A Guide to Healthy Relationships

Resources

Maui County
Women Helping Women
Maui 24/7 DV Shelter: (808) 579-9581
Maui TRO Assistance: (808) 446-7379
M-F: 8:00am-4:00pm
Lana’i 24/7 DV Shelter: (808) 563-0216

Moloka’i Community
Service Council 24/7
DV Hotline: (808) 567-6888

Child and Family
Service Maui 24/7
Crisis Hotline: (800) 753-6879

LGBTQAI+
Lavender Clinic
LGBTQ+ healthcare provider on Oahu
Honolulu & Waianae
Offices: (808) 744-2543
www.Lavendercenterandclinic.org

Hawaii’i LGBTQ+
Legacy Foundation
One-stop LGBTQ+ resource center
(808) 369-2000
www.hawaiilgbtlegacyfoundation.com

Sexual Assault
Sex Abuse Treatment Center 24/7
Statewide Hotline: (808) 524-7273

YWCA of Kaua’i 24/7
Sexual Assault Hotline: (808) 245-4144

Child and Family Services 24/7
Crisis Mobile Outreach:
(808) 753-6879
Maui Sexual Assault Center:
(808) 873-8624

Military
Military One Source 24/7
Toll Free: (800) 342-9647
TTY: Dial 711 then (800) 342-9647

Legal
Legal Aid Society of Hawaii’i
Oahu: (808) 536-4302
Neighbor Islands:
(808) 499-4302

Contact Us:
Phone: (808) 832-9316
Email: info@hscadv.org
Web: HSCDAV.ORG

Everyone deserves to be treated with respect and love.
Are you in a Healthy Relationship?

Healthy relationships look like:
- Both partners treat each other with equality, love and respect.
- You’re honest with your partner and trust them.
- You talk openly about problems and listen to one another. You respect each other’s opinions.
- You and your partner solve problems without violence.
- You and your partner keep relationships with friends and family outside of your own relationship.
- You talk about birth control choices together and both consent to sexual activity.

What is an Abusive Relationship?

In an abusive relationship, one partner tries to maintain power and control over the other person by limiting their freedom and isolating them from friends and family. Domestic violence is a pattern of abuse that occurs over a period of time.

Signs you are in an abusive relationship:
- Your partner monitors your calls, messages and social media.
- Your partner tries to keep you from seeing your friends and family.
- Your partner tells you how you should dress, who you can and cannot talk to, and where you can and can’t go.
- Your partner never apologizes for their bad behavior, and instead finds ways to put the blame on you.
- Your partner controls the household finances without discussion, including taking your money or refusing to provide money for necessary expenses like food or rent.

Resources

National Domestic Violence Hotline 24/7, 200+ languages
(800) 799-7233
TTY: (800) 787-3224
Chat: www.thehotline.org

Trans Lifeline 24/7 hotline with trans operators
(877) 330-6366

National Deaf Domestic Violence Hotline 24/7
Videophone: (855) 812-1001
Live Chat: www.thedeafhotline.org
Contact an advocate by email: nationaldeafhotline@adwas.org

Kaua’i County
YWCA of Kaua’i 24/7
DV Crisis Hotline: (808) 245-6362
DV Shelter Hotline: (808) 245-8404

Hawai’i County
Child and Family Service 24/7
East Hawai’i Shelter: (808) 959-8864
West Hawai’i Shelter: (808) 322-7233

O’ahu
Domestic Violence Action Center 24/7
Helpline: (808) 531-3771
Text: (605) 956-5680
Chat: www.domesticviolenceactioncenter.org

Child and Family Service 24/7
DV Shelter: (808) 841-0822

Parents and Children Together 24/7
DV Shelter: (808) 526-2200

Catholic Charities
M-F: 8:30am-8:00pm
Sat: 8:00am-12:00pm
Counseling Center: (808) 527-4470

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