

EVERYONE REACTS DIFFERENTLY TO STRESSFUL SITUATIONS

HAS COPING WITH CHANGES CAUSED BY COVID-19
LED YOU TO EXPERIENCE STRESS, ANXIOUSNESS,
CONFUSION, FATIGUE, OR OTHER FEELINGS?
COUNSELING SERVICES IS HERE FOR YOU.

IF YOU NEED TO TALK,
WE ARE HERE TO LISTEN

MENTAL WELLNESS
CHECK-INS

CONFIDENTIAL
30 MINUTE
PHONE
MEETINGS



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

TO SET UP A CHECK-IN:

CALL: (808) 932-7465 OR EMAIL: UHHCOUNS@HAWAII.EDU