

# Welcome to United Self-Help

Last Updated Monday, 16 November 2009

<?php

```
putenv("TZ=Pacific/Honolulu");  
echo "Current Date (Hawaii Standard Time): ". date(" l, F j, Y")."\n";  
?>
```

Welcome to United Self-Help's new web site. We've provided a number of resources here to help you help yourself. Just click on one of the links on the left side of the page. Be sure to check our News page for the latest updates.

Check out our new calendar to find group meetings and other activities. United Self-Help offers: Support Groups

for people with depression and other mental illnesses. BRIDGES Education Classes

10-week classes for mental health consumers and friends, on all aspects of mental illnesses and care and recovery. Free Speeches

on mental health to community organizations. Entertaining and informative. Socials, Sports and Fitness, Computer Classes, and More

See our Activities page for more details. Warm Lines

Call 931-6444 on Oahu  
or toll free from the Neighbor Islands:  
1-866-866-HELP (1-866-866-4357)

Need someone to talk to? Talk to a fellow consumer on the warm line. The warm line is for mental health consumers who would like someone to talk with. If you get a recording, leave a message. Our lines fill up fast, we'll call you back. Hours will be from 4:30 PM to 9:00 PM seven days a week.