

WELL AWARE

A Quarterly Health & Wellness
Benefit Message From EUTF

Summer 2026



Additional SupportA

Checkout these additional resources links from our health providers and partners, to support you, your colleagues, and your loved ones.

- [Anxiety](#)
- [Depression](#)
- [Depression in Children and Teens](#)
- [Healthy Relationships](#)
- [Helping Children with Grief](#)
- [Managing Job Stress](#)
- [Mental Health Resources for Employers](#)
- [Menopause and Midlife](#)
- [Pregnancy and postpartum mental health](#)
- [Practicing Mindfulness](#)
- [Sleep Better](#)
- [Support Groups and Social Support](#)
- [Tips to Manage Stress](#)
- [Tools for First Responders](#)
- [Workplace Health](#)
- [Youth Mental Health and Wellness](#)

Your Mental Well-being Matters in 2026

Mental health challenges affect close to 20% of adults in Hawaii¹, yet taking the first step to get support can still feel difficult. Whether you're looking for help for yourself or someone you care about, our updated [mental health resources page](#) is a great place to begin. It includes information on programs, services, and tools designed to support your overall well-being.

Getting care is easier than ever with telehealth options. HMSA's Online Care® allows you to speak with a licensed therapist or counselor at no cost, without leaving home. You can get started by visiting hmsa.com/onlinecare or by downloading the free app from the Apple App Store or Google Play.

[HMSA's Behavioral Health Program](#)

also offers targeted resources, education, referrals, and case management support. To learn more about other resources, visit hmsa.com/eutf under Well-being Resources, or call 1 (855) 329-5461, option 1.

Support is available whenever you're ready to reach out.

Amwell is an independent company providing hosting and software services for HMSA's Online Care platform on behalf of HMSA.

Magellan Healthcare, Inc., doing business as Magellan Hawai'i, reviews mental health and/or substance use disorder treatment for HMSA members.

¹Source: <https://bh808.hawaii.gov/mental-health/>



Mental Health Support at Kaiser PermanenteA

Kaiser Permanente members have access to a wide range of mental health resources, supported by a connected care team ready to help find the care that's right for you.

Primary care

Talk with your primary care doctor about your mental health concerns and connect to the most appropriate services and resources based on your needs.

Specialty care

You may schedule an appointment directly with a mental health professional—no referral required. Simply call to get connected to the right care and support.

Self care and wellness resources

Explore our online and phone based tools to support your mental health and well being:

- Go to kp.org/mentalhealth to learn about our mental health and wellness services and how to access care.
- Checkout kp.org/selfcareapps/hi to access interactive activities, coping tools, and community support—all at no cost to Kaiser Permanente members.

Choose the care that's right for you

- **24/7 Get care now with a clinician**
 - Talk to a clinician 24/7 over video or phone – no appointment needed. Visit kp.org/getcare, call 1-833-833-3333, or simply choose "Get Care Now" in your Kaiser Permanente mobile app
- **In-person appointments**
 - Call 808-432-7600 (Oahu) or 1-888-945-7600 (neighbor islands)
 - TTY: 711
- **After-hours care**
 - Contact Hawaii CARES 988 by calling or texting 988
- **24/7 Advice line**
 - Call 1-833-833-3333
 - TTY: 711



HAWAII EMPLOYER-UNION HEALTH BENEFITS TRUST FUND
EUTF HEALTH AND WELLNESS

<https://eutf.hawaii.gov/health-and-wellness/>

Contact: eutfwellness@hawaii.gov

