

United Self-Help

“People Helping People Help Themselves”

Support and recovery classes now held online Mon-Wed and in person Thursday and Fridays Moiliili Hongwanjii Buddhist Temple. 902 University Ave.



Support Groups

In Person AND On Line

The easy to use online link may be found at:

WWW.UNITEDSELFHELP.ORG . Thank goodness we can enjoy the in person company and fellowship of one another. Come journey with us on our post pandemic re-boot. Seize this opportunity to enjoy pizza, prizes, gift certificates and more. Get the education in self-care the United Self-Help way. The price is right : IT'S FREE.

1

EDUCATIONAL OPPORTUNITIES

If Knowledge is power then ...LOOK OUT WORLD, here we come. BRIDGES, YOGA, COOKING CLASS and more.

2

SUPPORT GROUPS

Most important for taming the monkey mind
Depression & Anxiety,
USH, Writers Group

3

FELLOWSHIP

Challenges shared are divided...victories shared are multiplied.
4th Friday, Movie Night, Cooking class



USH Breaking Barriers and Changing lives



100% of donations go directly to Consumer Advocacy, Education and Eliminating Stigma

UNITED SELF-HELP



Established in 1984. With over 10,000 individuals helped. Countless families restored. Recidivism reduced.



FOURTH FRIDAY EVENT

Join us for food, fun, special speakers, bingo and gift certificates. Our Fourth Friday event is held at the Buddhist temple located on University Avenue one block south of King Street .

Moiiliili Hongwanji Mission Buddhist Temple 902 University Ave.



Dr. Michael Wylie (1956 - 2023)

UNITED SELF-HELP LOSES ITS STRONGEST ADVOCATE



Many of these much needed services initiated by Mike have been eliminated because of Adult Mental Health cuts in funding.

Consumers mourn the loss of Dr. Mike Wylie, PhD who passed at the age of 66, from health complications. During his 13 years of service he developed the Mental Health Service Research and Training Group, MSRET. He accomplished much for the Mental Health Community such as bringing some \$5.2 million to Hawaii in federal grants, assisted United Self-Help in writing and securing grants (NIMH,SAMSHA), designed and obtained a new office complete with conference room for groups and classes , encouraged consumers to attend Adult Mental Health Conferences both on Island and abroad. Additionally with University of Hawaii supervision Mike began a program that enabled consumers to get paid for calling other consumers in order to evaluate services. Mike also enabled USH to run the annual Consumer Conference.

Most notably Dr. Mike Wylie enabled thousands of consumers to begin and maintain their journey to recovery .

UNITED SELF-HELP



WEEKLY GROUPS AND ACTIVITIES

Anxiety & Depression Support Group

MONDAY, 6:00 – 7:30 PM

Online via ZOOM

The support group will be focused on various topics relating to understanding anxiety and mental health. The group will begin with checking in on each other and offering support and encouragement to each other.

USH Support Group

TUESDAY, 1:00 – 2:30 PM

Online via ZOOM

The support group will be focused on various topics relating to stress management and mindfulness during the COVID-19 pandemic and state quarantine. FREE MEDITATION TOO!

Computer Class

WEDNESDAY, 2:00 – 3:00 PM

Waikiki Health Center

277 Ohua Avenue, Room 204H Honolulu, HI 96815

Come and learn how to use a computer! No experience, no problem. Come learn. Computers will be provided. Any questions, call USH Webmaster, David at 808-779-0584

Writers in Recovery

WEDNESDAY, 3:30 – 5:00 PM

Online via ZOOM

Connect with others recovering through writing.

Recovery and Support Group

THURSDAYS, 3 PM – 5 PM

Mō'ili'ili Hongwanji Buddhist Temple

902 University Ave, Honolulu, HI 96826

Come move with us to grow a younger, smarter and happier brain and body. We will do fall prevention/flexibility exercises, low impact cardio and strength training, music dancing and more, for better brain and body. Music, pickleball, exercise, dance and more!

Movement Day

FRIDAYS 10:00 AM - 2:00 PM

Mō'ili'ili Hongwanji Buddhist Temple

902 University Ave, Honolulu, HI 96826

Food, Bingo Game, Prizes & More!

4th Friday Night

4th FRIDAY OF EACH MONTH, 6-8 PM

Mō'ili'ili Hongwanji Buddhist Temple

902 University Ave, Honolulu, HI 96826

Need someone to talk to?

Talk to a fellow consumer on the warm line. The warm line is for mental health consumers who would like someone to talk with.

(808) 947-5558

ZOOM link and more info at unitedselfhelp.org



Scan code for easy giving of your financial contribution



What our fellow consumers are saying

As we reach the remaining few months of 2023 I remain grateful for the presence of peer support in my personal journey. This group photo of Bud Bowles Executive Director of United self-help and lifelong friends Edna Wada and Eric Kagawa represent the recognition of a peer run nonprofit organization. It has been in existence long before I first stepped into the Depression Bipolar Support Alliance Hawaiian chapter support meeting. There have been so many moments and years of memories with United self-help. As a healthcare provider with lived experience I have gained lifelong friendships and connections through attending and co-facilitating various support groups and classes—Macey

United self help over the last 11 years has allowed me to love myself and in turn I love others by giving back what has been so freely given to me. I can never repay United Self Help for what I have received. USH has saved both my life and my a*&. I have had many opportunities to freely give back to this community of united, loving and recovering mental health consumers. I have been helped so much through the services & opportunities provided by United Self-Help such as classes and support groups, organizing special events and so much more!

Linda D. states that “United Self Help saved her life in the beginning by providing resources, coping skills, hope, family, friends, sense of community and activities to look forward to. Opportunities to connect with people on a daily basis thru groups. Fought loneliness and sense of worthlessness. Sense of connection, sense of humor life skills, work ethic community resources to turn to and people to turn to. It isn’t uncommon for people with mental health issues to feel overwhelmed, defeated which can lead to despair. It’s true at those times people may feel like they can’t do it anymore- and maybe they can’t do it alone, but others might help them do it . Hope, happiness, opportunities, wonderful fellowship and engaging events are the norm with United Self Help.

Thank you fellow mental health consumers. United Self Help is now offering a fresh variety of both **online and in person** support groups and recovery classes. Scores of people have become B.R.I.D.G.E.S graduates. As a result consumers not only participate in meetings but are now qualified to facilitate them and work at United Self-Help. All those people that have graduated from Wellness Recovery Action Plan class known as W.R.A.P. are now better equipped for recovery and meeting life on life terms. Please join us as we grow and serve together on this journey called... LIFE. Remember, We can be, all we can be, if it is to be, its up to me...!

Visit UNITEDSELFHELP.ORG