We are here to support you through your educational journeys!

Call or email us today to inquire about our services or to set up an appointment.

Learn more about our services: chaminade.edu/student-life/counseling-center

Counseling Center
A Confidential Resource on Campus for Mental Health Counseling and Crisis Support

STUDENT SERVICES BUILDING
Monday - Friday, 8:30AM - 4:30PM
(808) 735-4845
counselingcenter@chaminade.edu

chaminade.edu/student-life/counseling-center
Counseling Services

We are here to provide you with as much mental health support as we can. Our confidential, safe, diverse, and judgment free center may be able to support you through your educational journeys.

Counseling Sessions: Students may receive limited no-fee counseling sessions during their academic careers.

Population Served: Only actively enrolled undergraduate or graduate students may receive services.

Types of Services: All services are provided in-person, tele-conferencing, or via video-conferencing. We provide individual and/or couples counseling, crisis management, psycho-education, outreach, referrals to community providers/resources, and consultation.

Type of Challenges Seen: Stress, adjustments to college, phase of life issues, academic challenges, time management, anxiety, depression, suicidal thoughts, self-esteem issues, sadness, loneliness, identity issues, cultural issues, eating challenges, substance use, interpersonal issues, grief, etc.

Crisis Resources

During Business Hours: Reach out to our center for a same-day appointment, so that we can prioritize you into our schedules.

After Business Hours:

CAMPUS SECURITY (if on campus) 808-735-4792

Call 911

Go to your nearest EMERGENCY DEPARTMENT

CRISIS TEXT LINE
Text START to 741-741

HAWAII CARES (AKA CRISIS LINE OF HAWAII) 808-832-3100

KŪ MAKANI: THE HAWAII RESILIENCY PROJECT (COVID-19 Crisis) 1-800-753-6879

MILITARY ONE SOURCE 1-800-342-9647

NATIONAL SUICIDE PREVENTION LIFELINE 1-800-273-TALK (8255)

TRANS LIFELINE
US 1-877-565-8860
Canada 1-877-330-6366

TREVOR HELPLINE (FOR LGBTQ YOUTH) 1-866-4U-TREVOR (488-7386) or text the word "TREVOR" to 1-202-304-1200

VETERAN’S CRISIS LINE 1-800-273-TALK (8255) or text 838255
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