** - Just Started 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** – Started January 2nd, Tuesdays, 6-7:30, 277 Ohua Ave. Waikiki Health Ctr. Lobby

### Neighbor Island Groups

#### MAUI

- **Kahului** – NEW GROUP -- 1st & 3rd Thursdays 6-7:30 on 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, 9:30-11 am, 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.

*Change starts when someone sees the next step--William Drayton*



## Free Computer Program Tackles Anxiety

Introducing *Fearfighter*, a Computerized Cognitive Behavioural Therapy program designed to guide you in tackling your problems.

Introduced by United Self-Help and the University of Hawaii, Fearfighter is a self-help program to help you learn to cope with and overcome fear & anxiety. Fearfighter is an eight to twelve-week course of therapy delivered to you at any computer with internet access.

Are you eligible?

Professor Cynthia Stuhlmiller, UH Department of Nursing, will offer up to an hour screening to United Self-Help Members or referrals.

Please register with Cynthia at 728-2443

Enrolment is limited so hurry to assure your screening.

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## Exercise keeps your brain from shrinking

*Provided by That's Fit website*

In case you haven't been paying attention, exercise is awesome. It prevents obesity and cancer, improves cardiovascular health, stops you from shrinking so much in old age, and will combat those holiday pounds like nothing else will.

And now, as an added bonus, scientists have discovered that [exercise also helps your brain](#). By stimulating the production of brain neurons in older adults, physical activity actually keeps the brain from shrinking in old age.

Previously, scientists had thought such production of new neurons was impossible. However, this [recent research](#) suggests that three hours of brisk walking per day can help seniors at risk of losing their independent functioning.

So get active!

## New Research from the National Institute of Mental Health (NIMH)

For the first time, research by NIMH shows that the gene related to



schizophrenia in adulthood is directly linked to schizophrenia in children (Addington & Rapoport, 2007). This strengthens the evidence that schizophrenia has biological roots. The gene, NGR1, produces neuregulin, a protein crucial to brain development. You can read the article in the February issue of "Molecular Psychiatry."

People with bipolar disorder (BPD) tend to share similarities characteristics with other members of their families. This information, provided by NIMH researchers, may help individuals to break up the broad definition of BPD into different subtypes. Read the article by Schulze et al. at ERLINK "<http://www.ncbi.nlm.nih.gov/entrez/WhatIsFamilialAboutFamilialBipolarDisorder?ArchivesofGeneralPsychiatry,63:1368-1376>. December 2006.

People who were abused or neglected as children have increased *risk of major depression, which often begins in childhood and has lingering effects as they mature*, according to a study funded by NIMH. This was the first long-term study to examine the risk of depression in this population. The results were published in the January issue of the Archives of General Psychiatry.



## Love is a many-splendored...mental illness?

*By Dr. Sanjay Gupta, as printed on cnn.com*

I want to say first and foremost that I am a romantic. I really am. I am a scientist as well, however. So, I decided to do a little research into the science of love. It is worth investigating, after all, especially on Valentine's Day. It is an emotion for sure, but what exactly makes it so powerful?

It turns out Lucy Brown, a neuroscientist at Albert Einstein College of Medicine, decided to put it to the test. She found 17 people who were madly in love and scanned their brains while they were looking at a picture of their sweetheart. She wanted to find out what happens in the brain when someone experiences intense feelings of love.

What she found is that there is no separate "love" part of the brain. Instead, the reward/pleasure part of the brain lights up strongly, just like it does when someone eats chocolate or when an addict gets a fix.

If that doesn't take all the poetry out of love, consider this: Serotonin levels were 40 percent lower in lovebirds, just as they are in those with obsessive-compulsive disorder. So, according to Brown and her two fellow researchers, Art Aron, a psychologist at Stony Brook University in New York and anthropologist Helen Fisher, love is a motivation bordering on mental illness.

And it gets worse. It is predictable that the dopamine-drenched craze that fuels intense love will wear out; sometimes over days, sometimes over years.

But remember, I am a romantic. So in this one case, I will dispense with science and just follow my heart. I will buy flowers for my wife and take her out to a nice dinner. Sometimes, it is better not to know all that is going on in our brains at any given time.

### Have Something for Our Newsletter?

Whether it's poems or new information about mental illness, send submissionsto [director@unitedselfhelp.org](mailto:director@unitedselfhelp.org).

Submissions due by the 5th of the month.

# Poems by John VO Britos

## Spanish Saber

The King holds the platinum  
saber into the battle, saving his east  
and west flanks

As his enemy rests in his  
kingdom, dressed as a Prince  
without a crown

Young and brilliant, each  
venturing for the right hand of the  
Queen

The Queen of Spain rode  
away in the wilderness

Only the true King of Spain  
rests

## Significantly

Do you see the significant  
trance in her eyes?

Then she fell and turned  
towards your direction over three  
hundred and sixty degrees.

O Brilliance in both your eyes  
meet so significantly.

## Mount Makapu'u

Mount Makapu'u site from  
afar,

A lighthouse atop Mount  
Makapu'u in Waimanalo

In the olden days, lit with  
kui kui nuts

These days, lit with powerful  
electric lamps

This is Mount Makapuu in  
Waimanalo.

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## Free Wahine Wear!

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

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

Bless your heart Mattie!

## United Self-Help Beats All Records in attendance.

Want to get out and meet new  
people and make some money at the  
same time? Join United Self-Help!

Thanks to the superb computer  
record keeping of David Imai, we found  
that a record number of consumers  
have attended our activities:

Last year from January –  
December 2006, we had 1771 persons  
attending support groups, 1210  
attending our Bridges Education  
Classes, and 714 consumers attending  
our fourth Friday event-- hope you were  
there.

That compares to January –  
December 2004 when we had more than  
650 consumers attending support  
groups, 360 attending Bridges  
Education Classes, and 156 attending  
our fourth Friday event.

In addition we employ more than  
200 people as Bridges ed teachers,  
support group leaders, surveyors, and  
peer mentors – all independent  
contractors, from \$8- (to \$10 / hour as  
CBI wrap peer mentors. ) And don't  
forget our softball game, the day after  
fourth Friday and our bellows beach  
party with free food, miniature golf,  
boogie boarding and a picnic. Free for  
all members of United Self-Help  
support groups.

Why the increase? Well, these  
events are fun. You get to socialize, and  
learn something. There is free food, fun  
and a chance to win some prizes. And  
since 2004 we've also helped 100s so  
come join us.

There is a support group or a  
bridges class nearest you, check this  
newsletter or call us at 947-5558. And if  
you don't like what you experience –call  
us, if it's reasonable we'll change it.

And by being a Bridges Graduate  
and in a Bridges support group, there  
are many job opportunities: Peer  
mentors (\$10/hr), support group  
leaders, Bridges Ed instructors,  
Consumer Survey Team members,  
Warm line listeners, Speech people,  
Newsletter contributors and assembly  
people, Crucial News Contacts/  
Directory of Organization workers.

*Published by:*

## United Self-Help

*People helping people  
help themselves*

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# NIMH

*Newsletter paid for from a grant  
given by the Weinberg Foundation,*

*Let us hear from you! Want to  
write a letter or a book report?  
Have some Mental Health  
information to share? Longs  
Gift Certificates given for some  
articles used.*

*Find an error in a previous  
newsletter? Want to be on our  
mailing list? Let us know by  
using the contact info above.  
Submissions due by the 5th of  
the month.*