

Counseling Services Staff



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Want to make an appointment?



COUNSELING SERVICE

CALL: (808) 675-3518

VISIT: McKay Building 181 across the front
entrance of the Cafeteria

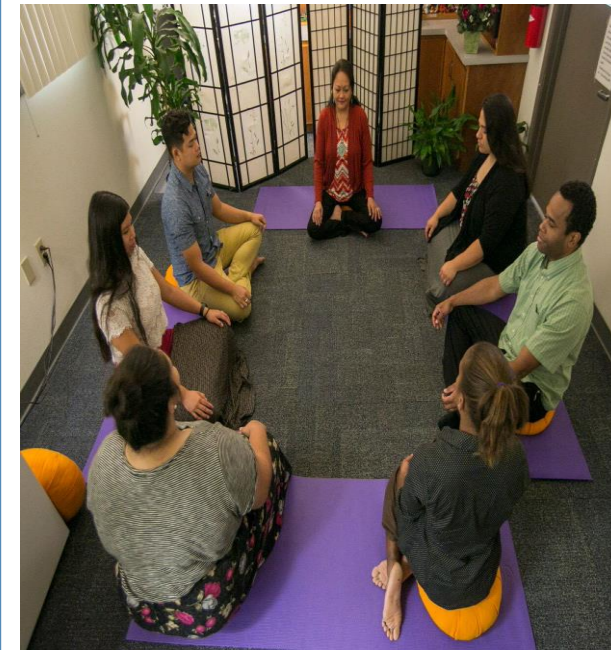
HOURS: Monday to Friday 8am – 5pm

WEBSITE: counseling.byuh.edu

After hours mental health emergency
number: **(808) 675-3911**



Counseling Services



“Compassion and kindness towards oneself
are intrinsically woven into mindfulness”

- Jon Kabat-Zinn

WE'RE HERE TO HELP YOU

Counseling Services will assist students in resolving personal and emotional problems that impede graduation, by providing culturally-sensitive and professional counseling, centered on Gospel principles and Evidence-Based treatments.



What We Do

Counseling Services provides individual, couples, and group counseling in a culturally sensitive way by licensed mental health professionals. Counseling is available to all students and their dependents and is free and confidential.

Issues that are common topics for counseling include: depression, anger management, anxiety, relationships, stress management, pre-marital, marital and other concerns.

Crisis Services

Crisis counseling is available for **mental health emergencies only** 24 hours a day, 7 days a week by calling BYU-H security at (808) 675-3911

Groups

The group format has proven to be very successful in addressing a variety of issues. A sample of groups available are listed below.

Healthy Relationships – Focusing on the understanding of self and others (must be referred by a counselor)

Mindfulness – Focused on stress reduction and managing such emotions as anxiety, depression, anger, etc. (must be referred by a counselor)

Beautiful Women – Support and educational group focused on self-esteem and empowerment.

Children and Me Time – Focused on helping parents interact with children and improving relationships.

Family Strong – Focused on strengthening family relationships.



Outreach Services

Speakers for church related or student club firesides or devotionals.

A variety of workshops and classroom presentations for special concerns such as: cultural issues, depression, anxiety, parenting, anger, etc.

Cultural shock and awareness day, anxiety screening day, depression screening day, suicide awareness day, Strength screening and relationship day

