

Mental Health Resources for Keiki

If you are concerned about your child's mental health, you can reach out to your child's pediatrician, contact your health insurance provider, or reach out to the school counselors or behavior health specialists. You can also find online therapists, or find local in-person or virtual support groups.



Tools & Strategies

Educate Yourself

Social Skill Building

Relaxation Techniques

Problem Solving

Practice Together

Practical Strategies

For parents to use with their keiki

- Aim for management, not elimination
- Don't accommodate avoidance
- Validate feelings, not fears
- Stay calm yourself
- Listen attentively
- Use open-ended questions
- Maintain Routines
- Plan for Transitions and stressors
- Problem-solve together
- Use distraction
- Praise effort & bravery
- Avoid punishment
- Maintain appropriate expectations
- Watch your cues

Community Resources



Teen Link Hawaii

<https://www.teenlinkhawaii.org/>

A youth empowerment, outreach, and education program that provides evidence-based information and referral services for teens in Hawaii.



Child & Adolescent Mental Health Division (DOH)

<https://health.hawaii.gov/camhd/>

A Department of Health program, they can provide mental health services for keiki through the IEP, juvenile justice systems or Medicaid waiver.



Help Your Keiki

<https://www.helpyourkeiki.com/anxiety>

Provides a wealth of information for parents to understand mental health issues and evidence-based treatments.



Parent Guidance

<https://parentguidance.org/>

A website for parents to receive parent coaching, access live monthly virtual webinars and a video library addressing questions asked by parents.



NAMI Hawaii

<https://namihawaii.org/>

National Alliance on Mental Health HI has several virtual support groups.

Sources: 2025 SPIN Conference Workshop "Keep Calm and Conjure On"

<https://spinconference.org/2025-spin-conference-attendee-page/>

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Special
Parent
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