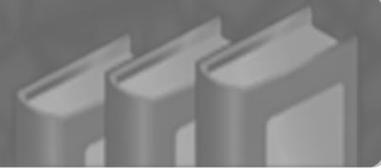


Tips for College Students: After a Disaster or Other Trauma



If you have experienced a disaster; or 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 feeling afraid. It's 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 the University Counseling Center for any emotional concerns, or the University Health Center 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 the social media outlets and news coverage.

Get back to your daily routines: It's a good way to regain a sense of control 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 and meaning

Frequently Used Numbers and Offices for Texas A&M University-Corpus Christi

Islander Help Call Center: 361-825-9999
<http://tamucc.edu/islanderhelp/>

Admissions: 361-825-7024
admiss@tamucc.edu.

Campus Housing
housing@tamucc.edu

Dining Services: 361-825-2760
<https://new.dineoncampus.com/islanderdining>

Financial Aid: 361-825-2338
<http://osfa.tamucc.edu/>

University Counseling Center

Visit the Counseling Center in the Driftwood Building to meet with a personal counselor.

All services are free and confidential for students.

Walk-in hours: M-F 9-11:30am and 1-4pm
No appointment is needed.

After hours: call **361-825-2703**
press 2 to connect to the crisis counselor.

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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>

Izzy's Pantry: 361-825-5202
UC 204 (University Center 2nd flood, end of the hall)

Food Pantries: 361-887-6291
Call the Food Bank of Corpus Christi for your nearest location

Volunteer Opportunities

Student Volunteer Connection
<http://studentactivities.tamucc.edu/SVC/index.html>

Coastal Bend Volunteer Connection
www.cbvc.org

Coastal Bend Disaster Recovery Group
361-596-3741
<http://coastalbendcan.org/cbdrgr>
coastalbenddrgr@gmail.com

Common Reactions of Survivors of Disasters and Other Traumatic Events

- Having trouble falling asleep or staying asleep
- Decrease in energy or complete lack of energy
- Feeling wound up or agitated
- Feeling sad or depressed
- Having stomachaches or headaches
- Feeling irritable or angry. Fighting with others for no reason
- Being numb-not having any feelings at all
- Having trouble focusing on schoolwork or other tasks
- Having periods of confusion or difficulty making decisions
- Not having any 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