



# COPING WITH HARDSHIP

When we experience hardship, it can be a scary experience. While some reactions are expected, it is important to know what reactions and coping skills are problematic and when to seek help.

## EXPECTED REACTIONS

### **Thoughts**

- Difficulties with attention and decision-making
- Sharper perception
- Confusion and disorientation
- Intrusive or recurring thoughts/images about the event
- Blame (self or others)
- Enhanced appreciation for family, friends, and loved ones

### **Feelings**

- Feeling mentally or physically drained
- Feeling sad and having crying spells
- Fear, worry, or anxiety about the future
- Shock, or feeling emotionally numb
- Irritability and anger
- Loss of interest in things
- Fatigue, muscle tension, and headaches

### **Behaviors**

- Increased alertness and becoming easily startled
- Difficulty eating and sleeping
- Arguing with friends and family members
- Feeling mobilized to take action

*\*Note that distressing reactions should go away over time. If they do not decrease within a couple of weeks, this may be cause for concern.*

### **Seek help immediately if you experience...**

- Increases in risky behavior (e.g. increased substance use)
- Thoughts of hurting or killing self or others
- Helplessness or hopelessness

## COPING SKILLS

### **Helpful**

- Reaching out to family and friends
- Engaging in positive distracting activities (hobbies, sports, etc.)
- Trying to maintain a normal schedule
- Getting enough rest
- Exercising and eating well
- Using breathing and relaxation skills
- Engaging in community recovery efforts
- Seeking individual or group counseling

### **Unhelpful**

- Avoiding thoughts, feelings, and reminders of the traumatic event
- Using alcohol or drugs to cope
- Withdrawing from family and friends
- Withdrawing from pleasant activities
- Overeating or undereating
- Overworking
- Self-harm

SEE REVERSE FOR HELPFUL RESOURCES & CONTACT INFORMATION

# RESOURCES

## University Medical and Mental Health Services:

### **ISU Counseling and Mental Health:**

1001 South 8<sup>th</sup> Avenue  
Pocatello, ID 83209  
Graveley Hall, Floor 3 Room #351  
Phone: (208) 282-2130  
Hours: 8:00am-5:00pm M-F  
[www.isu.edu/counselingcenter/](http://www.isu.edu/counselingcenter/)

### **ISU Health Center:**

990 Cesar Chavez Avenue  
Pocatello ID 83209  
Phone: (208) 282-2330  
Hours: 8:00am – 4:30pm M-F  
[www.isu.edu/healthcenter/](http://www.isu.edu/healthcenter/)

### **ISU Pocatello Counseling Clinic:**

1400 East Terry Street  
Pocatello, ID 83209  
Garrison Hall, Building #63, Floor 7  
Phone (208) 240-1609  
Hours: 10:00am-8:00pm M-Th  
[www.isu.edu/clinics/counseling-pocatello](http://www.isu.edu/clinics/counseling-pocatello)

### **ISU Psychology Clinic:**

1400 East Terry Street  
Pocatello, ID 83209  
Garrison Hall, Building #63, Floor 5  
Phone: (208) 282-2129  
Hours: 9:00am – 6:00pm M-F  
[www.isu.edu/clinics/psychology](http://www.isu.edu/clinics/psychology)

### **ISU Public Safety:**

625 East Humbolt Street  
Pocatello, ID 83209  
Phone: (208) 282-2515  
(208) 282-2911  
Open 24 hours, 7 days a week  
[www.isu.edu/publicsafety/](http://www.isu.edu/publicsafety/)

### **ISU Center for New Directions**

777 Memorial Drive, Building 48  
Pocatello, ID 83209  
Phone: (208) 282-2454  
Hours: 8:00 – 5:00pm M-F  
[www.isu.edu/cnd/](http://www.isu.edu/cnd/)

## Community Medical and Mental Health Services:

### **Pocatello Family Medicine:**

465 Memorial Drive  
Pocatello ID 83201  
Phone: (208) 234-4700  
Hours: 8:00am - 8:00pm M-Th  
8:00am - 5:00pm F  
[www.isu.edu/fmed/](http://www.isu.edu/fmed/)

### **Portneuf Medical Center Emergency:**

777 Hospital Way  
Pocatello, ID 83201  
Phone: (208) 239-1801  
Open 24 hours, 7 days a week

### **South East Idaho Behavioral Crisis Center:**

1001 North 7<sup>th</sup> Avenue  
Pocatello ID, 83201  
Phone: (208) 909-5177  
Hours: 24 hours, 7 days a week

## Housing Services:

### **ISU University Housing:**

745 South 5<sup>th</sup> Avenue  
Pocatello, ID 83201  
Phone: (208) 282-2120  
[www.isu.edu/housing](http://www.isu.edu/housing)

### **Salvation Army – Pocatello:**

400 North 4<sup>th</sup> Avenue  
Pocatello, ID 83201  
Phone: (208) 232-5318

### **SEICAA**

641 North 8<sup>th</sup> Avenue  
Pocatello, ID 83201  
Phone: (208) 232-1114 x 148  
[www.seicaa.org](http://www.seicaa.org)

### **Aid For Friends**

653 South 4<sup>th</sup> Avenue  
Pocatello, ID 83201  
Phone: (208) 254-0290  
Hours: 9:00 – 5:00pm M-Th  
9:00 – 12pm F  
[www.aidforfriendspocatello.com](http://www.aidforfriendspocatello.com)

### **Red Cross - Disaster Relief:**

Phone: (208) 947-4357  
(800) 733-2767  
[www.redcross.org/local/idaho](http://www.redcross.org/local/idaho)

## Online and Telephone Services:

### **Disaster Distress Helpline:**

1-800-985-5990  
<http://disasterdistress.samhsa.gov>

### **Idaho Careline**

Call 2-1-1 or 1-800-926-2588  
[www.idahocareline.org](http://www.idahocareline.org)

### **National Suicide Prevention Lifeline and Veteran Crisis Line:**

Call or text 988  
[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

FOR ANY LIFE THREATENING EMERGENCY, DIAL 911