WHAT DO WE DO
Connecting, supporting, and advocating for student success

Hale Mālama offers FREE services to support:
- Student Human needs
- Well being & Mental health
- Community Based Collaborations

(808) 245 - 4536 | carekcc@hawaii.edu
Hale Mālama | Kaua'i Community College | Learning Resource Center 120,121,105
PROGRAM UPDATES

- Pono check-up support sessions for nursing students by utilizing a combination of creative modalities including stories, art, movement, mindfulness etc. This semester, we also invited community members to teach new coping strategies to students, such as Krav Maga - Iserali Self Defense, Ikebana - Japanese flower arrangement etc.
- Open art studio for faculty and staff
- Collaboration with Pualiiimaikalani Rossi in honoring Hawaiian Language Month
- Collaboration with UH PAU Violence campaign of 2020
- Collaboration with the Prevent Suicide Task Force Kaua‘i and provided trainings on Suicide Prevention, Mental Health, Student Accommodations, Classroom Management Strategies

FACTS

- Up to 44% of college students reported having symptoms of depression and anxiety
- Suicide is the third leading cause of death for college students.
- 39% of students in college experience a significant mental health issues (activeminds.org)
- ¼ mental health issues begin at the age of 14; 75% begin at the age of 24 (activeminds.org)
- 64% of people 18-24 with anxiety or depression don’t seek treatment (activeminds.org)
- 89% of college students are experiencing stress or anxiety as a result of COVID-19 (activeminds.org)

WOMEN’S HISTORY MONTH

“There is no greater threat to the critics, cynics, & fear-mongers than a woman who is willing to fall because she has learned how to rise”

- Brené Brown

scan the QR code to view women leaders in Hawaii:

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