

CRISIS RESOURCES

Campus Security at (808) 735-4792

911 for immediate assistance or the nearest emergency department.

Hawaii CARES (aka Crisis Line of Hawaii) at (808) 832-3100 or toll free at 1-800-753-6879.

Crisis Text Line: text START to 741-741

National Suicide Prevention Lifeline: Call or text 988 or chat 988lifeline.org

Trans Lifeline at 1-877-565-8860 (US) or 1-877-330-6366 (Canada)

Trevor Helpline for LGBTQ youth at 1-866-4U-TREVOR (488-7386) or text START to 678-678

Military One Source at 1-800-342-9647. 24/7

Veterans Crisis Line at 988 (press 1) or text 838255

National Sexual Assault Hotline (Rape, Abuse, Incest National Network, RAINN) at 1(800)656-4673

The Sex Abuse Treatment Center at (808) 524-7273

National Domestic Violence Hotline at 1 (800) 799-7233 or go to www.thehotline.org/help/ to Live Chat 24/7/365 or text START to 88788

Contact Us

Chaminade University Counseling Center
chaminade.edu/student-life/counseling-center/
counselingcenter@chaminade.edu
(808)735-4845



TRANSITIONING

to life after college

TIPS FOR TRANSITIONING OUT OF COLLEGE

- 1.) Be intentional about finding a community
- 2.) Create a new schedule/routine for yourself
- 3.) Stay connected with family & friend support
- 4.) Take on a new skill or seek new responsibilities
- 5.) Look forward & plan your next steps
- 6.) Be patient & persevere
- 7.) Set goals & invest in yourself
- 8.) Keep an open mind
- 9.) Be realistic
- 10.) Try not to compare yourself to others
- 11.) Establish healthy habits (sleep well, eat well, exercise, & laugh)
- 12.) Reflect on your accomplishments
- 13.) Network with others
- 14.) Embrace your identity
- 15.) Be mindful & focus on the present
- 16.) Make a to-do list & prioritize
- 17.) Do something fun for yourself or with others
- 18.) Acknowledge your feelings
- 19.) Find ways to build your self-confidence
- 20.) Do something you enjoy daily

Tips for graduates:

- extension.wvu.edu/food-health/emotional-wellness/tips-for-graduates
- fremont.edu/5-tips-for-quickly-adjusting-from-college-life-to-work-life/

Search tool for finding a therapist in your area:

psychologytoday.com

Search tool for financial assistance, food pantries, medical care, and other free or reduced-cost help:

findhelp.org

