



ONLINE COVID SUPPORT GROUP

ARE YOU...

- Struggling with completing your work or missing classes?
- Feeling unmotivated?
- Having trouble reaching out to others or miss your friends?
- Exhausted from spending time with your family?
- Struggling to get out of bed?
- Feeling overwhelmed?
- Not feeling like yourself?

If you answered YES to any of these, come to our ZOOM SUPPORT GROUP! You are NOT alone!

Ask questions, connect with others, and receive support.

Drop in for one session or every week!

For individual counseling (check-in or regular appointment)
contact UH Hilo Counseling Services:
(uhhcouns@hawaii.edu; (808) 932-7465)

WHEN AND WHERE?

Every Wednesday at 11 AM Via Zoom

WEDNESDAY ID: 989 2020 2467

Wednesday Password: 501660



UNIVERSITY OF HAWAI'I AT HILO
**STUDENT HEALTH &
WELLNESS PROGRAMS**
PREVENTION • MEDICAL • COUNSELING