



# 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 – July-Aug. 2006

## Kailua-Kona Graduates Another BRIDGES Class



Back Row, L - R: Yumi R. Katani, Shawn R, Cynthia W., Don E. Seated front row, L - R: Sally H., Kimberly M., Karin S., Jill McD., Joanne P., Cheryl K. Missing: Cheyne L.

The end of May saw the completion of the fifth BRIDGES course in Kailua-Kona. Seven graduates and four non-grads all felt their lives change as the curriculum opened new areas of understanding and pushed forward the recovery journeys of those participating.

Of the seven graduates, three achieved perfect attendance at all 15 classes: Joanne P., Yumi R., and Kalani T.

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## Dr. Xavier Amador: Aug 25, 9:30 am, Queens Conf. Center

Join us for an inspiring talk on recovery from Dr. Xavier Amador, author of five books -- "I am not sick, I don't need help," "When Someone you love is depressed," "How to help without losing yourself" and "Insight and Psychosis," plus 100 peer reviewed scientific papers.

Amador is adjunct professor in clinical Psychology at Columbia University in New York City.

## New Warm Line Number

O'ahu:

**947-5558**

Neighbor Islands-call toll free:

**1-866-866-HELP (4357)**

Seven days a week

4:30pm-9:00pm

And if you get a recording, press "1" to talk to a warm body.

## August : Bellows Beach Party, Famous Author

Get ready for fun. If you are a member of a United Self Help support group, you are invited to a joint beach party on the exclusive military side of Bellows, Monday and Tuesday, August 20, and 21, from 9am -- 1pm. Free food, miniature golf, volleyball, tennis, boogie boarding at a great beach. And there is free camping if you want, just let us know in advance. we are doing this with the State Hospital, UH nursing students, and others. Sign up at your support groups, or if that fails, call us, we need your name to get you in the gate. Free for United Self help support group members and workers.

## 4th Friday Meeting

Information, Food, & Friendship,  
Friday, Aug 25, 7-9 PM, and Sept 22  
Waikiki Community Center Auditorium--  
277 Ohua Ave.

In August Dr. Dennis Mee-Lee, MD of Hawaii Clinical Research Center will be there to talk about the latest in meds and how you can do a clinical trial. And Randy Hack and Bill Lennox of Consumer Affairs office, Adult mental health will talk about how you can air grievances.

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 Psc Med Assn. Enjoy a free dinner snack and door prizes. We guarantee rides home. 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!

Instructors Sally Ho and Cheryl Kauwe were inspired by the recovery stories and insights of the class members and, as expected, learned as much as they taught. This was the first time teaching BRIDGES for Cheryl, and she loved the experience, hard work though it was. She did an excellent job, adding her personal testimony of how to stay well to her thorough class preparation each week.

The graduation celebrations were held on May 30. They began with a 'roast' of each class member, honoring the particular strengths and gifts each brought to the course discussions. Cheryl had made stephanotis leis for everyone. Sally had made fabric cards to be carried in one's wallet, bearing a phrase we'd used in class, a quickie way to remember how to stay well: 'BEAT it!,' with B representing body awareness; E representing energetic assessment; A standing for affect, or feeling tune-in; and T standing for thoughts. After the 'roast,' the group shared a delicious dinner at a local Chinese buffet restaurant. The broad smiles in the photo above tell the night's story.

Mahalo nui loa to United Self-Help for having supported another successful BRIDGES course. We could not do it without you!

### Real Men, Real Depression

If you have access to a computer, then check out this link provided by the NIMH about "real men" who talk candidly about their depression.

The link is <http://menanddepression.nimh.nih.gov/>

Hear real stories about men, how they got help and how they got better.

And order publications and other material.

## Don't Go Homeless

If you're homeless or close to it, check out SAMHSA's SOAR program. It's an outreach program for homeless and stands for SSI/SSDI Outreach, Access and Recovery. Its aim is to increase the number of homeless people who receive SSI and/or SSDI. Ask your social worker about this. In the meantime, check the SOAR facts below and what is possible.

### SOAR Facts

- Only 11% of the homeless population is currently estimated to receive SSI/SSDI benefits
- Nationally, only 37% of SSA disability applications are approved upon initial submission.
- Although approvals increase to 53% after appeal, that process can take years.

### What is Possible

- Through SSI/SSDI outreach and assistance, initial approval rates can soar to 60-95% of applicants without appeals

## 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!

•**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.

•**Softball** – 2 PM-5pm ,always the day after the fourth Friday (Saturday) every month, Kamamalu Park, next to Nuuuanu 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 10:30 AM - 12 PM at McKinley Community School for Adults, 634 Pensacola St, Room 208. Call David 947-5558. Computers lent to members as long as they are in a USH support group.

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

•**Mental Health Assn. Quality Circle**, and public policy committees, usually 3rd Wednesday, 11:30-12:30, pm at Mental Health Association, 200 N. Vineyard. Call 521-1846.

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

•**CHOOSE** – Millie Tanabe — 2pm-3pm at the Catalyst office 770 Kapiolani (same building as NAMI) call for info. 373-4753,

•**Oahu Service Area Board meeting**, 3rd Monday of Month, 6pm Kalihi Palama. Mental Health Center

•**Hawaii Psychosocial Rehab Association (HIPRA, used to be IASPRS)** Next meeting is ????, Tuesday, 5:30-8pm, at Queens Day treatment Center, Kaheiheimalie Building, 1374 Nuuuanu Avenue, Honolulu, Hi 96817. Call MIC at 539-3939.

**Statewide 21st (almost) ANNUAL consumer conference, --This October, Want to help. Call for committee.**

**FREE Beach Party at Bellows -- the military side, at the end of Each Month-- for support group members.**

Enjoy a day at Bellows with free lunch,(compliments of the State Hospital) from 9am-1pm plus tennis, miniature golf, volleyball. A joint project with Hawaii State Hospital and United Self Help. Details at your support group , call 947-5558 for reservations -- we need names to get in the area. There may also be camping if you want. Exact day will come later as state hospital recreation people choose. The last ones have been fun.



# 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/](http://www.unitedselfhelp.org/resources/)
- **Free Music Lessons** - On hold. Call USH for details.
- **Medic Alert Bracelets** & engraving - purchase it and you can get a \$50 reimbursement if you are in a support group.
- **Free Notary Service** - By Randy Hack
- **Free Lessons** in Tennis from a pro; Yoga; Advanced Directives; Volleyball; Exercise. Call if interested.

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

### O`ahu Support Groups

- **Anxiety and Depression Class** - 2nd and 4th Thursday, 6-7:30 pm at the Waikiki Health Center.
- **Art Class support group** - call 947-5558
- **Central Leeward meets weekly!** - Every Monday, 9:30-10:30am. 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 of each month, 6-7:30 pm, Waikiki Health Center lobby. 947-5558  
1st & 3rd Monday, 6-7:30, Waikiki Health Center lobby.
- **Diamond Head Self-Esteem Group** - 1st & 3rd Mondays, 3-4:30 pm plus light snack. Waialae Baptist Church, corner of 21st & Harding. A support group and self esteem. Call Mike at 521-3269.
- **Kalihi Palama** - On hold. call if interested, 947-5558.
- **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** - 1st and 3rd Thursday, 6-7:30 pm, Waikiki Health Center.
- **Survivors/Transition Group** - 2nd and 4th Wednesday of the month, 4-5:30 pm, 2525 S King St Rm 303. Call Rev. Peace 951-5664
- **Wahiawa Bridges Support Group** - Every Monday, 6-8 pm, Wahiawa General Hospital, Ground floor. 128 Lehua Street. Call Sue at 626-3941.
- **Writers Group** - 2nd and 4th Friday of each month. Meet at Waikiki Health Center. Call Eve at 539-3873. Define yourself as a creative person & writer, not a victim.

### 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** - Starts in August. Wednesday 8:00 - 10:00 am., First flr, Kaheihimalie Bldg., Corner of Nuuanu and Vineyard
- **Wahiawa** - Mondays at Wahiawa General Hospital, call 947-5558.
- **Waikiki Health Center** - Starts in June. Tuesdays, 6-7:30, 277 Ohua Ave.

### Neighbor Island Groups

#### MAUI

- **Kahului** - New time and location, 1st & 3rd Thursdays 6:30-8pm, Kahului Union Church, Room #15, corner of Kamehameha and Lono in Kahului, Lynn or Kehau 298-5413, 244-6960

#### KAUAI

- **Kapaa** - 1st and 3rd Thursday of each month, 2 pm - 3:30 pm. On the 1st Thursday meet at Kapaa Neighborhood Center on the main road next to Mothers (aka Killer) Juice Bar front room or in the back near the ocean on nice days. On the 3rd Thursday, the meeting place varies - Call Candy at 821-2167.

#### 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 -- Tue & Thu, 5-7 pm at Richardson Beach. Call Anela 930-0777.
- **Ka'u** - Fridays, Punaluu Beach Park 10am-12:30 pm. Call Ruth at 928-0004.
- **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.
- **Pahoa** - Every Tuesday, 10-11:30am at 15-2039 Pahoa Village Road, Neighborhood place of Puna at the YMCA, across from Pahoa Elementary. Call Drew 965-5569.

Published by:  
**United Self-Help**

*People helping people  
help themselves*

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www.nimh.nih.gov



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

*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.*

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

**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 for the Mentally  
Ill) 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,  
6:30pm, 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) 599-  
7755

- Alzheimers Support – 591-2771

- Al-Anon (people living with substance  
abusers) 599-7755; Oahu 935-0971,  
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) 521-4555

-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 547-4697, 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 Hi's 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 aha (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  
926-0741

- 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

- Sisters Offering Support -24 hour crisis line 220-  
1501 (current or sex-trade industry workers and  
parents) 941-5554

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

# Surviving in Paradise: Securing Housing

By Rt. Rev. Peace L. Maluhia de la Paz

After I left the Domestic Violence Shelter it looked like my only viable alternative for a place to sleep was my car. I had exhausted my savings and was at my limit with my credit cards. I had no more money. I had been care taking my moms, gratis, for 6 months. Destitute and limping from a knee injury (from moving my mom's piano, king sized bed and super sized sofa) I swallowed my pride and called Kalihi Palama Community Mental Health Center (KPCMHC). They were great, they understood the emergency nature of my crisis and gave me a same day appointment. My Case Manager, Mary Jane Resurreccion, mediated with my moms to let me stay the week. The Psychiatrist, Dr. Ken Matsumoto, expedited my referral to Steadfast Housing and arranged with Ms. Resurreccion for me to meet that day with Mellanie Villaflores, Residential Specialist Supervisor at Steadfast.

Then Isis Macias, Residential Specialist found me a place in Ha'aula and one in Makaha Valley and Adam Quon, Program Manager of Steadfast Supported Housing, drove me and my moms to look at the units. I moved out of my moms with the help of Case Manager Resurreccion. I lived in Makaha for a year. Then I moved to McCully to be closer to UH Manoa for my graduate courses. Michelle Pester was my Residential Specialist who with Michelle Gentry-Hagan, Case Mgmt. Supervisor at Diamond Head Community Mental Health (DHCMHC) negotiated with my landlady on my behalf. Advocacy was provided me by other Diamond Head Center staff including Case Managers Laurel Ries, Diane Hettwer, Patrick

Londo and Robert Sweeney. Linda Ahue, Mental Health Services Director at Steadfast and Irv Cohen, Office Manager at DHCMHC were available to me for information and referral. After a year on Young Street I moved to Makiki for one year. Ms. Ann Watanabe and Ms. Evelyn Chung, Administrative Support Staff at DHCMHC, continued to be excellent resources for me as had been Ms. Audrey Aki of KPCMHC.

Steadfast paid my security deposit for all three residences for over a three year period. Steadfast Supported Housing paid for my electric and phone deposits when I moved to town. Li-Heap paid nearly 3 complete months of electric bills every year. The Salvation Army paid my first months rent for Makaha. I am indebted to DHCMHC staff for their kokua in assisting me from moving towards high self-esteem and secure housing and job training. DHCMHC staff who helped me along the way include Dr. Marcie Deaton, Psychologist, who went with me for surgery and researched accommodations for my physical disabilities. Jeffrey Akaka, M.D. Clinical Co-ordinator approved Ho'opono'opono Training with Kahu Frank Hewitt. Judy Waldman R.N., and Elaine Masaki R.N. educated me in areas of wholistic health.

Now as I am preparing to buy my first home through Section 8, I wanted to thank all those agencies and personnel who made it possible. I also wanted to share this with other consumers so that you too can ask for help like I did. There are caring people waiting to give us their kokua towards independence.

# Surviving with Disability in Hawaii or How to Live in Paradise on SSI

By Rt. Rev. Peace L. Maluhia de la Paz

This is a proposed series of articles on how to maneuver the Babylon bloodclot maze of private, non-profit agencies, and the consortium of City, County State and Federal programs aimed at individuals documented with the gambit of mental/emotional and physical illnesses.

1. How to buy a home (condominium, townhouse or house) on Section 8 thru HUD Pay a mortgage(30%) instead of rent and get thousands in cash for a down payment and a no interest loan
2. How to buy a new car or repair and free upkeep on an existing car through SSI
3. How to get a new wardrobe and shoes for training, interviews and/or work readiness through Voc Rehab or SSI
4. How to get your GED Certificate or Associates, Bachelors, Masters or Doctorate Degree for free through your ethnicity or disability
5. How to get a LDS personal computer, notebook (laptop) computer, computer desk (Hutch and credenza) and computer chair (massager) for free
6. How to get office and school supplies for free (over \$100.00)
7. How to get text books and lab materials for free
8. How to get Car Insurance for free if you have Food Stamps or SSI
9. How to get on Section 8 immediately

**Continue on Page 6**

## Affirmations

Submitted by a consumer

- ◆ As I grow and awaken my consciousness, my spirit and my mental health will continue to bloom.
- ◆ I will practice healthy habits from this moment on.
- ◆ I am living a conscience life now and accepting my positive and healthy transformation has begun.
- ◆ As I grow and become mentally and spiritually healthy, I believe medication needs to be used as a tool, not a crutch or not an addiction, and as I continue to get healthier I will need it less.
- ◆ I now accept joy, comfort, hope and serenity from God and the universe.
- ◆ My body is deeply relaxed.

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## Bi-Polar Disorder

### Clinical Trial

If you or someone you know:

\* has been diagnosed with Bipolar I Disorder;

\* has been treated for manic and depressive episodes;

\* and is currently suffering from symptoms of major depression...

...then you may be interested in participating in a clinical research trial currently being conducted at Hawaii Clinical Research Center.

To learn more about this study, please call 949-4977 to see if you qualify for a clinical trial researching an investigative new drug for the treatment of manic-depression, sponsored by Bristol-Myers Squibb. Study participants receive investigational medication and all study related tests at no cost. Compensation for time and travel is also available.

Call Hawaii Clinical Research Center at 949-4977.

## Suicide Prevention Lifeline Open

The National Suicide Prevention Lifeline is a national, 24-hour, and toll-free suicide prevention service available to all those in suicidal crisis who are seeking help. Individuals seeking help can dial 1-800-273-TALK (8255). They will be routed to the closest possible provider of mental health and suicide prevention services.

The network is comprised of over 100 individual crisis centers across the country creating a nationwide coverage area. It is administered through Link2Health Solutions, Inc., an organization with experience in crisis, information, and referral hotline management.

This information was provided by SAMHSA.

**Or call the Access Line  
Locally 832-3100**

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### WANTED...

Consumer Assessment Team Interviewers, Warm Lines Listeners, Support Group Co-facilitators, Peer Mentors, Bridges Education Co-Facilitators, Newsletter Writers, Grant Writers, Fourth Friday coordinators, Computer teachers, Public Speakers, Speech coordinators, and more.... Call us 947-5558. As long as you are a Bridges Education Graduate.

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## Have Something for Our Newsletter?

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

Want to spread the word on an upcoming Mental Health event? Know of another Support Group? Find an error in a previous newsletter? Want to be on our mailing list?

Let us know by using the contact info below.

Submissions due by the 5th of the month.

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

Every Saturday after 4th Friday @  
Kamamalu Park, next to Nuuanu  
YMCA

**Want to Talk!**

**Warm Line every day**

**4:30-9pm**

**947-5558**

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

**or Access Line** (for Crisis

or adult mental health access )

**-24 hours, other services too!**

**832-3100, or 1-800-75 Entry**

**Continue from "Surviving with Disability" arti cle**

10. How to get on Social Security Disability right away
11. How to get free furniture, household supplies and food for free
12. How to get on Steadfast Housing or employment right away
13. How to pay for your rental deposits, utility deposits for free
14. How to pay your utilities for free
15. How to pay your one months rent for free
16. How to get free Directory Assistance on your phone
17. How to get half off your phone connection charge
18. How to get a monthly discount on your phone bill
19. How to start a business in Hawaii for free
20. How to cure yourself of any disability (including mental/cancer/arthritis and AIDS) for free
21. How to successfully advocate for change for yourself and others for free