

# PROJECT HOPE

Healthy Opportunities Promote Empowerment



## Are you looking for help for yourself or someone with mental health concerns?

- Short-term, free of cost community mental health services
- Culturally informed care, including the Asian American Native Hawaiian Pacific Islander (AANHPI) community
- Support for all ages who've experienced discrimination, hate, and harm



### Child, Youth & Young Adult

Care and assistance to those experiencing stress, low mood, social isolation, life transitions, changes in behavior, grief, etc.



### Family

Support for caregivers and family members seeking to improve their relationships with their loved ones about mental health concerns.



### Community

Education and information to community members about mental health and available resources.

OUTREACH & EVENTS

PRESENTATIONS & WORKSHOPS

SHORT-TERM COUNSELING

REFERRALS & LINKAGES

HATE CRIMES & INCIDENTS SUPPORT



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Referral Form

