

**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](http://chaminade.edu/student-life/counseling-center)**



3140 Wai'alaie Avenue
Honolulu, Hawai'i 96816
(808) 735-4711
chaminade.edu



Chaminade
University
OF HONOLULU

Counseling Center

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

TREDTIN HALL 201

Monday - Friday, 8:30AM - 4:30PM

(808) 735-4845

counselingcenter@chaminade.edu

**[chaminade.edu/student-life/
counseling-center](http://chaminade.edu/student-life/counseling-center)**

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** or go to your nearest
Emergency Department

988 Suicide and Crisis Lifeline

Call or text 988 or chat 988lifeline.org

Crisis Text Line

Text START to 741-741

Hawaii Cares (formerly Crisis Line of Hawaii)

808-832-3100
1-800-753-6879 (toll-free)

Military One Source

1-800-342-9647

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
START to 678-678

Veterans Crisis Line

988 (press 1) or text 838255

National Sexual Assault Hotline

1(800)656-4673

The Sex Abuse Treatment Center

(808) 524-7273

National Domestic Violence Hotline

1(800) 799-7233 or text START to 88788 or
go to www.thehotline.org/help/ to Live Chat



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 a personalized amount of free 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 or via video conferencing. We provide individual counseling, couples or roommate/friend group counseling (all participants must be enrolled), group counseling, crisis management, psychoeducation, outreach, referrals to community providers and resources, wellness events, and consultation by phone or email as needed.

Type of Challenges Seen: Stress, adjustments to college, trauma, 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.