



## Tips for College Students:

### AFTER A DISASTER OR OTHER TRAUMA

#### R U A Survivor of a Disaster or Other Trauma? How R U Doing?

If u were involved in a traumatic event, like a disaster or a shooting, it would b common for u 2 feel some anxiety, fear, sadness, or disconnectedness. If u think ur feelings don't matter, know that others may b feeling the same. Ur not alone. If uve been doing nothing b/c of the stress of the trauma, here r some tips that might help u feel better.

### Tips for Coping

#### **Spend Time W/Others and Talk About It.**

This is the #1 way 2 feel better. Some people isolate themselves after a trauma, don't want 2 burden others, or just want 2 b alone. A little time to calm urself is ok, but don't go it alone. Every1 has different ways of reacting, but most people have a need 2 talk about what happened 2 them. Seek friends, family, classmates, and professors u can talk 2 and w/whom u feel safe. U might find ur stronger after a while.

**Take Care of Yourself.** This is easy 2 say, but what does it mean? Limit ur exposure 2 the trauma. 4 example, turn off the TV news that shows the events over and over. Rest, exercise, and eat healthy meals. Do things that will relax u and help u to calm urself. Give urself a break from listening 2 every1 else's stories by doing something upbeat like listening 2 .

**Get Back 2 or Develop Routines.** Having a regular schedule of getting up in the morning and going 2 bed around the same times, and

having meals and exercising around the same time every day can really help u 2 feel better. That way ur body learns when it's time 2 b alert, when 2 relax, and when 2 expect nourishment. This will help control ur emotions. Talking 2 others can also help u feel less alone. Check in w/family or friends at a scheduled time every day to help you feel better, even if u don't notice that ur anxious or upset.

**Move Your Body.** What happens 2 ur body after a trauma is stress. Stress causes a buildup of chemicals in ur body that first helps u 2 respond in case u need to run or fight. But then u need 2 get those extra chemicals out of ur body. Body movement is a good way 2 do that. Deep breathing that focuses on the exhale is something that ne1 can do A3. Walking is one of the easiest exercises, and gentle stretching like yoga is another very good way 2 move toxic chemicals out of ur body. Try 1 or all 3 of these every day for 20–30 minutes. Or maybe dance .

If things r not back 2 normal after 4 weeks, ck out these resources:

## Helpful Resources

Substance Abuse and Mental Health Services Administration Disaster Technical Assistance Center (SAMHSA DTAC)  
Toll-Free: 1-800-308-3515  
Website: <http://www.samhsa.gov/dtac>

### *Treatment Locators*

**Mental Health Treatment Facility Locator**  
Toll-Free: 1-800-789-2647 (English and español)  
TDD: 1-866-889-2647  
Website: <http://findtreatment.samhsa.gov/MHTreatmentLocator>

**MentalHealth.gov**  
Website: <http://www.mentalhealth.gov>  
*MentalHealth.gov provides U.S. government information and resources on mental health.*

**Substance Abuse Treatment Facility Locator**  
Toll-Free: 1-800-662-HELP (1-800-662-4357)  
(24/7 English and español); TDD: 1-800-487-4889  
Website: <http://www.findtreatment.samhsa.gov>

### *Hotlines* ☎

**National Suicide Prevention Lifeline**  
Toll-Free: 1-800-273-TALK (1-800-273-8255)  
TTY: 1-800-799-4TTY (1-800-799-4889)  
Website: <http://www.samhsa.gov>  
*This resource can be found by accessing the Suicide Prevention Lifeline box once on the SAMHSA website.*

**Disaster Distress Helpline**  
Toll-Free: 1-800-985-5990 Text "TalkWithUs" to 66746  
Website: <http://disasterdistress.samhsa.gov>

**National Dating Abuse Helpline\***  
Toll-Free: 1-866-331-9474 Text "loveis" to 77054

**National Domestic Violence Hotline\***  
Toll-Free: 1-800-799-SAFE (7233); TTY: 1-800-787-3224

### *Additional Behavioral Health Resources*

**National Child Traumatic Stress Network**  
Website: <http://www.samhsa.gov/traumaJustice>  
*This behavioral health resource can be accessed by visiting the SAMHSA website and then selecting the related link.*

**Administration for Children and Families**  
Website: <http://www.acf.hhs.gov>

*\*Note: Inclusion of a resource in this fact sheet does not imply endorsement by the Center for Mental Health Services, the Substance Abuse and Mental Health Services Administration, or the U.S. Department of Health and Human Services.*



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