



Ways to Refer a Student to CSDC

If you have concerns for the student's immediate safety or the immediate safety of another, contact 911. Safety precedes treatment.

If the concern does not seem urgent, encourage the student to seek services from CSDC at a time that is convenient for them. Inform the student that for initial appointments, they are welcome to walk in at any time between 8:30am and 4:30pm, Monday through Friday or contact us by phone to schedule an intake appointment.

If the concern seems urgent, you can walk the student over to CSDC and have the student request a walk-in appointment.

You can always call the CSDC to speak with an on-call counselor if you have any mental health questions or concerns regarding students, staff, or faculty.

Initial Appointment

All students start with an initial intake appointment with one of our staff counselors. This initial contact is an opportunity for you and a counselor to determine what kinds of services will be best to meet your needs. This may include CSDC services or referrals to other campus or community agencies. You should expect about 20-30 minutes to complete paperwork, followed by a meeting with a CSDC clinician. To schedule an intake appointment, please contact the CSDC by phone or in person. Referral information for off-campus mental health providers is available upon request.

Our Staff

The Counseling and Student Development Center staff consists of licensed psychologists, psychiatrists, doctoral- and masters-level mental health professionals, and advanced graduate trainees in counseling and clinical psychology. Our staff offers a wide variety of clinical interests and expertise and adhere to the ethical standards of their field. Please visit our website to learn more about our staff.

Contact Information

Our counseling service hours are from 8:30am-4:30pm Monday through Friday. Appointments can be made by phone or in person. Visit our website for more information and self-help resources.

We are located at:

2600 Campus Road
Queen Lili'uokalani Center for Student Services
Room 312
Honolulu, HI 96822

Phone: (808) 956-7927

Website: www.manoa.hawaii.edu/counseling



Waitlist

Due to high demand and limited resources, the CSDC may experience a waitlist for services during the year. This could delay our ability to connect you with a counselor. If there is a waitlist for services at the CSDC, your counselor will inform you during your intake session and will discuss other campus or community resources with you as appropriate.





Photo by: Josemiguel Magno

Description

The Counseling and Student Development Center (CSDC) serves the mental health needs of students at University of Hawai'i at Mānoa (UHM). Our services include clinical counseling and assessment services, crisis intervention, psychiatry, outreach, consultation, and peer fellows. Our services are oriented toward the individual needs of students using a whole person developmental perspective. We facilitate the acquisition of skills, awareness and knowledge that students use to meet and integrate the demands of their academic, personal and social pursuits. Faculty and staff can contact CSDC to consult on student-related issues. In carrying out this mission, the CSDC is responsive to the diversity inherent in our uniquely international and multicultural island community.

The CSDC places a high priority on privacy and confidentiality. All communications between a client and a counselor, including the decision to seek counseling, are confidential to the full extent provided by the law and are not released outside of the CSDC without a voluntary signed consent.

Eligibility

All currently enrolled students at the University of Hawai'i at Mānoa are eligible for clinical services at the CSDC.

Individual and Couples Counseling

Time-limited individual and couples counseling are available for currently enrolled UHM students who are seeking assistance with personal concerns. Common client concerns include: depression, anxiety, stress, interpersonal conflict, identity concerns, substance use, adjustment to university life, grief or loss, and/or trauma recovery. Couples counseling is available to students if at least one of the partners is enrolled at UHM. CSDC clinicians work from a brief therapy model and tailor treatment to meet specific goals. There are no fees for currently enrolled students at UHM to participate in individual or couples counseling services.

Group Counseling

Time-limited group counseling is a popular and beneficial CSDC clinical service. Individuals meet weekly with one or two clinicians and other group members to explore new ways of coping, behaving, and interacting with others. CSDC offers groups focused on particular themes (e.g. Healthy Relationships, Grief and Loss) and student groups (e.g. graduate and non-traditional students, Pride Process) each semester. There are no fees for currently enrolled students at UHM to participate in group counseling services.

Crisis Intervention

If you are experiencing a crisis situation and need to speak with someone immediately, please walk in or call the CSDC to speak with an on-call counselor. Brief crisis support is available Monday through Friday 8:30am-4:30pm, and is intended to help manage the immediate crisis and help with coping while you get connected with other resources. If it is after business hours and you are in imminent crisis, please call Crisis Line of Hawai'i at (808) 832-3100 or 911 or go to the nearest emergency department.

Career Assessment

Career assessment and counseling services help students learn more about their career-related interests, personality, skills, and values, and offer guidance in making career-related decisions. These services consist of completing career inventories and meeting for several sessions with a counselor. Career counseling services are available for a nominal fee for enrolled students, faculty, and staff at UH Mānoa, as well as recent graduates and non-UH affiliates.

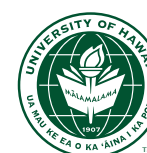
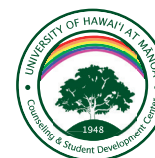
Psychiatric Services

Psychiatric services are available and primarily complemented by other counseling services provided by CSDC staff counselors. A student requesting psychiatric services for medication will first participate in an intake assessment by a CSDC staff counselor. Your counselor will help you decide if psychiatric services are needed as a part of your treatment plan. Psychiatric services are billable through most medical insurance plans. Co-payment fees may apply. If uninsured, a nominal co-payment fee similar to that charged for physician services at the University Health Services will apply.

Outreach Services

CSDC provides preventative and developmental programming to the UH community, including presentations, workshops, seminars, and campus activities. Popular presentations include: information about CSDC services, stress and time management, recognizing and assisting students in distress, and information on mental health topics. Please visit our website to submit a request for an outreach event or contact the CSDC for more information.

CSDC also provides consultation services to our campus partners. Consultation services typically involve evaluating situations and supporting students and campus partners in effectively managing difficult situations. Consultation is available to students, staff and faculty by contacting the CSDC.



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