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 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/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

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

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/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/

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/

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) 234-4700
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

Red Cross - Disaster Relief:
Phone: (208) 947-4357
(800) 733-2767
www.redcross.org/local/idaho

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 148
www.seicaa.org

Aid For Friends
653 South 4th Avenue
Pocatello, ID 83201
Phone: (208) 254-0290
Hours: 9:00 – 5:00pm M-Th
9:00 – 12pm F
www.aidforfriendspocatello.com

Online and Telephone Services:

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

Idaho 24-hour Crisis Hotline:
(800) 564-2120
Idaho Careline
Call 2-1-1 or 1-800-926-2588
www.idahocareline.org

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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