Counseling Services

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Elder Randall Keyes  
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Counseling Services Staff

Want to make an appointment?

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

"Compassion and kindness towards oneself are intrinsically woven into mindfulness”
- Jon Kabat-Zinn
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.

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

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