Are you looking for a place to connect?

Try our: Drop-in Support Spaces

At the Counseling and Student Development Center

Drop-in Spaces provide a virtual space to connect with other students around shared experiences. Drop-In Spaces are not therapy or treatment, do not require a commitment, and are hosted via Zoom. UH students residing outside the state of Hawai‘i are welcome.

Rainbow Warriors & Rainbow Wahine
A space for student athletes to share experiences, express emotions, connect with others, and find support.

Living on Campus
A space for residential students to share experiences, express emotions, and connect with others living on campus.

Graduate School and Beyond
A safe space for graduate students to connect, share experiences, and find support.

Near and Far: International Students
A welcoming space for international students to meet, connect with others, share experiences, and find support.

Connecting with Pride
A safe space for LGBTQ+ students and allies to connect, process experiences, and find support.

Coping with COVID-19
A supportive space co-hosted by a therapist and a nurse practitioner, for students impacted by a COVID diagnosis themselves or in a loved one.