

# Personal Support Counseling

*"Yesterday made who you  
are today, but today makes  
who you are tomorrow."*

UNIVERSITY of HAWAII®  
**MAUI COLLEGE**



University of Hawai'i  
Maui College  
310 W. Kaahumanu Ave.  
Kahului, HI 96732



**If you are struggling with depression, anxiety, stress or other emotional issue, you should let someone know.**

**If you were in physical pain, you'd see a doctor.**

**If you were having trouble with a class, you'd speak to your instructor.**

**YOUR EMOTIONAL/PERSONAL NEEDS ARE JUST AS IMPORTANT!!**

**If YOU, or a FRIEND, are having a difficult time, it's important to reach out for support.**

**Contact your Campus Personal Support  
Counselor:  
Aris A. Banaag  
984-3278 or by email @ [arisb@hawaii.edu](mailto:arisb@hawaii.edu)**

**Mari Kanemura  
984-3463 or by email @ [marimu@hawaii.edu](mailto:marimu@hawaii.edu)**