

# Mental Health Trends in University Students

## Practical Support Tools and Strategies

---



ALEXANDER MALIK KHADDOUMA, PHD, ABPP

LICENSED PSYCHOLOGIST | BOARD CERTIFIED IN COUPLE AND FAMILY PSYCHOLOGY

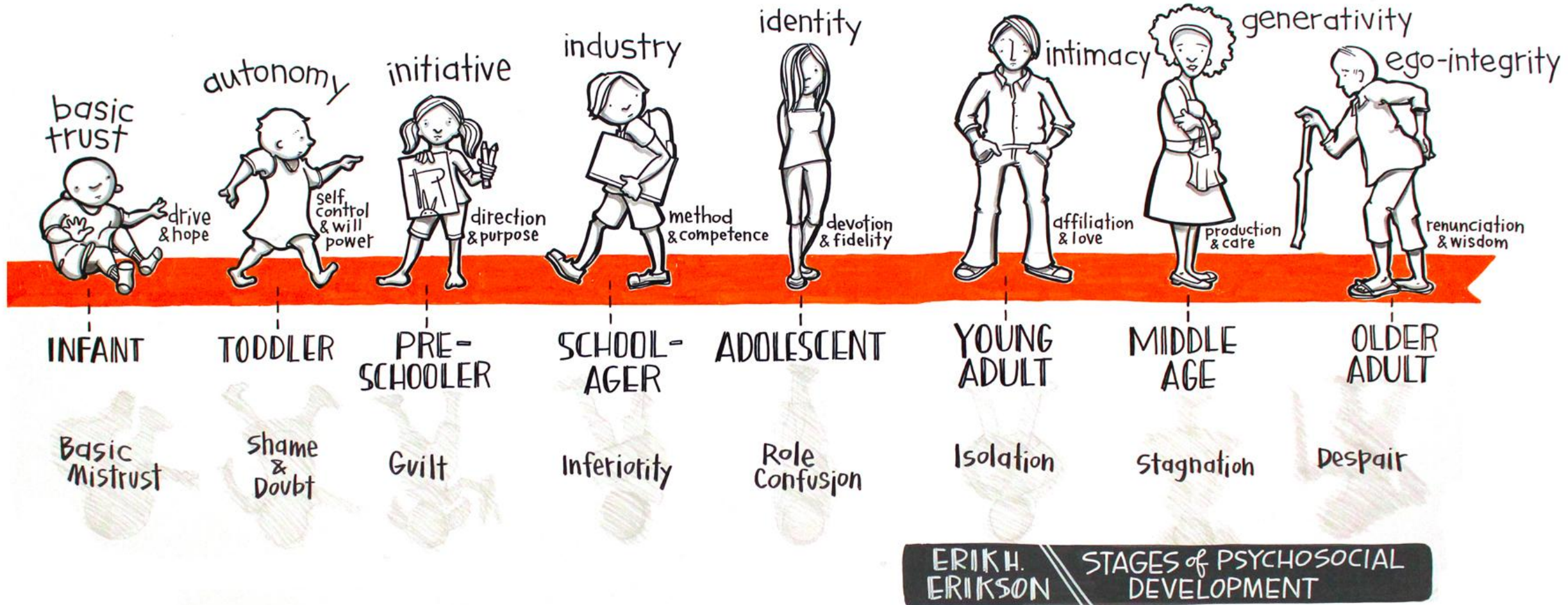
UNIVERSITY OF HAWAII AT MĀNOA

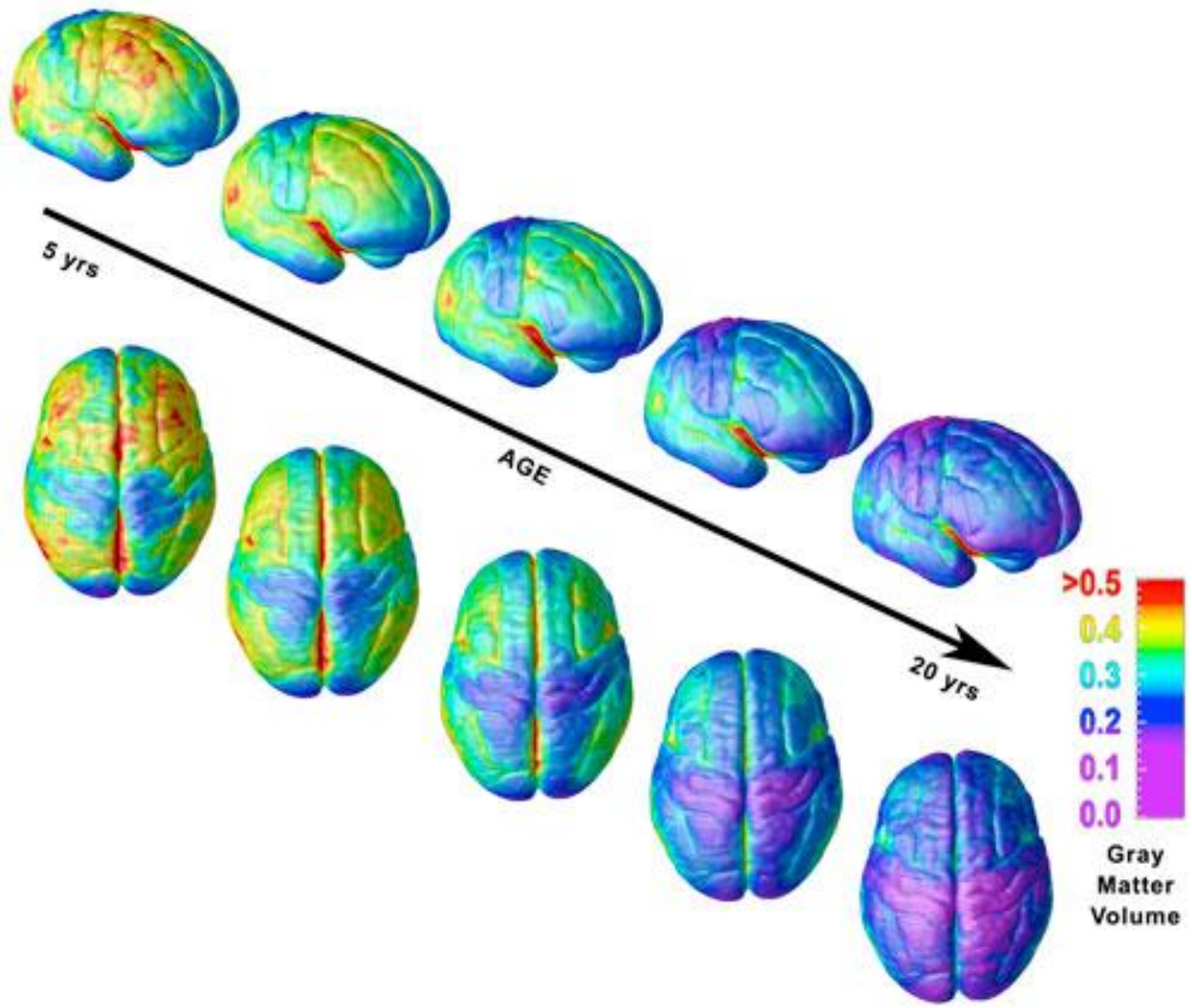
# Agenda

---

- Understanding university student mental health
- University student mental health trends
- On- and off-campus mental health resources
- Resources for further learning
- How you can help

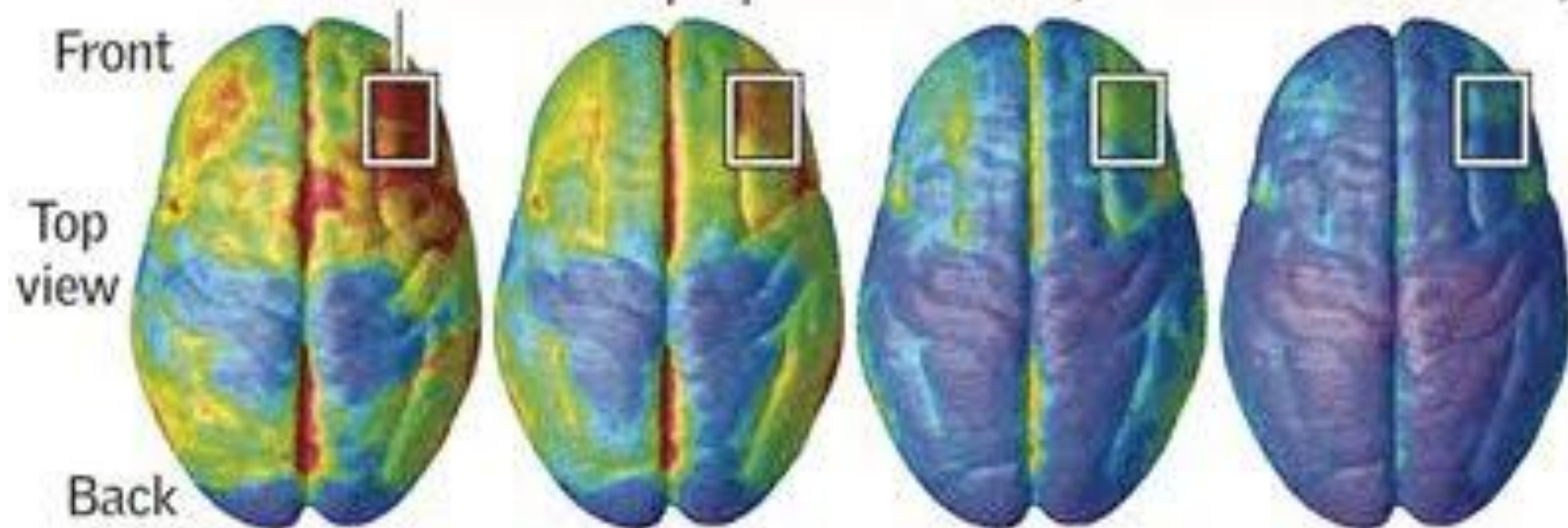






**5-year-old brain   Preteen brain   Teen brain   20-year-old brain**

*Dorsal lateral prefrontal cortex ("executive functions")*



**Red/yellow:** Parts of brain less fully mature



**Blue/purple:** Parts of brain more fully matured

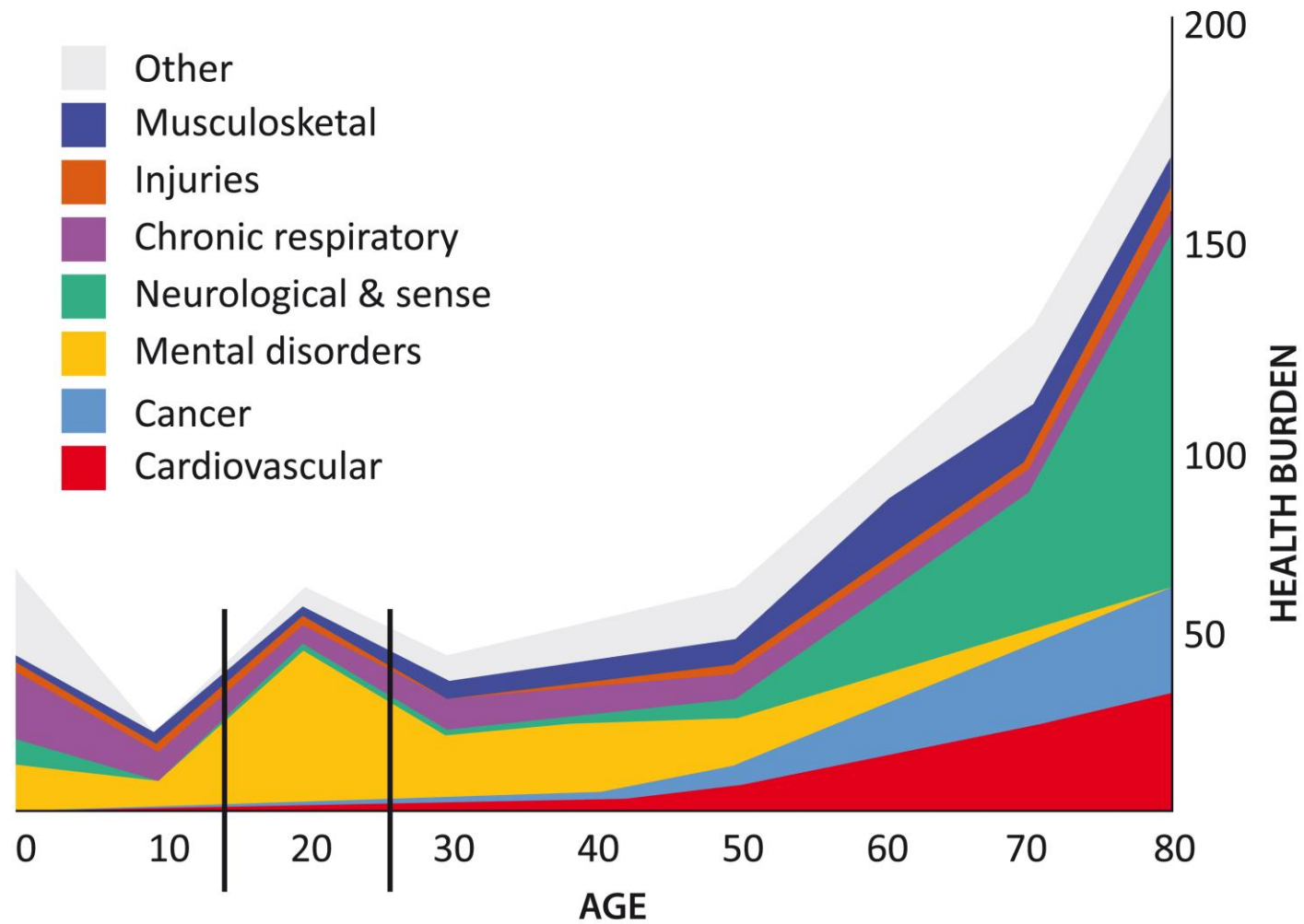
*Sources: National Institute of Mental Health; Paul Thompson, Ph.D., UCLA Laboratory of Neuro Imaging*

**Thomas McKay** | The Denver Post

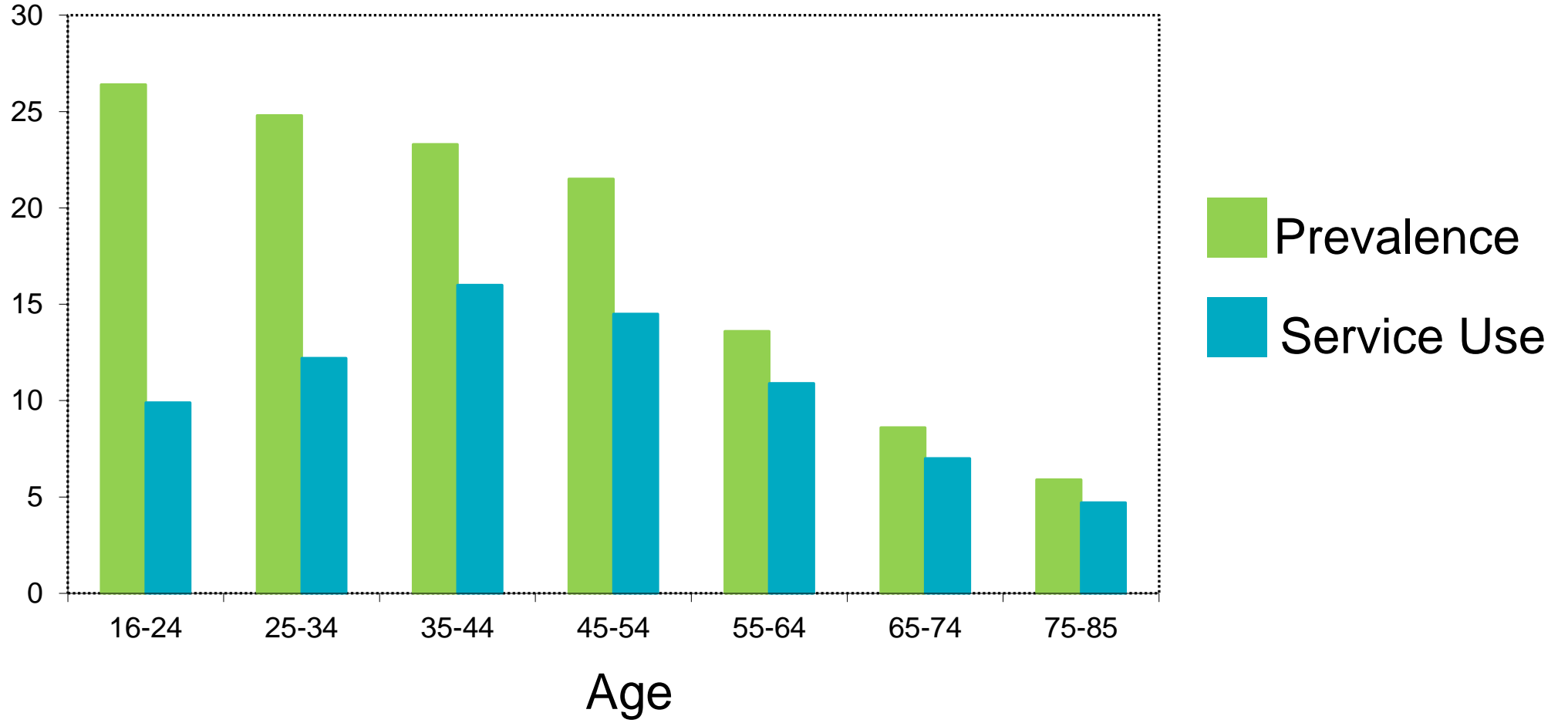
In early adulthood (roughly ages 18-25), identity development focuses on **establishing a sense of self** through **exploration, commitment, and integration of experiences**, often related to **career, relationships, and values**.

		Exploration	
		Low	High
Commitment	High	<b>Forclosure:</b> "I've made a choice without thinking"	<b>Identity Achievement:</b> "I thought about it and I now know what I should do with my life."
	Low	<b>Identity Diffusion:</b> I don't know and I don't care what I'm supposed to do with my life.	<b>Moratorium:</b> "I'm thinking about what I should do"

# Disease Burden Across Age



# Mental Health Prevalence vs. Service Use Across Age



# University Student Mental Health

---

- Students face many stressors, including:
  - Academic stress
  - Extra-curricular activities
  - Part-time or full-time work
  - Financial stress
  - Home/family care responsibilities
  - Distance from home/family members
  - Lack of social support
- Students may face barriers to accessing care:
  - Time constraints
  - Concern about being “labeled” with problem
  - Stigma about seeking help
  - Normalization of excessive stress in college
  - Financial strain



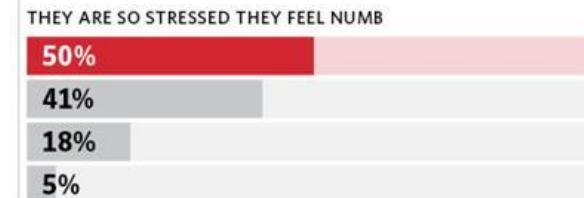
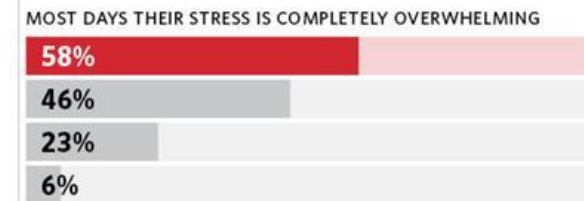
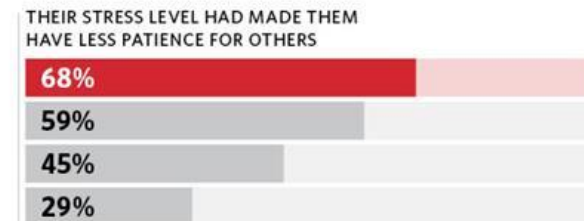
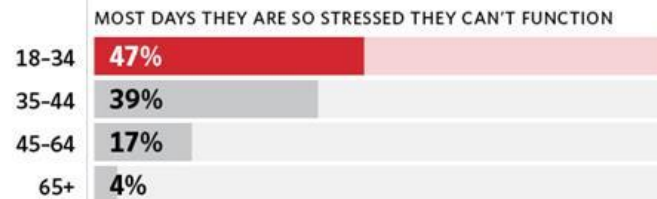
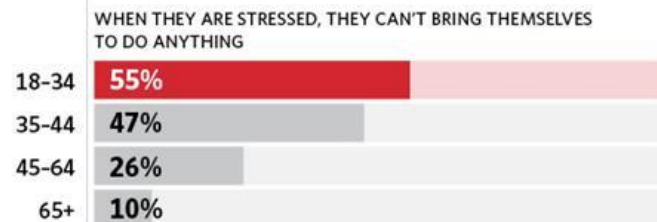
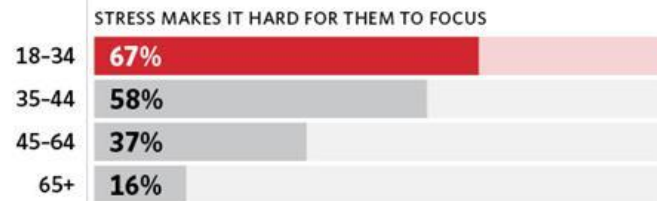
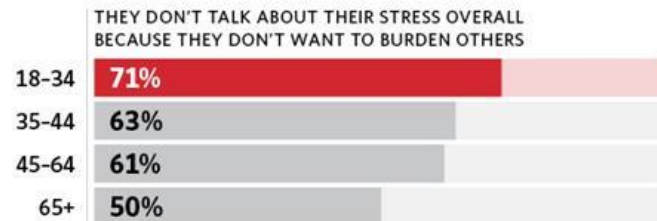
Young adults feel more overwhelmed by stress than older populations.

## YOUNGER ADULTS REPORT EFFECTS OF STRESS THE MOST



### EFFECTS OF STRESS

% STRONGLY/SOMEWHAT AGREE

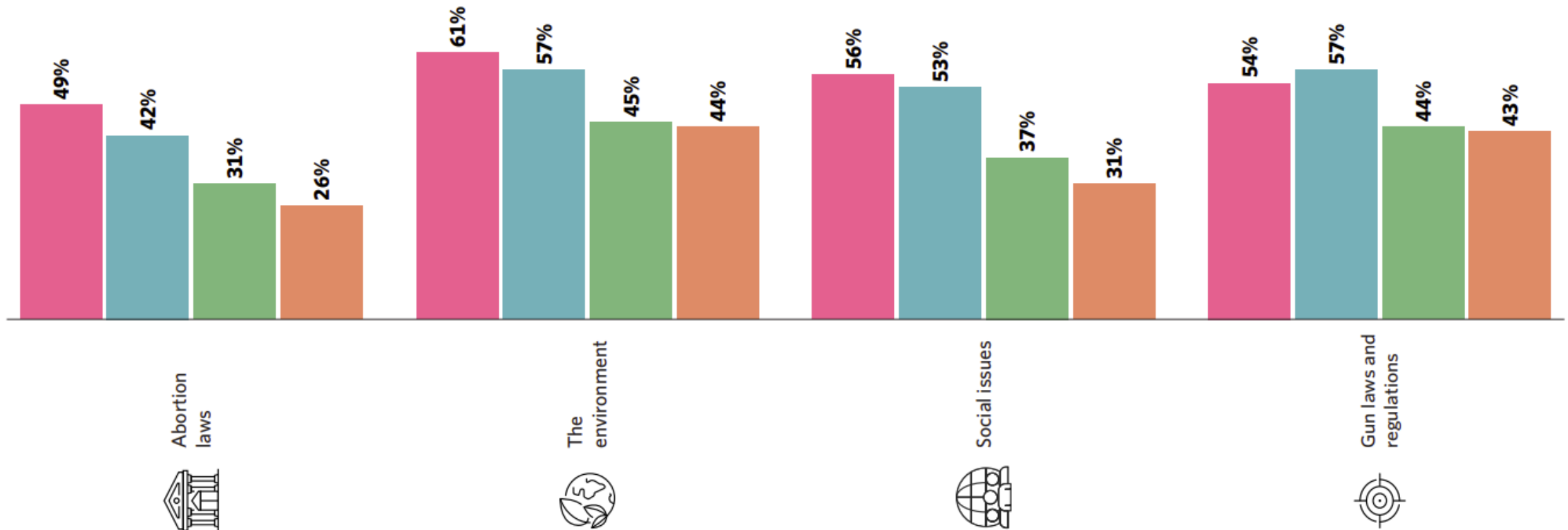


# Young adults are more stressed about societal issues than older populations.

## Societal issues as significant sources of stress for younger adults

% who cite significant source of stress

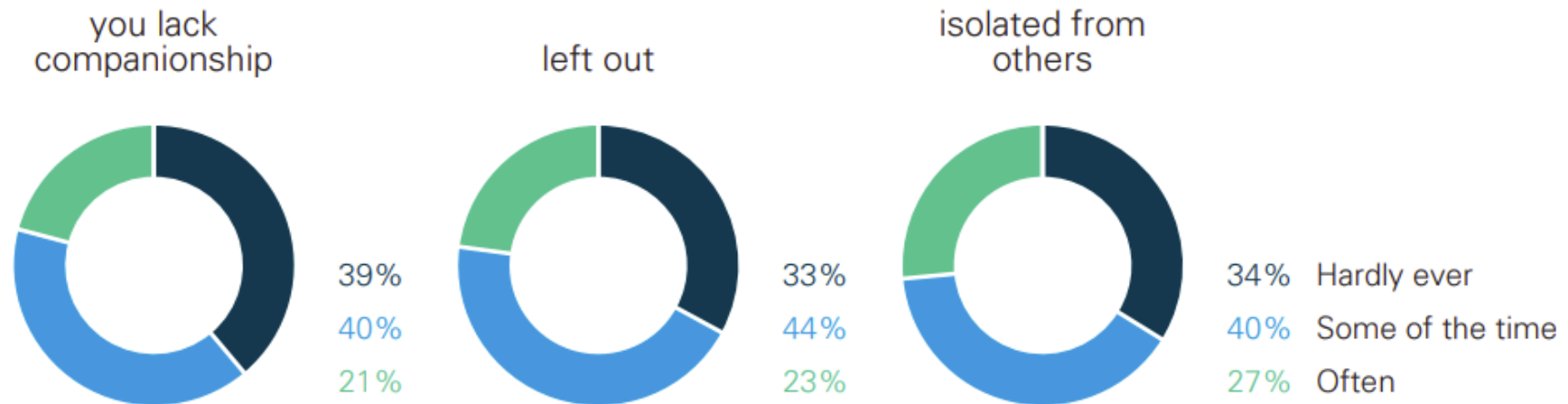
■ Ages 18-34 ■ Ages 35-44 ■ Ages 45-64 ■ Ages 65+



# 60-70% of university students experience loneliness sometimes or often.

## LONELINESS

How often do you feel...

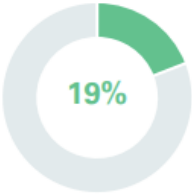


# Anxiety and depression are the top mental health concerns among university students.

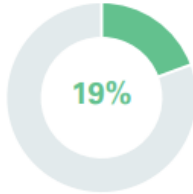
## DEPRESSION SCREEN

Depression is measured using the Patient Health Questionnaire-9 (PHQ-9), a nine-item instrument based on the symptoms provided in the Diagnostic and Statistical Manual for Mental Disorders for a major depressive episode in the past two weeks (Spitzer, Kroenke, & Williams, 1999). Following the standard algorithm for interpreting the PHQ-9, symptom levels are categorized as severe (score of 15+), moderate (score of 10-14), or mild/minimal (score <10).

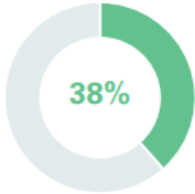
Severe depression



Moderate depression



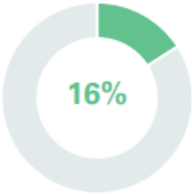
Any depression



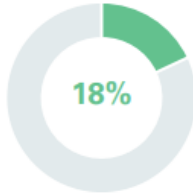
## ANXIETY SCREEN

Anxiety is measured using the GAD-7, a seven-item screening tool for screening and severity measuring of generalized anxiety disorder in the past two weeks (Spitzer, Kroenke, Williams, & Lowe, 2006). Following the standard algorithm for interpreting the GAD-7, symptom levels are categorized as severe anxiety, moderate anxiety, or neither.

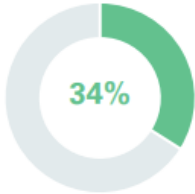
Severe anxiety



Moderate anxiety

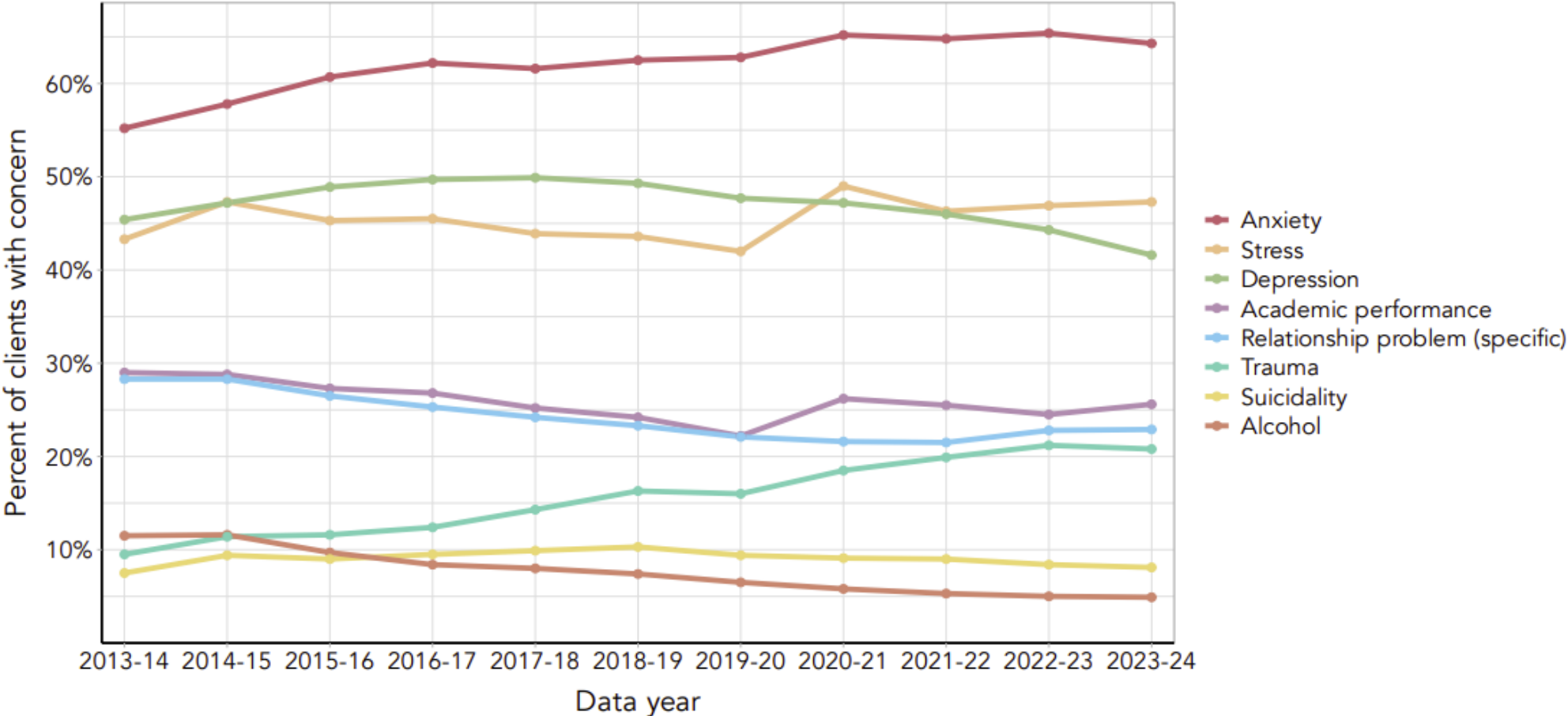


Any anxiety

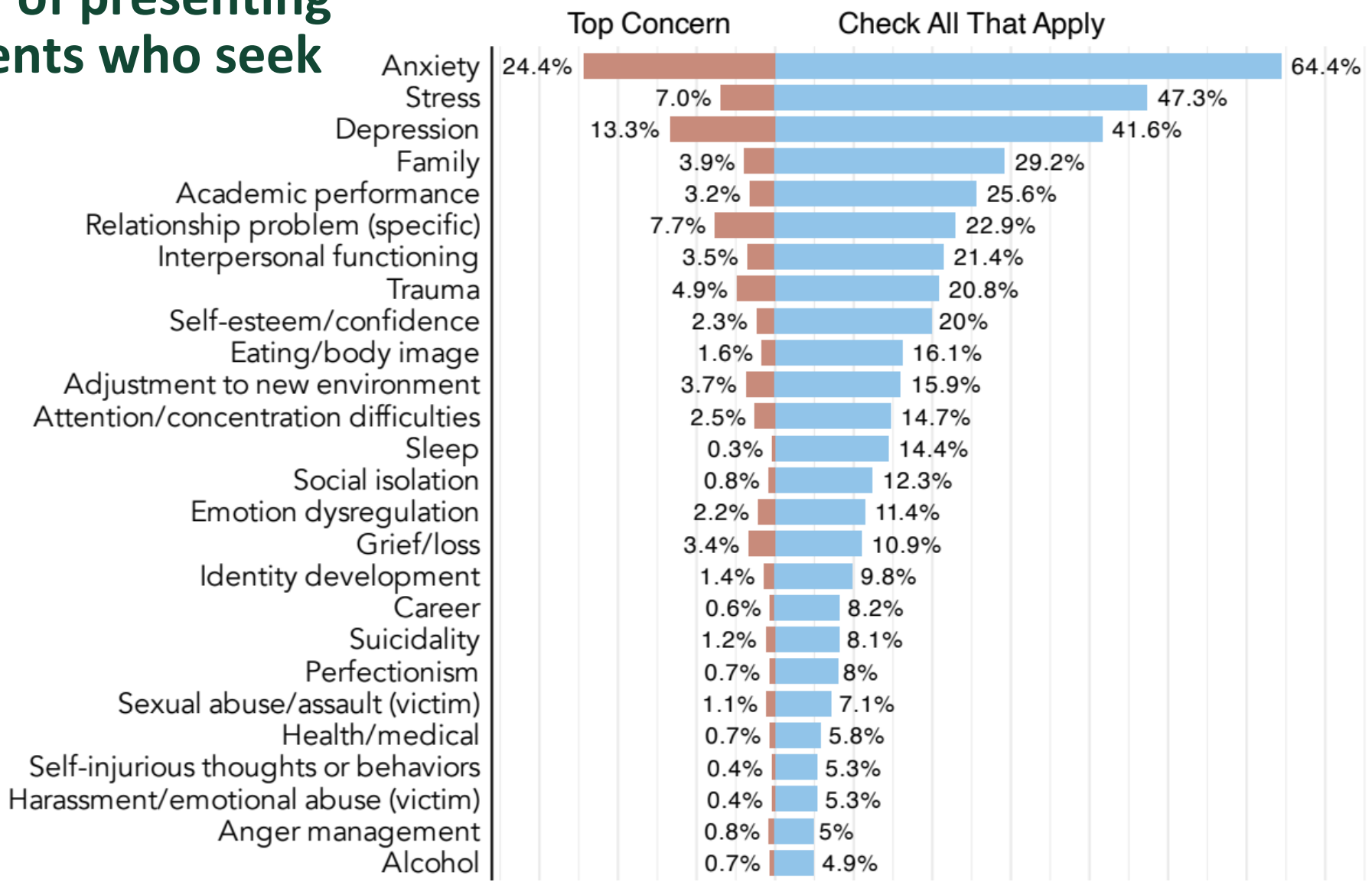


# Anxiety and depression have steadily increased over time.

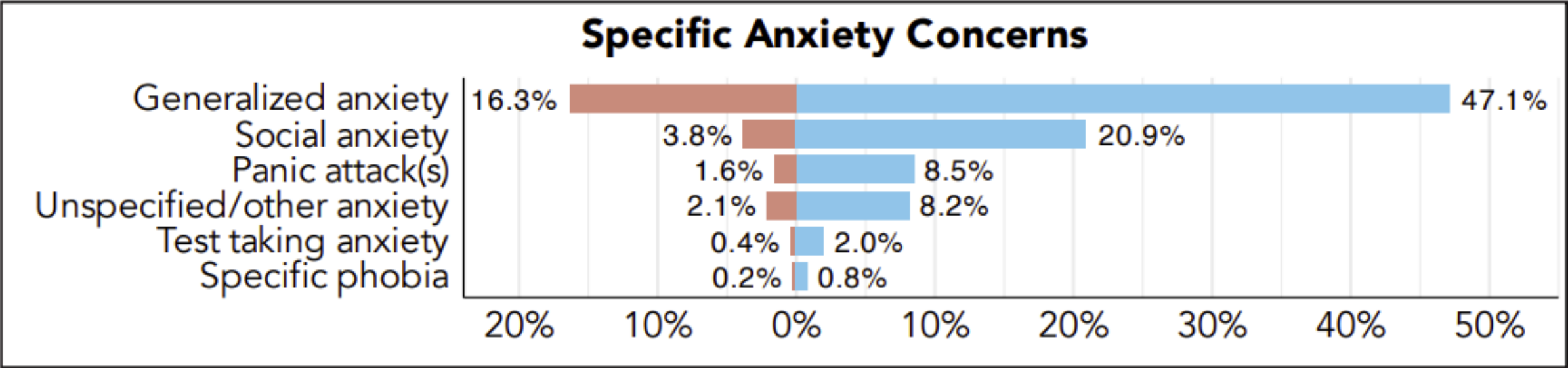
CLICC Trends (Check All That Apply): Percentage of Clients with Each Concern from 2013–2024



# Anxiety, stress, and depression account for a majority of presenting concerns among students who seek help.



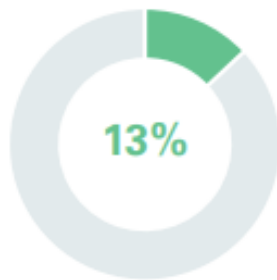
**Generalized anxiety is the most common subset of anxiety concerns.**



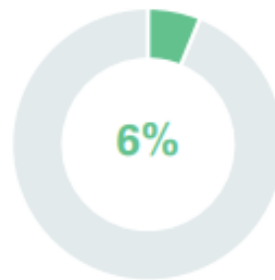
**Nearly a quarter of students report engaging in self-injurious behaviors in the last year.**

## SUICIDALITY AND SELF-INJURIOUS BEHAVIOR

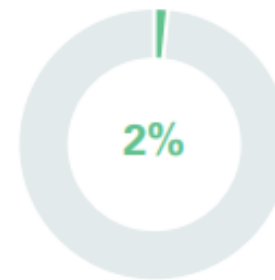
Suicidal ideation (past year)



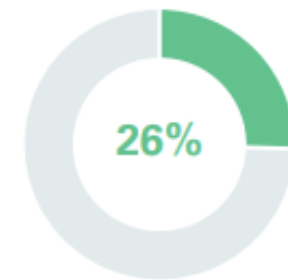
Suicide plan (past year)



Suicide attempt (past year)



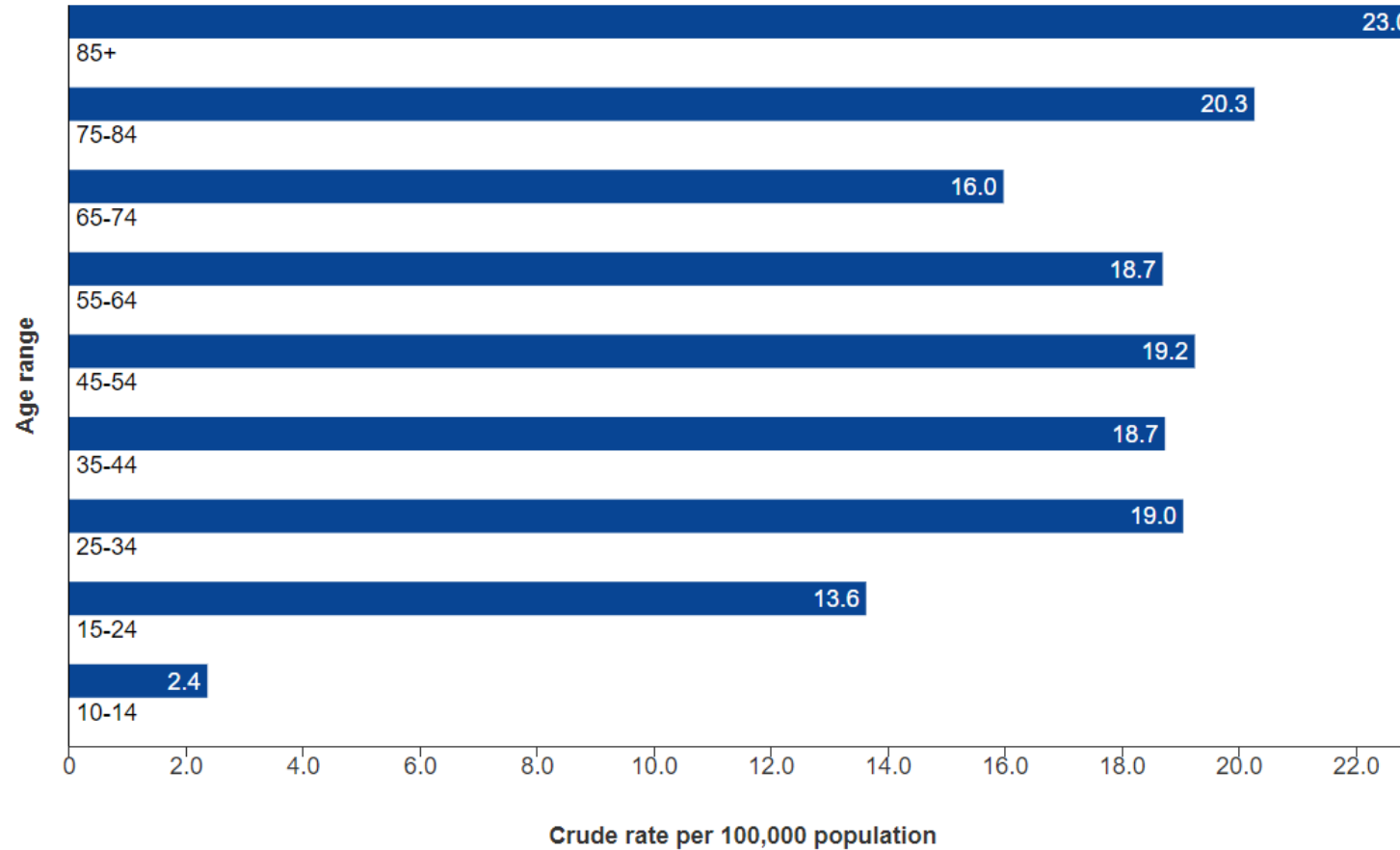
Non-suicidal self-injury (past year)



# Suicide rate disparities






Some groups have disproportionately high rates of suicide.

People ages 85 and older had the highest rates of suicide in 2022.






Source: [Centers for Disease Control and Prevention \(CDC\)](#)

## Mental Health Trends (2012–2024)

Item	12-Year Change	2012-2024
<b>Threat-to-Self</b>		
Non-Suicidal Self-Injury	+5.7%	
Serious Suicidal Ideation	+4.0%	
Serious Suicidal Ideation (last month)	-1.3%	
Suicide Attempt(s)	+2.2%	
Some Suicidal Ideation (past 2 weeks)	+0.3%	

Rates of suicidal ideation and self-injury have been increasing.

# Increasing numbers of students report previous traumatic experiences.

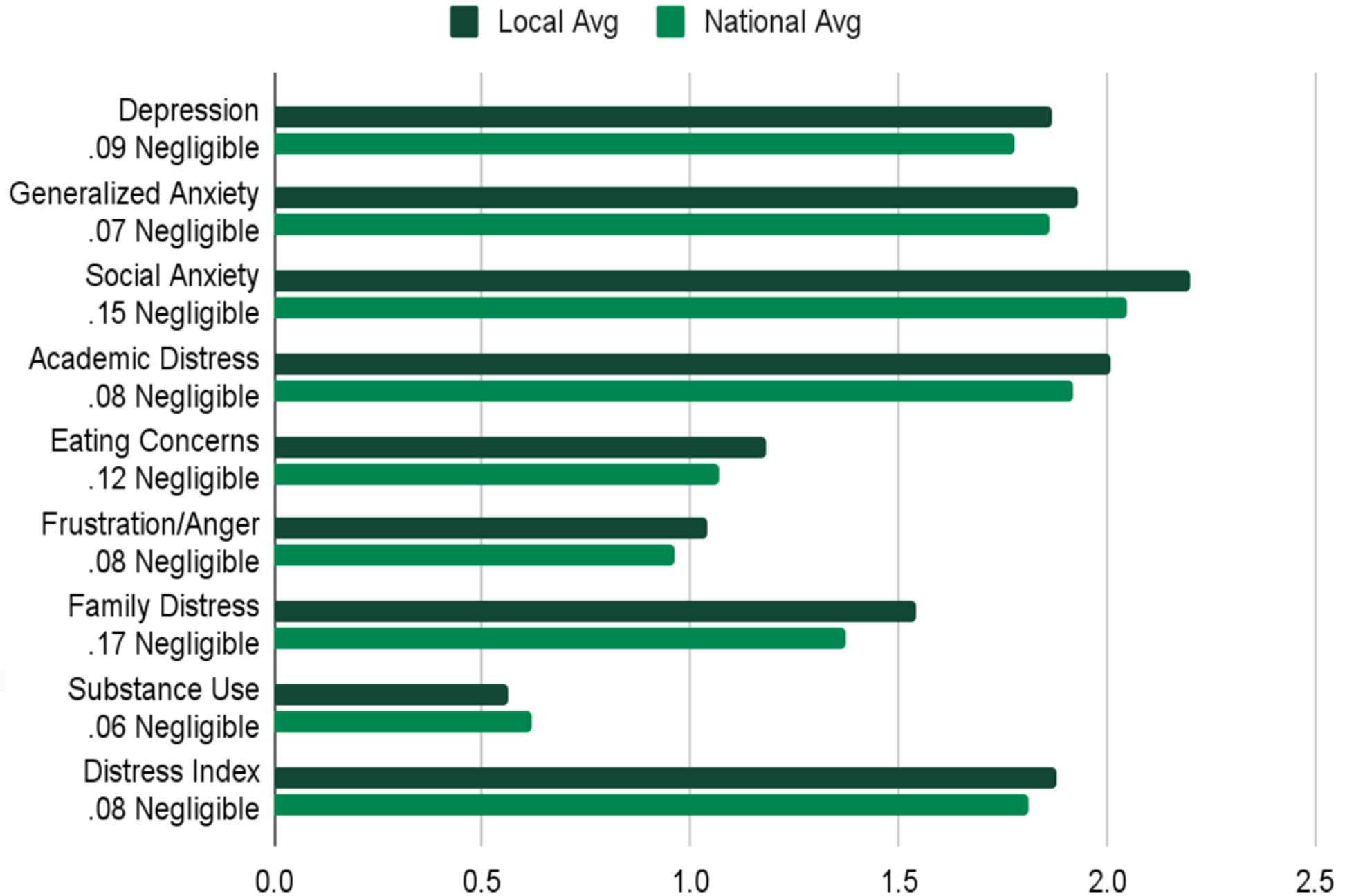
Item	12-Year Change	2012-2024
<b>Traumatic Experiences</b>		
Had unwanted sexual contact(s) or experience(s)	+6.7%	
Experienced harassing, controlling, and/or abusive behavior	+4.2%	
Experienced traumatic event	+8.0%	

# UH Mānoa Average vs. National Average

Counseling Center  
Assessment of Psychological  
Symptoms  
2023



UNIVERSITY  
of HAWAII®  
MĀNOA



# UHM Trends

## Counseling and Student Development Center

- Top 3 concerns expressed: Anxiety, Depression, and Academic Distress
- 13% increase in Crisis Sessions over last few years

## University Health Services

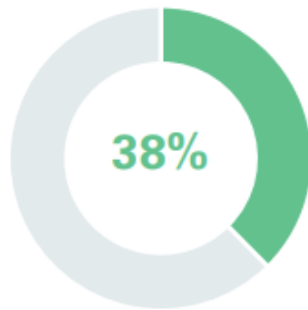
- Approx. 10% of student visits were related to mental health diagnosis for the last 5 years *(Top Diagnoses: ADHD, Depression, Anxiety, and Panic)*



# Nearly 40% of students report positive mental health!

## POSITIVE MENTAL HEALTH





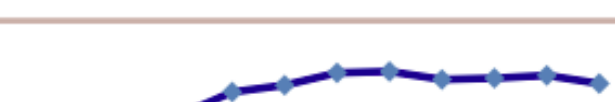
Positive mental health



Positive mental health (psychological well-being) is measured using The Flourishing Scale, an eight-item summary measure of the respondent's self-perceived success in important areas such as relationships, self-esteem, purpose, and optimism (Diener, Wirtz, Tov, Kim-Prieto, Choi, Oishi, & Biswas-Diener, 2009). The score ranges from 8-56, and we are using 48 as the threshold for positive mental health.

Rates of substance use have decreased.

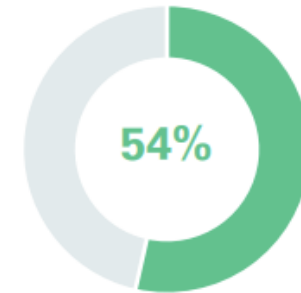
(excepting marijuana)

Item	12-Year Change	2012-2024
<b>Drug and Alcohol</b>		
Felt the need to reduce alcohol/drug use	-1.3%	
Others concerned about alcohol/drug use	-4.5%	
Treatment for alcohol/drug use	-2.7%	
Binge drinking	-11.2%	
Marijuana use	+3.8%	

# Students are more experienced with seeking and receiving mental health services.

## Mental health counseling/therapy, all students (lifetime)

Have you ever received counseling or therapy for mental health concerns?



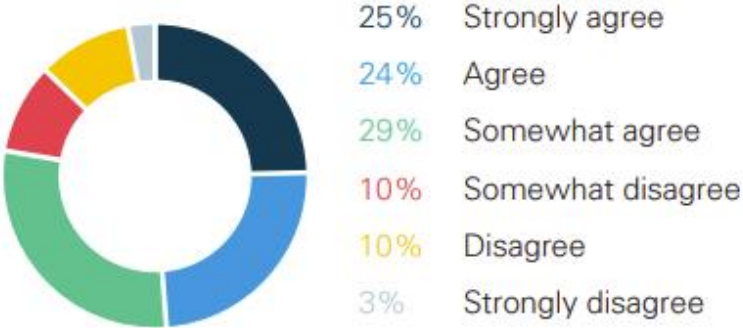
*Mental Health Trends (2012–2024)*

Item	12-Year Change	2012-2024
<b>Prior Treatment</b>		
Counseling	+15.4%	
Medication	+6.8%	
Hospitalization	-0.3%	

# Most students know that there are resources available to help them.

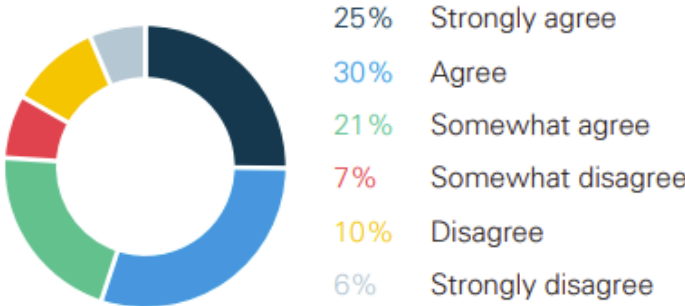
## Perceived need (current)

I currently need help for emotional or mental health problems such as feeling sad, blue, anxious or nervous.



## Knowledge of campus mental health resources

If I needed to seek professional help for my mental or emotional health, I would know where to go to access resources from my school.



## Top barriers to seeking help include:

- Not needing/wanting help
- Time constraints
- Cost
- Preference to handle things on their own

### Barriers to help-seeking

In the past 12 months, which of the following factors have caused you to receive fewer services (counseling, therapy, or medications) for your mental or emotional health than you would have otherwise received? (Select all that apply)

5%	I haven't had the chance to go but I plan to
34%	No need for services
22%	Financial reasons (too expensive, not covered by insurance)
24%	Not enough time
14%	Not sure where to go
9%	Difficulty finding an available appointment
19%	Prefer to deal with issues on my own or with support from family/friends
4%	Privacy concerns
8%	People providing services don't understand me
4%	Other
13%	No barriers

# When students seek help outside of counseling, they usually turn to:

- Friends
- Family members
- Significant others

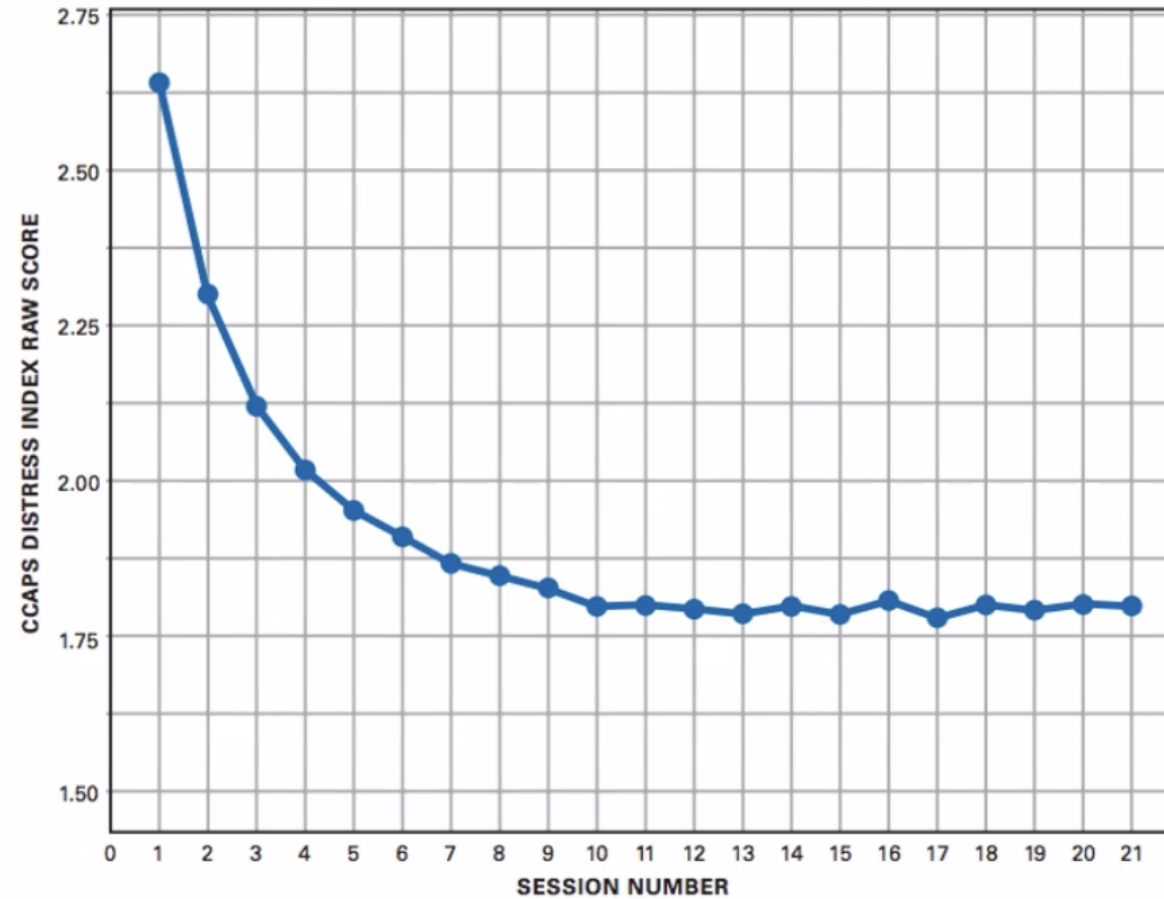
## Informal help-seeking

In the past 12 months have you received counseling or support for your mental or emotional health from any of the following sources? (Select all that apply)

12%	Roommate
39%	Friend (who is not a roommate)
31%	Significant other
39%	Family member
5%	Religious counselor or other religious contact
3%	Support group
4%	Faculty member/professor
2%	Staff member
1%	Other non-clinical source
33%	None of the above

# Mental health services are effective!

Average Distress Reduction



Source: [Center for Collegiate Mental Health](#)

## Willing to Reach Out

Most faculty members "strongly agree" or "agree" that they would reach out to a mentally distressed student, although some aren't sure they would recognize if a student needed help.



Chart: Audrey Williams June • Source: [Boston University School of Public Health/The Healthy Minds Network/Mary Christie Foundation](#) • [Get the data](#) • Created with [Datavrapper](#)

## Talking About Mental Health

One out of five faculty members had 10 or more conversations with students about their mental or emotional health this spring.

■ 0 ■ 1-2 ■ 3-5 ■ 6-9 ■ 10+

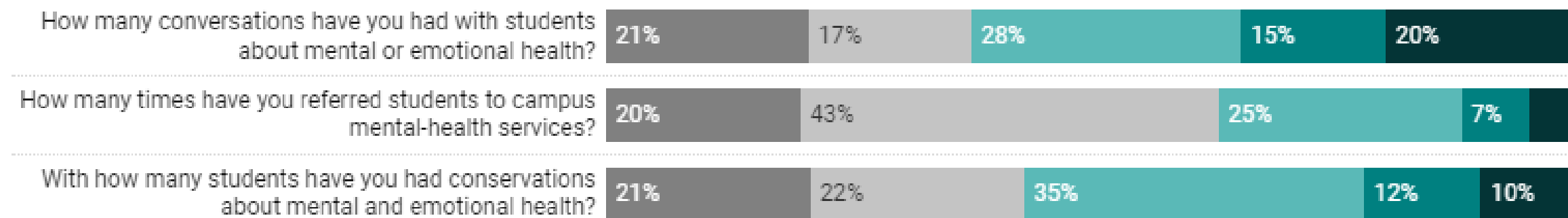
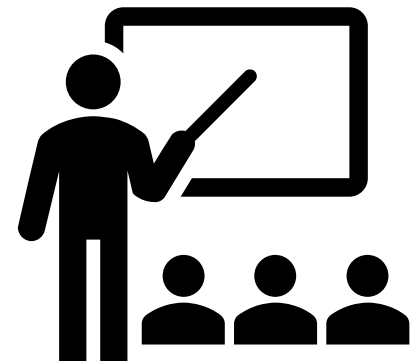


Chart: Audrey Williams June • Source: [Boston University School of Public Health/The Healthy Minds Network/Mary Christie Foundation](#) • [Get the data](#) • Created with [Datawrapper](#)

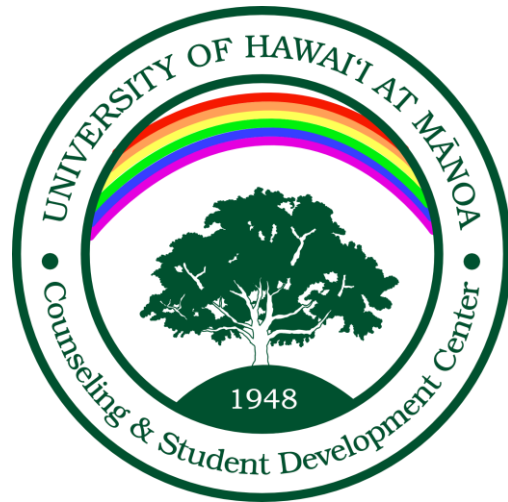
# How to Help:

---

- **Take care of yourself**
- Implement flexible, **mental health-minded practices** in your work with students
- **Increase your knowledge** of on- and off-campus mental health resources
- **Grow your skills** in communicating with distressed students
- **Orient your students** and **new hires** to on-campus support services
- **Support efforts** to increase students' access to university mental health services
- **Get trained** in strategies to communicate about sensitive topics



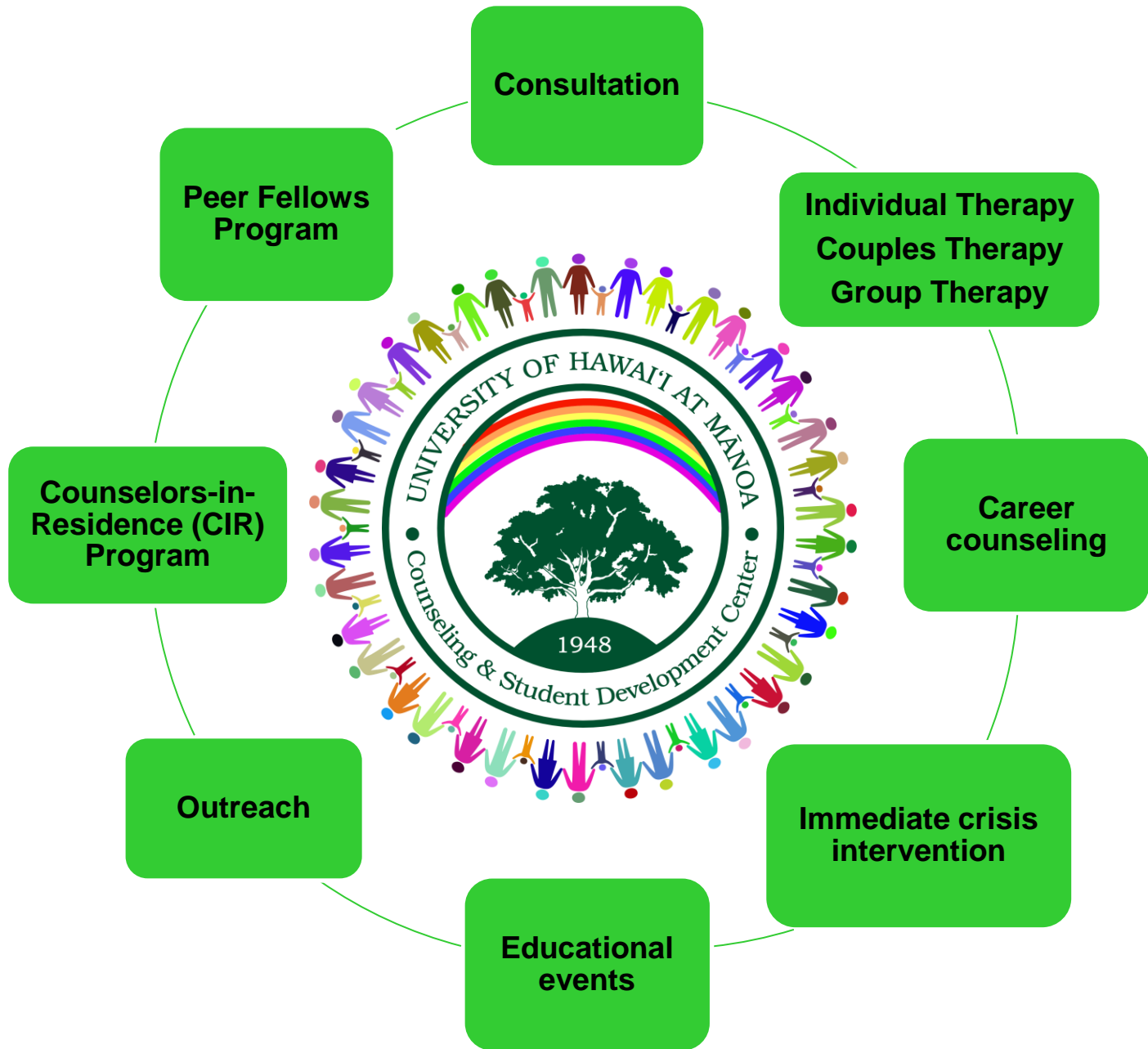
# Counseling and Student Development Center



# Counseling and Student Development Center

---

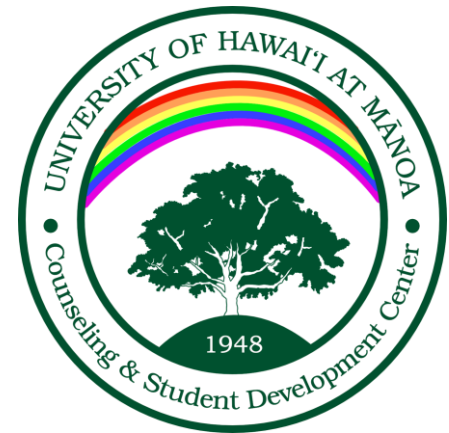




# Counseling and Student Development Center

---

- **Counseling and Student Development Center (CSDC)**
  - Focused on serving the **mental health** needs of students.
  - Staffed by licensed mental healthcare professionals.
  - Training site for mental health professionals.
  - Telehealth or in-person services available. Walk-ins welcome.
- **Eligibility for services:**
  - Currently **enrolled** students who have paid the Health Fee are eligible for an initial appointment.
  - Services available for students **within State of Hawai'i**.
- **Trainings and consultation** available for faculty/staff.



# Counseling and Student Development Center

---

- **Brief** individual, couple, group, and career **counseling sessions**
  - **Crisis intervention** available during business hours (Monday-Friday, 8:30am-3:30pm)
    - Walk-in appointments are welcome for students experiencing a mental health crisis. Students can meet with a mental health professional **immediately**.
- Counselors available for **consultation** with any parties concerned about a student
- Can help students with **referrals** to mental healthcare providers in their area
- Variety of **educational events** throughout the semester



# Additional Counseling Services at UH

---

Support and refer to mental health programs for unique student populations at UH Mānoa:

- **Ka Malu a Wa'ahila**

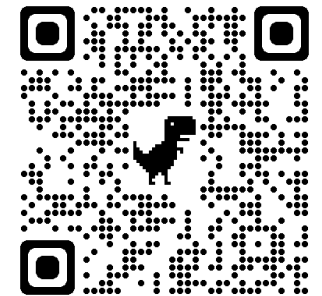
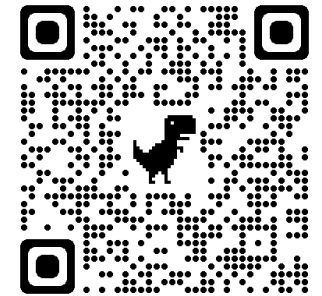


Providing culturally relevant behavioral health services for Native Hawaiian and Pacific Islander haumāna at UH Mānoa.

- **Veterans Integration to Academic Leadership (VITAL) program**



Supports military students' successful integration into college and university campus life through seamless access to VA healthcare services and on-campus counseling.



# Additional Counseling Services at UH

---

Support and refer to mental health programs for unique student populations at UH Mānoa:

- **Rainbow Wellness Program**



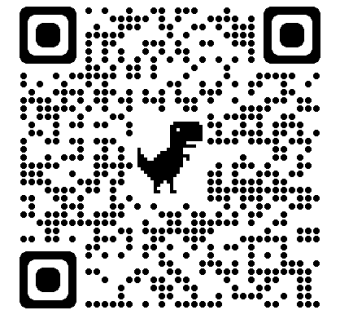
Providing mental health and wellness services for student-athletes, housed within the University of Hawai'i at Mānoa Athletic Department.



- **Brief Alcohol Screening and Intervention for College Students (BASICS)**



Free program designed to address alcohol-related (and other substances including vaping) issues among students through personalized assessment and counseling sessions.



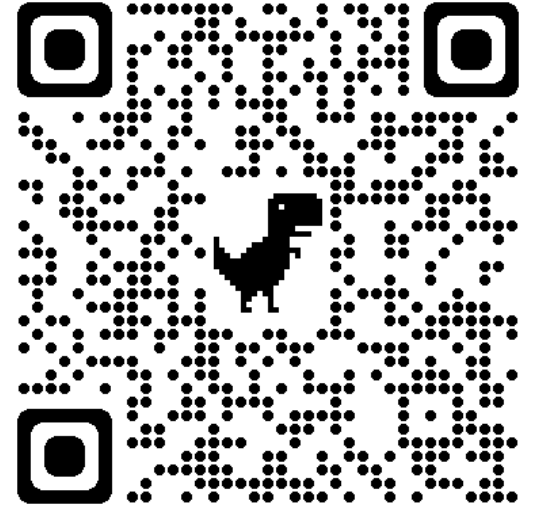
# Resources

---

## Therapy Assistance Online (TAO)

[http://www.manoa.hawaii.edu/counseling/outreach/tao\\_connect.php](http://www.manoa.hawaii.edu/counseling/outreach/tao_connect.php)

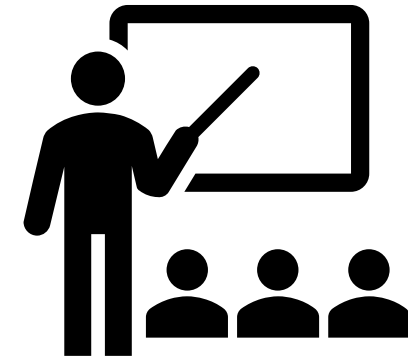
TAO includes over 150 brief, effective, educational sessions covering over 50 common topics and skills related to mental health, wellness, and substance use issues. TAO Includes interactive sessions, mindfulness exercises and practice tools all aimed at helping you achieve your goals.



# Mental Health Resources

- **Mental healthcare services:**

- [Counseling and Student Development Center \(CSDC\)](#)
- [Employee Assistance Program \(EAP\)](#)
- Private health insurance portals
- Mental healthcare provider referrals:
  - [Hawai'i Psychological Association](#)
  - [Psychology Today](#)
- If uninsured:
  - [Hawai'i Mental Health Pro Bono Project](#)
  - [Adult Mental Health Division \(Department of Health\)](#)



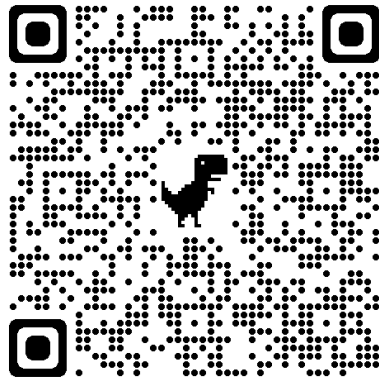
- **Crisis services:**

- National Suicide & Crisis Lifeline  
<https://suicidepreventionlifeline.org/>  
Call, chat, or text: 988
- Hawaii CARES  
<https://hicares.hawaii.gov/>  
Call, chat, or text: 988 | Specify location in Hawai'i



# Resources

Download our comprehensive guide for assisting distressed students!



<http://www.manoa.hawaii.edu/counseling/downloads/UHM%20CSDC%20Assisting%20Students%20in%20Distress%20guide.pdf>

University of Hawai'i at Mānoa  
Counseling and Student Development Center

Green Folder Project

## ASSISTING STUDENTS IN DISTRESS

QUICK REFERENCE GUIDE FOR FACULTY AND STAFF ON HOW TO RECOGNIZE, SUPPORT, AND REFER DISTRESSED STUDENTS

As college students navigate new responsibilities and experiences, they are typically challenged by a multitude of stressors (i.e., academic, personal, family, financial, future). While many students cope successfully with the demands of college life, the pressures may become overwhelming or lead to life-threatening distress for others.

Faculty and staff are in a unique position to recognize students in distress and refer them to appropriate resources. Your expression of interest and concern may be a critical factor in helping students obtain the support they need. The Counseling and Student Development Center (CSDC) is available to provide consultation on how to intervene and assist in these situations.

### CSDC CONSULTATION & EMERGENCY/CRISIS SERVICES

IF YOU ENCOUNTER A DISTRESSED STUDENT,  
YOU MAY HAVE QUESTIONS ABOUT HOW TO BEST HANDLE THE SITUATION.  
DO NOT HESITATE TO REACH OUT!

CSDC counseling staff are able to help you:

- Assess the situation, its severity, and the potential for referral;
- Learn about resources (both on and off campus) so you may suggest the most appropriate course of action when speaking with the student;
- Find the best way to make the referral, if appropriate;
- Clarify your own feelings about the student and consider ways you can be most effective;
- Discuss follow-up concerns after the initial action or referral.

In addition, CSDC provides emergency/ crisis services for students who urgently need to speak with a counselor (i.e., in significant distress) and cannot wait several days for an appointment. Students may call the CSDC front desk at 808-956-7927 during normal business hours (Monday through Friday, 8:30 am to 4:30 pm) to schedule an emergency/ crisis appointment. You may also call and ask to speak with the on-call counselor about the distressed student and provide the counselor with a description of the situation that has led to your concern. (Please note that third parties are unable to schedule appointments for students.)

### PRIVACY CONCERNS

In an emergency, the Family Educational Rights and Privacy Act (FERPA) permits school officials to disclose without consent education records, including personally identifiable records, to protect the health or safety of students or other individuals. In a health or safety emergency, records and information may be released to appropriate parties such as law enforcement officials, public health officials, and trained medical personnel. See 34 CFR 99.31(a)(1)(D) and 99.36. This exception is limited to the period of the emergency.

FERPA does not prohibit a school official from disclosing information about a student if the information is obtained through the school official's knowledge or observation, and not from the student's education records.

School officials are asked to balance the interests of safety and privacy for individual students.

NCES is a U.S. Family Educational Rights and Privacy Act (FERPA) National Center for Education Statistics. Revised March 2022. From <https://nces.ed.gov/ipeds/data/ncses/ferpa/ferpa-materials/ferpa-education-guides.pdf>

Mental health professionals are required by law to maintain client confidentiality. While they will gladly accept any information you are able to provide regarding a student's well-being, they cannot share information with you without the student's written consent. Students may sometimes grant permission for a counselor to speak with a faculty/staff member, but this is not always the case. It is important that you follow up with the student about your concerns and check in directly.

### CRISIS

**UHM Counseling and Student Development Center**  
OLC55 312  
808-956-7927  
<http://www.manoa.hawaii.edu/counseling>  
Monday through Friday, 8:30 am to 4:30 pm

**Hawaii CARES (Coordinated Access Resource Entry System)**  
Call from any island: 808-832-3100  
Toll-free: 800-753-6879  
<https://hicare.hawaii.gov>  
Free, 24/7 coordination center for support

**National Suicide Prevention Lifeline**  
1-800-273-8255  
<https://suicidepreventionlifeline.org>  
24/7, free and confidential support

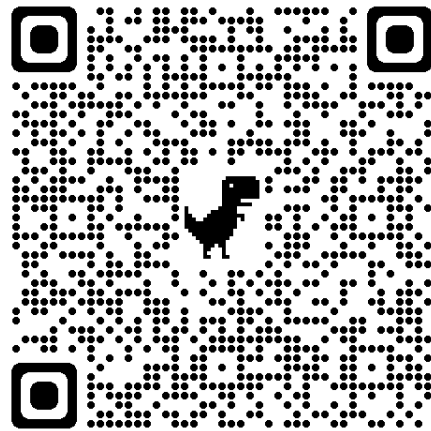
**Crisis Text Line**  
Text HOME to 741741 from anywhere in the United States  
<https://www.crisistextline.org>  
Free 24/7 support

### IN CASE OF AN EMERGENCY

**UHM Department of Public Safety:**  
808-956-6911  
**Honolulu Police Department:** 911

# Resources

Request copies for your department:



[https://docs.google.com/forms/d/e/1FAIpQLSc5LVEWiLZzldsEiscD7Tk1SYkXkJHs5qoMq\\_8cgx3oMgFclA/viewform](https://docs.google.com/forms/d/e/1FAIpQLSc5LVEWiLZzldsEiscD7Tk1SYkXkJHs5qoMq_8cgx3oMgFclA/viewform)

University of Hawai'i at Mānoa  
Counseling and Student Development Center

Green Folder Project

## ASSISTING STUDENTS IN DISTRESS

QUICK REFERENCE GUIDE FOR FACULTY AND STAFF ON HOW TO RECOGNIZE, SUPPORT, AND REFER DISTRESSED STUDENTS

As college students navigate new responsibilities and experiences, they are typically challenged by a multitude of stressors (i.e., academic, personal, family, financial, future). While many students cope successfully with the demands of college life, the pressures may become overwhelming or lead to life-threatening distress for others.

Faculty and staff are in a unique position to recognize students in distress and refer them to appropriate resources. Your expression of interest and concern may be a critical factor in helping students obtain the support they need. The Counseling and Student Development Center (CSDC) is available to provide consultation on how to intervene and assist in these situations.

### CSDC CONSULTATION & EMERGENCY/CRISIS SERVICES

**IF YOU ENCOUNTER A DISTRESSED STUDENT,  
YOU MAY HAVE QUESTIONS ABOUT HOW TO BEST HANDLE THE SITUATION.  
DO NOT HESITATE TO REACH OUT!**

CSDC counseling staff are able to help you:

- Assess the situation, its severity, and the potential for referral;
- Learn about resources (both on and off campus) so you may suggest the most appropriate course of action when speaking with the student;
- Find the best way to make the referral, if appropriate;
- Clarify your own feelings about the student and consider ways you can be most effective;
- Discuss follow-up concerns after the initial action or referral.

In addition, CSDC provides emergency/ crisis services for students who urgently need to speak with a counselor (i.e., in significant distress) and cannot wait several days for an appointment. Students may call the CSDC front desk at 808-956-7927 during normal business hours (Monday through Friday, 8:30 am to 4:30 pm) to schedule an emergency/ crisis appointment. You may also call and ask to speak with the on-call counselor about the distressed student and provide the counselor with a description of the situation that has led to your concern. (Please note that third parties are unable to schedule appointments for students.)

### PRIVACY CONCERNS

In an emergency, the Family Educational Rights and Privacy Act (FERPA) permits school officials to disclose without consent education records, including personally identifiable records, to protect the health or safety of students or other individuals. In a health or safety emergency, records and information may be released to appropriate parties such as law enforcement officials, public health officials, and trained medical personnel. See 34 CFR 99.31(a)(1)(D) and 99.36. This exception is limited to the period of the emergency.

FERPA does not prohibit a school official from disclosing information about a student if the information is obtained through the school official's knowledge or observation, and not from the student's education records.

School officials are asked to balance the interests of safety and privacy for individual students.

NCES (U.S. Family Educational Rights and Privacy Act (FERPA) National Center for Education Statistics, Retrieved March 2022, from [https://nces.ed.gov/ipeds/data/ncipeds/ncipeds\\_additional\\_materials/1011-education/guide.pdf](https://nces.ed.gov/ipeds/data/ncipeds/ncipeds_additional_materials/1011-education/guide.pdf)

Mental health professionals are required by law to maintain client confidentiality. While they will gladly accept any information you are able to provide regarding a student's well-being, they cannot share information with you without the student's written consent. Students may sometimes grant permission for a counselor to speak with a faculty/staff member, but this is not always the case. It is important that you follow up with the student about your concerns and check in directly.

### CRISIS

**UHM Counseling and Student Development Center**  
OLC55 312  
808-956-7927  
<http://www.manoa.hawaii.edu/counseling>  
Monday through Friday, 8:30 am to 4:30 pm

**Hawaii CARES (Coordinated Access Resource Entry System)**  
Call from any island: 808 832 3100  
Toll-free: 800-753-6879  
<https://hicare.hawaii.gov>  
Free, 24/7 coordination center for support

**National Suicide Prevention Lifeline**  
1-800-273-8255  
<https://suicidepreventionlifeline.org>  
24/7, free and confidential support

**Crisis Text Line**  
Text HOME to 741741 from anywhere in the United States  
<https://www.crisistextline.org>  
Free 24/7 support

### IN CASE OF AN EMERGENCY

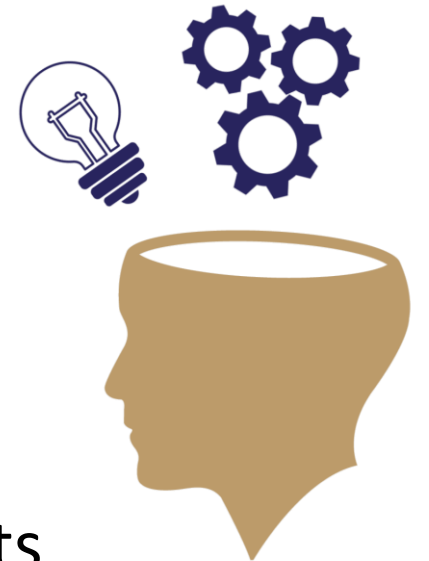
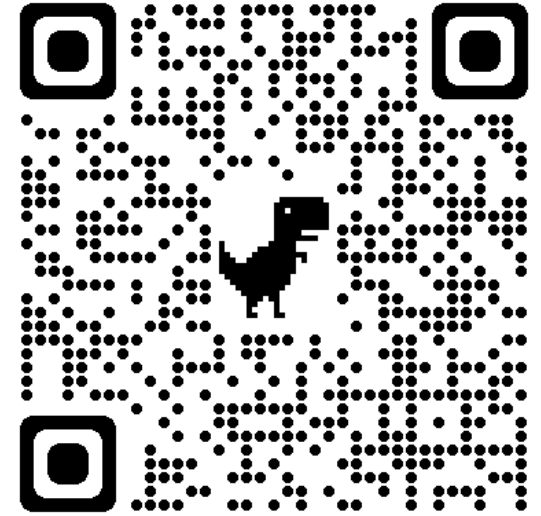
**UHM Department of Public Safety:**  
808-956-6911  
**Honolulu Police Department:** 911

# Resources

---

**Request topical trainings from a CSDC counselor for your department or class:**

- Mental health topics for students, such as:
  - Managing stress
  - Sleep hygiene
  - Resolving conflict
  - Overcoming test anxiety
  - Accessing CSDC services
- Trainings for faculty/staff on assisting distressed students



# Learn More:

---

- [How to Comfort Someone When They're Sad](#)
- [How to Tell if Someone Is at Risk for Suicide](#)
- [How to Talk to Someone About Suicide](#)
- [5 Things You Should Know About Suicide](#)
- [Recognize the Warning Signs of Suicide](#)
- [How to be a Trauma-Informed Teacher](#)
- [How to be a Trauma-Informed Administrator](#)
- [Webinars for university professionals on collegiate mental health](#)

# Suicide Prevention and Education Resources:

- [988 Suicide and Crisis Lifeline](#)
- [Center for Disease Control and Prevention \(CDC\)](#)
- [National Institute on Mental Health \(NIMH\)](#)
- [Substance Abuse and Mental Health Services Administration \(SAMHSA\)](#)
- [American Psychological Association \(APA\)](#)
- [American Psychiatric Association \(APA\)](#)
- [Hawai'i CARES](#)

# How to Ask about Suicidal Ideation

---

1. What do you mean when you say “ \_\_\_\_\_ ”?
2. Are you thinking about suicide?
3. I am worried about you because of \_\_\_\_\_, \_\_\_\_\_, & \_\_\_\_\_.
4. Are you able to keep yourself safe?
5. Are you able to keep yourself alive?
6. Let’s discuss next steps to keep you safe right now.

**\*Remember that suicidal ideation is a life-threatening condition, and should be treated as such!**

# How to Talk to Others about Getting Help

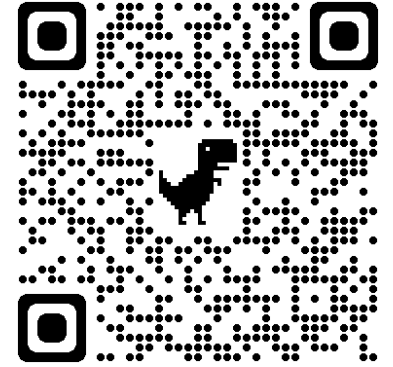
---

- 1. Treat it like any other health problem.**
  - Foster hope with seeking help for their situation.
  - Getting help is considered a sign of good judgment/strength.
  - It is ok to just go and check it out (not obligated for long term).
- 2. Be mindful of judgment and stigma.**
- 3. Show compassion and care.**
  - You can offer to assist in locating/contacting providers.
- 4. Mental health professionals meet people with a range of concerns (large and small).**
- 5. Promote that most mental health concerns can get better over time with proper care, and can get worse without it.**



# Questions? Reach out!

---



## Questions about today's presentation:

- Dr. Alexander Khaddouma, PhD, ABPP  
[akhaddou@hawaii.edu](mailto:akhaddou@hawaii.edu)

## Counseling and Student Development Center:

- Phone: (808) 956-7927
- In person:
  - 2600 Campus Road  
Queen Lili'uokalani Building  
Room 312
- Hours:
  - Monday – Friday 8:30am-4:30pm
- Website:
  - <http://www.manoa.hawaii.edu/counseling/>

Evaluation:

