

Mental Health Counseling

A licensed mental health counselor is available to assist students with a variety of challenges such as stress, anxiety, grief, depression, substance abuse as well as other challenging situations or scenarios. These issues can often make it difficult for students to stay focused while attending school.

- The mental health counselor provides individual, couples, family therapy sessions, and referrals to community providers.
- Group sessions will be offered through a confidential platform that meets strict HIPAA privacy guidelines.
- All sessions are a free service for all Windward CC registered students.
- Students must be residing in Hawaii.
- Appointments for counseling and group sessions may be made by calling 808-235-7393 or by emailing dkahale3@hawaii.edu.

For information without an appointment, Drop-In sessions are available Tuesdays and Thursdays from 12-1 pm to provide free, confidential, brief consultations for Windward CC students. These consultations do not constitute mental health treatment. During the visit, a mental health counselor can help you to explore resources, assess your mental health, and when needed, connect you to community resources.