

# Need to talk to a mental health professional?

The Hawai'i State Rural Health Association is supporting FREE telecounseling services for the rest of 2020 to all islands! Services will continue for all neighboring islands (excluding Oahu) in 2021.



FOLLOW THE LINKS AND TALK TO A HEALTHCARE PROFESSIONAL VIRTUALLY ON YOUR PHONE OR COMPUTER LEARN MORE AT THE LINKS BELOW



**FOLLOW THE LINKS AND TALK TO A HEALTHCARE PROFESSIONAL**

**IF YOU NEED ASSISTANCE, CALL (808) 375-2745**

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For 'walk in' mental health visits during the week, go here for hours available

<https://mentalhealthhawaii.info/>

If you want to request an appointment, use this link  
<https://ahec.jabsom.hawaii.edu/directory-search/start>