Tragic events disrupt our sense of what is normal and leave us uncertain as to how to move forward. 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 Testing Service:
1001 South 8th Avenue
Pocatello, ID 83209
Graveley Hall, Floor 3 Room #351
Phone: (208) 282-2130
Hours: 8:00am-5:00pm M-F
www.isu.edu/ctc/

ISU Health Center:
990 Cesar Chavez Avenue
Pocatello ID 83209
Phone: (208) 282-2330
Hours: 8:00am – 4:30pm M-F
www.isu.edu/stuhlth/

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/hpcounsl/

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/psych/psychologyclinic.shtml

ISU Public Safety:
625 East Humboldt Street
Pocatello, ID 83209
Phone: (208) 282-2515
(208) 282-2911
Open 24 hours, 7 days a week
www.isu.edu/pubsafe

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/

Community Medical and Mental Health Services:

Pocatello Family Medicine:
465 Memorial Drive
Pocatello ID 83201
Phone: (208) 282-4700
Hours: 8:00am - 8:00pm M-Th
8:00am - 5:00pm F
www.isu.edu/healthmission/

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

Health West Medical Center:
1000 North 8th Avenue
Pocatello ID, 83201
Phone: (208) 232-6260
Hours: 8:00am-6:30pm M-F

ISU University Housing:
745 South 5th Avenue
Pocatello, ID 83201
Phone: (208) 282-2120
www.isu.edu/housing

Aid For Friends
653 South 4th Avenue
Pocatello, ID 83201
Phone: (208) 232-5669
Hours: 9:00 – 5:00pm M-Th
9:00 – 12pm F
www.aidforfriendspocatello.com

Red Cross - Disaster Relief:
Phone: (208) 947-4357

Salvation Army – Pocatello:
400 North 4th Avenue
Pocatello, ID 83201
Phone: (208) 232-5318

SEICAA
641 North 8th Avenue
Pocatello, ID 83201
Phone: (208) 232-1114 x 101
www.seicaa.org

Housing Services:

SEICAA
641 North 8th Avenue
Pocatello, ID 83201
Phone: (208) 232-1114 x 101
www.seicaa.org

Online and Telephone Services:

Disaster Distress Helpline:
1-800-985-5990
http://disasterdistress.samhsa.gov

Idaho 24-hour Crisis Hotline:
(208)-778-359
Idaho Careline
Call 2-1-1 or 1-800-926-2588
www.idahocareline.org

National Suicide Prevention Lifeline
and Veteran Crisis Line:
1-800-273-TALK
www.suicidepreventionlifeline.org

FOR ANY LIFE THREATENING EMERGENCY, DIAL 911