



Kū Makani

The Hawai'i Resiliency Project

1-800- 753-6879

Monday—Friday

4 pm—9 pm

Saturday & Sunday

9 am—9 pm

Serving our
communities on
Hawai'i Island, Kaua'i,
Maui County, and O'ahu



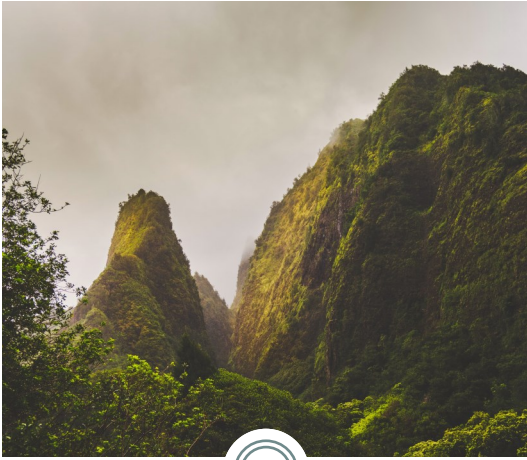
Kū Makani

The Hawai'i Resiliency Project

*Have you or a loved one
been impacted by
COVID-19?
We're here for you!*

1- 800- 753-6879

Ask for a Covid Crisis Counselor



Kū Makani, the Hawai'i Resiliency Project

COVID-19 has impacted everyone on the islands. Kū Makani, The Hawai'i Resiliency Project is here for you.

This Hawai'i initiative works to support individuals and communities who have felt the effects of COVID-19, promoting resilience, recovery, and empowerment. Through Kū Makani, individuals have the opportunity to be strengthened with emotional support and connections to the existing community resources available.

WE'RE HERE FOR YOU

Our trained crisis counselors are here to listen. We provide emotional support and an opportunity to work through the complicated feelings and situations present in a pandemic such as stress, worry, sadness, hopelessness, anger, or confusion.

We'll work to support individuals through

- Recognizing, managing, and reducing stress.
- Creating effective coping strategies.
- Connecting individuals to local resources.
- Providing updated and local COVID-19 information.
- Recognizing opportunities for greater comfort and wellness.

Services are Free and Anonymous

Hawaii has been hit hard by COVID-19 and Kū Makani is helping to provide free and anonymous crisis counseling to individuals who have been impacted. Whether you or your `ohana have been affected severely or have simply struggled to adjust to life in a pandemic, we're here to talk. Kū Makani works to support everyone across the islands.

We work with

- Individuals
- `Ohana
- Keiki
- Kupuna
- Agencies
- Organizations

CORE VALUES

Strengths-based: Crisis Counseling Program services promote resilience, empowerment, and recovery.

Anonymous: Crisis counselors do not classify, label, or diagnose people. No records or case files are kept.

Outreach-oriented: Crisis counselors proactively work to deliver services to individuals who need support now.

Conducted in nontraditional settings: Crisis counselors make contact virtually and outside of clinical or office settings.

Designed to strengthen existing community support systems: The CCP supplements, but does not end or replace, existing community systems.

