



A Statement by the University Counseling Center

We at the University Counseling Center stand united against the violence we are witnessing at every level of society. We denounce violence in all its forms and are particularly distraught when violence is rooted in hate, fear, and oppression. We stand for extending basic human kindness, respect and dignity to all people.

Many in our campus community may be reacting to recent alarming events with anger, sadness, hopelessness, fear, confusion, and helplessness. These are normal reactions to overwhelming and threatening events. These emotional reactions may be even stronger among those who have experienced discrimination, oppression, and violence in its many forms.

We at the University Counseling Center believe in providing support, and in the power of individuals to heal. We encourage you to take care of yourselves and to care for one another. We hope that you will maintain a sense of well-being by using some of the following coping strategies and resources:

Coping Strategies:

- Give yourself permission to feel the way you do
- Talk with others whom you trust
- Eat, sleep, and exercise regularly
- Practice deep breathing
- Avoid using alcohol or drugs to self-soothe
- Consider limiting your access to the 24 hour news cycle

Resources:

- The University Counseling Center is here to help: (801) 581-6826; Room 426 Student Services Building. Please review our Services, Self-help links, and Diversity resources at this website.
- Women's Resource Center: [link: <http://womenscenter.utah.edu/>]
- After Traumatic Events [link: <http://www.apa.org/topics/trauma/index.aspx>]
- Disaster Distress Hotline: 1 (800) 985-5990. This is a 24/7 resource providing crisis consultation to individuals affected by recent events nationally

Portions of this statement were adapted from materials by our colleagues at the University of Maryland Counseling Center