

FREE RESILIENCE SUPPORT FOR THE MAUI COMMUNITY

Are you affected by the wildfires?

We're here for you — to listen and offer support

It's very common to experience a wide range of emotional reactions to a disaster. You may have these feelings immediately after a disaster or some time later. These are normal reactions to an abnormal event.

Kaiser Permanente and our community partners can provide emotional support, helpful information, and links to resources.

Topics to talk about include:

- recognizing common reactions to disasters
- building coping skills for the recovery process
- managing disaster-related stress
- identifying and meeting the needs of children in your life

Our services are **confidential, free, and available to anyone affected by the Maui wildfires.**

CONTACT US

808-446-6676

**Available to everyone
at no charge**

**Weekdays
9 a.m. to 5 p.m.**

If you need immediate mental health-related or addiction crisis support, or are worried about someone else, you can also:

- Call the Suicide and Crisis Lifeline at **988**
- Call **1-800-273-TALK (1-800-273-8255)**
- Text **HOME** to **741741** to access the Crisis Text Line