

Tips for College Students: After a Disaster or Other Trauma

If you have experienced a disaster; or if your friends and loved ones have experienced a disaster such as a hurricane or flood, or other traumatic event, you may have distressing reactions or heightened emotions such as feelings of anxiety or fear.

It is also common to think often about the event even if you were not directly affected by it. Especially if you saw it on television or through social media outlets.

Tips for Coping

Talk about it: One of the most helpful things to do is connect with others, don't isolate yourself even though it may be difficult to get started. Share your feelings and concerns with friends & family. Visit Counseling Services for any emotional concerns, or Health Services for physical concerns.

Take Care of Yourself: Rest when you need to, eat healthy meals and snacks, and drink plenty of water.

Give yourself a break from the news: Take a break from social media and news coverage.

Get back to your daily routines: It is a good way to regain a sense of normalcy and help you feel less anxious about the event.

Get involved in your community: Volunteering is a great way to help and can create a sense of connectedness.

UHCL Counseling Services

Visit us in SSCB 3103 to meet with a personal counselor.

All services are free and confidential for students.

Hours: M-Th 8am-7pm and
F 8am-12 noon

No appointment is needed for Harvey related assistance.

<https://www.uhcl.edu/counseling-services/>

We also have Harvey related support groups 9/6-9/12 at noon and 4 pm

Counseling Services Ongoing Services

- Individual Therapy
- Group Therapy
- Couples Therapy
- Psychiatry Services
- Workshops and Presentations
- Biofeedback and Relaxation Room
- Online Mental Health Screenings

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Helpful Resources

FEMA: 1-800-621-3362

www.DisasterAssistance.gov

Red Cross: 1-800 733-2767

<http://www.redcross.org/get-help>

Salvation Army: 1-800-728-7825

<http://www.salvationarmyusa.org>

Mental Health Association Houston:

List of Houston Area Resources

<http://www.mhahouston.org/hurricane-harvey-resource-list/>

Frequently Used Numbers and Offices for UHCL

Health Services: 281-283-2626

Student Assistance Center: 281-283-2722

Student Success Center: 281-283-2450

Admissions: 281-283-2500

Financial Aid: 281-283-2480

Common Reactions of Survivors of Disasters and Other Traumatic Events

- Having trouble falling asleep or staying asleep
- Decrease in energy or are always exhausted
- Feeling wound up or agitated
- Feeling sad or depressed
- Feeling like you have too much energy
- Having stomachaches or headaches
- Feeling irritable or angry - fighting with others for no reason
- Being numb or not having any feelings at all
- Having trouble focusing on schoolwork or other tasks
- Having periods of confusion or difficulty making decisions
- Decreased appetite or finding that you are eating too much
- Thinking you are alone in your feelings; no one is having the same reactions as you
- Drinking alcohol or using drugs to stop your feelings

If you continue to experience emotional distress for 2-4 weeks after a disaster or other traumatic event, or if you just want to talk with a professional, use any of the resources on this flyer to help you or someone you know recover.

Most responses are just normal ways of reacting to the situation. There are no right or wrong responses to the situation around you.

Disaster Distress Hotline

PHONE: 1-800-985-5990

TEXT: "TalkWithUs" to 66746

WEB: disasterdistress.samhsa.gov