

Student Basic Needs

- Kaua'i CC Food Pantry @Library
- Meal Voucher Program
- Child Care Assistance
- Student Aid
- Emergency Fund
- SNAP Application Assistance
- Community collaborations for student basic needs
- HINET
(book reimbursement, tuition assistance, bus pass/gas mileage reimbursement, uniform assistance, job search assistance, service learning opportunities, emergency costs, employment costs/advising, food assistance, wifi reimbursements)

FOR SERVICES, PLEASE CONTACT

Berna Souza
@ Library Room 105
E: bwilson1@hawaii.edu
P: 808-245-0106

SERVICES PROVIDED



Hale Mālama offers **FREE** services to support:

- ❖ Student Basic Needs
- ❖ Wellbeing & Mental Health
- ❖ Community-based Collaborations

SCAN for website:



Hale Mālama Care Center
@Library Resource Center
(LRC) Room 120
E: carekcc@hawaii.edu
P: 808-245-8346

HALE MĀLAMA CARE CENTER



Hale Mālama is dedicated to the health, safety, overall well-being, and quality of life for all students at Kaua'i Community College. We believe students who are able to **uncover** their voice, **discover** their purpose, and **recover** their individual truth will not only take their place in society as strong and resilient individuals but will also have the academic passion to create positive change.



**OUR FREE & CONFIDENTIAL
COUNSELING SERVICES HELP
STUDENTS:**

- Adjust to college life
- Learn healthy ways to cope with stress
- Enhance personal relationships
- Receive treatment for depression, anxiety, and substance abuse
- Cope with crisis (including domestic violence, sexual assault, and thoughts of suicide)
- Create a balance in life
- Clarify educational plans and life goals
- Manage ADHD and other disorders
- Receive psychiatric referrals
- ...

We provide

- Psychotherapy (aka: talk therapy)
- Educational workshops
- Support groups
- Art therapy & art studio
- Mindfulness-based practices
- and more ...

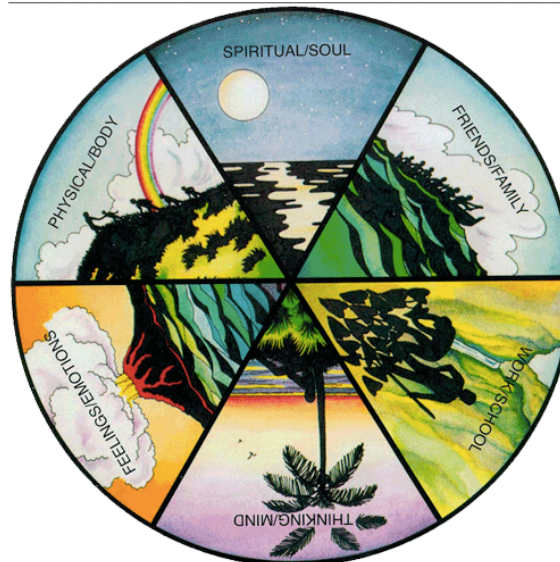
WELLBEING & MENTAL HEALTH SERVICES

Services are available and free to actively enrolled UH students. During your initial appointment we will work with you to determine what your needs are and how best to serve them. There is no need for a referral or existing mental health diagnosis.



The Lōkahi Wheel reminds us of the different areas of wellness and how to balance our self-care and our lives. When one portion of the wheel is neglected or in conflict, we may feel it in other areas as well. Take the time to make sure you are caring for yourself in all of these ways.

THE LŌKAHI WHEEL



MENTAL HEALTH EMERGENCY

If you are feeling suicidal, experiencing a mental health crisis or need help with substance use issues and require immediate assistance call the 24-hr Coordinated Access Resource Entry System (CARES) Line of Hawaii at 1-800-753-6879 or go to your nearest Emergency Room. If you require immediate help regarding domestic violence or sexual assault, please call the YWCA 24-hour line at 808-245-6362