

## ***Are you affected by Hurricane Michael?***

### **FSU has resources to help with immediate needs:**

- [FSU Case Management Services](#) can help you with your immediate needs, **including food**. Case management can also provide counseling services and advocacy.
- Schedule a meeting through [Advising First](#) to meet with your advisor. They can help you make decisions about managing your class load this semester.

Do you have physical symptoms like headaches, stomachaches, tightness in your chest, or changes in your appetite? Do you feel grief for treasured places, things, or people lost in the hurricane? Are you having trouble sleeping? Are you irritable and jumpy? Finding it hard to concentrate? Are upsetting images of the hurricane or its aftermath intruding into your thoughts/dreams? Are you losing interest in things that you usually enjoy?

People can experience a broad range of reactions to a disaster. There's no right or wrong way to feel. It's important to find healthy ways to cope. These are three helpful handouts with information, tips and **national resources to help** college students cope after a disaster like a hurricane.

[College Students Coping after the Hurricane](#)

[Tips for College Students: After a Disaster or Other Trauma](#)

[Tips for Survivors of a Disaster or Other Traumatic Event: Managing Stress](#)

**FSU Main Campus Resources:**

**Do I need to talk to someone?**

Talk through your concerns with a trusted friend, family member, RA, professor, or drop by the UCC to speak to a counselor. [University Counseling Center](#) offers **walk-in sessions (8:00 am-4:00 pm)** with a mental health professional to help you figure out how you are feeling and how you can better cope. **After hours you can call (850) 644-TALK (8255).** The University Counseling Center offers a variety of services that may help you:



**UNIVERSITY  
COUNSELING CENTER**  
*at Florida State University*

- Individual Counseling - short-term therapy is provided at the center to help students address a variety of concerns and issues.
- Group Counseling - Group counseling offers a safe environment in which to give and receive support regarding specific issues, explore healthy behaviors, and develop new ways of coping. It allows an opportunity to learn more about yourself and others in a climate of trust and mutual support.
- Crisis Intervention - Students having a crisis may come to the center to see an on-call counselor without an appointment. A plan will be formulated to address the needs of the student. This plan may include scheduling a follow-up intake, and/or a referral for other services. Clinicians are available to assist faculty/staff as well as parents to identify when it is appropriate to refer a student to the counseling center.
- Referrals - In your initial interview, a counselor will assess your needs and what services may be most appropriate. Students whose needs cannot be met at the UCC may be referred to other departments or services on campus and/or in the community, as appropriate.

### Am I having a hard time keeping up with my classes?



- [The Academic Center for Excellence](#) (ACE) at FSU is available to help students develop study skills and habits to make them successful in the classroom. ACE can provide you with tutoring, specific focus on some of the difficult classes at FSU, personal academic consultation with an ACE instructor, and workshops that provide information on academic success.
- [FSU Case Management Services](#) can help you with your immediate needs, **including food**. Case management can also provide counseling services and advocacy.
- Schedule a meeting with your advisor for your major through [Advising First](#). They can help you make decisions about managing your class load.

### Am I have a hard time balancing it all this semester?

- If so, take a step back and reduce commitments outside of class to create more time for healing.
- Don't be afraid to say no to things you don't have time to do.
- Make a list and prioritize what you need to get done.
- Now, take a few minutes to breathe to reduce your stress. Try our "*Breathing Exercises*" to guide you through taking a breather.
- Finish one thing on your list at a time.
- Take care of yourself first.



### Am I grieving?

- Listen to our *Managing Grief and Loss* audio in the *Real Talk* section of the Resilience project, and
- Seek out additional support and counseling (see resource list below)

### Have I tried some relaxation exercises?

- Check out deep breathing, relaxation videos and audios in *Learn New Skills*, and the *Real Talk* sections of this training.
- Listen to some relaxing music and take a walk outside
- Try to take a break by journaling, coloring, or reading: take a look at *Write to Relax*, in the *Learn New Skills* section, which explains the benefits of writing and different approaches to journaling.
- Get some exercise –check out the classes at [Leach](#), or try our yoga video on our *Learn New Skills* page
- [Outdoor Pursuits](#) offers half day, full day, and multi-day trips focused around hiking, paddling, camping, and even yoga retreats. Different trips are offered every semester for every interest and ability level.



### Can I help someone else?

**To help with FSU Hurricane Michael relief efforts** <https://one.fsu.edu/foundation/donate/seminole-emergency-relief-fund>  
<https://news.fsu.edu/news/university-news/2018/10/15/hurricane-michael-how-to-help/>

- If you feel like you are getting overwhelmed with the events in your life, it may be helpful to **seek out counseling or support**. FSU has multiple counseling and support options available on campus for you:

<b>Confidential Services Indicated with an asterisk (*)</b>	<b>Free for Students</b>	<b>Insurance Taken</b>	<b>Sliding Scale Fees</b>	<b>Other Important Information</b>	<b>Contact</b>
<b>University Counseling Center*</b> <a href="https://counseling.fsu.edu/">https://counseling.fsu.edu/</a>	X			<b>UCC offers the following services:</b> <ul style="list-style-type: none"> <li>• Alcohol and Other Drug Services</li> <li>• Couples Counseling</li> <li>• Crisis Intervention</li> <li>• Eating Disorder Treatment Team</li> <li>• Group Counseling</li> <li>• Individual Counseling</li> <li>• Referrals to other services</li> </ul> <b>Walk-in &amp; Appointment Hours:</b> M-F 8:00am - 4:00pm <b>After- Hours Crisis Services (24/7):</b> (850) 644-TALK (8255)	Located in the Askew Student Life Building 942 Learning Way Tallahassee, FL 32306 <b>Phone:</b> (850) 644-TALK (8255)
<b>FSU Psychology Clinic</b> <a href="https://psy.fsu.edu/php/about/communityservice/psychologyclinic/psychologyclinic.php">https://psy.fsu.edu/php/about/communityservice/psychologyclinic/psychologyclinic.php</a>			X	<b>The Psychology Clinic provides:</b> <ul style="list-style-type: none"> <li>• Individual therapy</li> <li>• Group therapy</li> <li>• Psychological assessments (learning disorders, gifted evaluations, ADHD evaluations, and diagnostic evaluations)</li> </ul> The initial screening appointment will cost \$25, and then fees will be based on a sliding scale. <b>Clinic Hours:</b> Monday-Thursday - 8am to 8pm Friday- 8am to 4pm	1107 West Call Street Tallahassee, FL 32306 <b>Phone:</b> 850.644.3006
<b>Center for Couples and Family Therapy</b> <a href="https://ccft.fsu.edu/">https://ccft.fsu.edu/</a>			X	<b>The Center for Couples and Family Therapy</b> provides marriage and family therapy, couples therapy, and individual therapy to students and	540 W. Jefferson Street Tallahassee, FL 32304 <b>Phone:</b> 850.644.1588

				<p>other community members. The first session is \$30, and each session after that is \$22 for students.</p> <p><b>Hours of operations:</b> Monday - Thursday 9:00am - 8:00pm</p>	
<p><b>UHS Psychiatry Clinic</b>  <a href="https://uhs.fsu.edu/health-care/clinical-services/psychiatry-clinic">https://uhs.fsu.edu/health-care/clinical-services/psychiatry-clinic</a> </p>		X		<p><b>Treatment and therapy with a psychiatrist at UHS will consist of medication management for the following conditions:</b></p> <ul style="list-style-type: none"> <li>• Anxiety</li> <li>• Depression</li> <li>• Bipolar</li> <li>• Schizophrenia</li> <li>• Obsessive-compulsive disorder</li> <li>• Addictions</li> <li>• Attention deficit disorder</li> </ul> <p><b>For more information</b> about insurances and fees contact the Insurance Billing Office at UHS as 644-5453 or 644-1640. Or visit this website:  <a href="https://uhs.fsu.edu/health-care/fees-and-payments">https://uhs.fsu.edu/health-care/fees-and-payments</a> </p>	<p>Located on the 5<sup>th</sup> floor of the Health and Wellness Center            960 Learning Way            Tallahassee, FL 32306  <b>Phone:</b> (850) 644-0579</p>
<p><b>Anxiety and Behavioral Health Clinic</b>  <a href="https://anxietyclinic.fsu.edu/">https://anxietyclinic.fsu.edu/</a> </p>				<p><b>The Anxiety and Behavioral Health Clinic</b> provides cognitive behavioral therapy (CBT) for anxiety and other related conditions.</p> <p>The intake session, which lasts up to 2 hours, will cost \$100. Every session after that, which will last up to 50 minutes, will cost \$50.</p>	<p>1107 West Call Street            Tallahassee, FL 32306  <b>Phone:</b> (850) 645-1766</p>
<p><b>Human Services Center</b>  <a href="https://education.fsu.edu/centers-institutes/human-services-center-hsc">https://education.fsu.edu/centers-institutes/human-services-center-hsc</a> </p>	X			<p><b>The Human Services Center</b> provides free individual, couples, and family counseling to students and community members.</p>	<p>Located in the College of Education (Stone Building) Suite 2207            1114 W. Call Street            Tallahassee, FL 32306  <b>Phone:</b> (850) 644-3857</p>

				<p>Counseling services with the Human Services Center are first come, first serve. If you call, and they are booked, they can put you on a waitlist, or provide another resource for you.</p>	
<p><b>Adult Learning Evaluation Center</b>  <a href="https://education.fsu.edu/centers-institutes/adult-learning-evaluation-center-alec">https://education.fsu.edu/centers-institutes/adult-learning-evaluation-center-alec</a></p>			<p>X (FSU's University Health Insurance)</p>	<p>ALEC provides psychoeducational evaluations for college students who may be experiencing academic difficulties due to a learning disability, Attention Deficit Hyperactivity Disorder (ADHD), and/or other mental health difficulties (e.g., depression, anxiety, bipolar, autism, etc.) that may negatively affect one's academic performance.</p> <p>ALEC also provides ADHD coaching services to assist students in achieving their goals by developing skills and strategies to compensate for areas of functioning affected by ADHD or poorly developed study skills.</p> <p><b>Office Hours:</b> Monday-Friday 8:30am-5:00pm</p>	<p>Located in the College of Education (Stone Building) Suite 2207  1114 W. Call Street  Tallahassee, FL 32306  <b>Phone:</b> (850) 644-3611</p>
<p><b>Student Disability Resource Center</b>  <a href="https://dos.fsu.edu/sdrc">https://dos.fsu.edu/sdrc</a></p>	X			<p><b>The Student Disability Resource Center</b> provides free support services to students with disabilities. These services include:</p> <ul style="list-style-type: none"> <li>• Accommodated Testing</li> <li>• Alternative Text Services</li> <li>• ASL Interpretation</li> <li>• Assistive Technology Lab</li> <li>• Emotional Support Animals</li> <li>• Food Allergies and Accommodations</li> <li>• Housing Accommodations</li> <li>• Note Taking Services</li> <li>• Reduced Course Load Policy</li> <li>• Transportation Services</li> </ul>	<p>108 Student Services Building  874 Traditions Way  Tallahassee, FL 32306  <b>Phone:</b> (850) 644-9566  <b>TDD for the D/deaf:</b> (850) 644-8504</p>

				<ul style="list-style-type: none"> <li>• Common/Study Spaces</li> <li>• Grievance/Complaint Procedures for Persons with Disabilities</li> <li>• What to do if your accommodations are not being provided</li> </ul> <p><b>Office Hours for Students:</b> Monday-Friday 8:00am-5:00pm</p>	
<b>FSU Case Management</b> <a href="https://dos.fsu.edu/cms">https://dos.fsu.edu/cms</a>	X			<p><b>FSU Case Management offers students free services such as:</b></p> <ul style="list-style-type: none"> <li>• Needs assessments</li> <li>• Emotional support</li> <li>• Short-term crisis counseling</li> <li>• Advocacy</li> <li>• Referrals</li> <li>• Academic support</li> </ul> <p><b>Office Hours for Students:</b> Monday-Friday 8:00am-4:00pm</p>	Located in University Center A Suite 4100 Dean of Students Department Tallahassee, FL 32306 <b>Phone:</b> (850) 644-9555
<b>FSU University Housing</b> <a href="https://housing.fsu.edu/">https://housing.fsu.edu/</a>	X			If you are living on campus, feel free to reach out to your <b>Resident Assistants</b> (RAs). Your RAs are there to support you and help you in any way they can.	Located in the Askew Student Life Building Office 109 942 Learning Way Tallahassee, FL 32306 <b>Phone:</b> (850) 644-2860 or (850) 644-7997
<b>FSU Victim Advocate*</b> <a href="https://dos.fsu.edu/vap">https://dos.fsu.edu/vap</a>	X			<p><b>The Victim Advocate program</b> on FSU’s campus provides numerous resources and support services for victims of crimes. These services include:</p> <ul style="list-style-type: none"> <li>• 24 Hour Confidential Crisis Assistance</li> <li>• Assistance filing protective injunctions</li> <li>• Emotional Support</li> <li>• Evaluation of Options</li> <li>• Information and Referrals</li> <li>• Safety Planning</li> </ul>	Located in University Center A Suite 4100 Dean of Students Department Tallahassee, FL 32306 <b>Phone:</b> (850) 644-7161 If after hours/weekends/holidays: Call FSU PD (850) 644-1234, and ask to speak to an advocate. <b>This does NOT require you to speak to the police or file a report.</b>

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|  |  |  |  | <ul style="list-style-type: none"> <li>• Temporary Safe Lodging</li> <li>• Explanation of Rights, Title IX, &amp; other FSU policies</li> <li>• Accompaniment through Medical &amp; Legal Process</li> <li>• Assistance in Student Conduct Process</li> <li>• Instructor notification and other accommodations</li> <li>• Assistance filing Victim Compensation</li> </ul> |  |
|--|--|--|--|--|--|

**Office Hours:**

Monday-Friday 8:00am-5:00pm

\*\*\* **Confidential:** These programs/offices are the only spaces where staff members are **NOT REQUIRED** to report sexual discrimination, sexual harassment, and sexual violence under Title IX. They will only make a report when specified by the victim. All other programs/offices have standard confidentiality policies.

# FSU Panama City Hurricane Michael Resource Guide

Florida State University has resources to help with many of the challenges you may be experiencing as a result of the storm. We want to assist you in continuing to achieve your academic and career goals, providing you with the opportunity for personal success as a Seminole.

Do you have physical symptoms like headaches, stomachaches, tightness in your chest, or changes in your appetite? Do you feel grief for treasured places, things, or people lost in the hurricane? Are you having trouble sleeping? Are you irritable and jumpy? Finding it hard to concentrate? Are upsetting images of the hurricane or its aftermath intruding into your thoughts or dreams? Are you losing interest in things that you usually enjoy?

People can experience a broad range of reactions to a disaster. There is no right or wrong way to feel. It is important to find healthy ways to cope. These are three helpful handouts with information, tips, and national resources to help college students cope after a disaster like a hurricane:

- **College Students: Coping After the Hurricane -**  
[https://www.nctsn.org/sites/default/files/resources/college\\_students\\_coping\\_after\\_the\\_hurricane.pdf](https://www.nctsn.org/sites/default/files/resources/college_students_coping_after_the_hurricane.pdf)
- **Tips for College Students: After a Disaster or Other Trauma -**  
<https://store.samhsa.gov/system/files/sma13-4777.pdf>
- **Tips for Survivors of a Disaster or Other Traumatic Event: Managing Stress -**  
<https://store.samhsa.gov/system/files/sma13-4776.pdf>



## SEMINOLE EMERGENCY RELIEF FUND

The Seminole Emergency Relief program was created as an emergency fund to provide limited assistance to FSU students, faculty, and staff who experienced a temporary financial hardship due to the hurricane and its aftermath. FSU students and employees experiencing an unforeseen, temporary financial hardship may apply for a grant (up to \$1,000 per calendar year), through the Seminole Emergency Relief at any time.

FSU continuously accepts donations to the Seminole Emergency Relief program in order to assist students experiencing emergent and unexpected financial hardships.

To apply, donate, or learn more, go to:

<https://news.fsu.edu/news/university-news/2018/10/25/are-you-an-fsu-student-or-employee-affected-by-hurricane-michael-heres-how-to-get-help/>



## FSU PANAMA CITY FOOD PANTRY

### FOOD PANTRY

The FSU Panama City food pantry is available to help with food and basic toiletry needs. Temporarily located in the **Holley Center Rotunda**, next to the Information Desk, students, faculty, and staff are invited to pick up non-perishable food items as they are needed. We have many grab-and-go items if you need a quick snack, as well as items for your pantry along with shopping bags for your convenience.

Donations of non-perishable food items and basic toiletry items are also appreciated and can be placed directly on the shelves of our pantry or in any marked donation box.

### ACADEMIC ADVISING & STUDENT SUCCESS

FSU Panama City wants to ensure you have every opportunity for success in your courses and stay on track to achieve your goals. Schedule a meeting with your Academic Advisor to discuss course options and ways to manage your class load. Academic Advising & Student Success is located in **Holley C117**.

Advising appointments are generally 30 minutes each. Advisors are available from 8:30am to 4:30pm, Monday through Thursday and 8:30am to 3:30pm, Fridays. Students who are unable to make appointments during normal business hours may make evening appointments as available. To schedule an appointment or to ask a question, email [advising@pc.fsu.edu](mailto:advising@pc.fsu.edu) or call 850-770-2288.

### PEER TUTORING

Whether you are stuck on a specific problem or need help writing a paper, our tutors are here to help. Student tutoring allows you the ease of talking with a classmate with the comfort of knowing they have been recommended by faculty. They know what they are talking about and they speak your language.

All tutoring is offered in the Robbins Center, **Holley B101 and B102**. Walk-ins are welcome and appointments are not required. Tutoring is available one-on-one and for small groups. Please note: Students are strongly encouraged to email peer tutors in advance about the subject material they would like reviewed.

Tutors are available for courses in accounting, chemistry, electrical engineering, English and writing, finance, information systems, marketing, mathematics, physics, and psychology. If the courses or subject areas you need support in are not listed, please speak with our academic advising team to arrange a tutor.

For a list of our current peer tutors and hours, visit our website at:

<https://www.pc.fsu.edu/students/academic-advising-student-success-center/academic-advising-student-success-center/tutoring>

### STUDENT DISABILITY SERVICES

Student Disability Services monitor the environmental, social, and academic conditions affecting students with disabilities to ensure that appropriate accommodations are made to facilitate their academic pursuits.

The Office of Student Affairs works in cooperation with the Student Disability Resource Center in Tallahassee to provide academic support services at no cost to students who meet eligibility requirements. Students with temporary disabilities may also receive services from this office.

It is the responsibility of the student to initiate contact with the Office of Student Affairs to register for academic support services. To register for services, students must complete a Request for Service form and provide documentation of their disability to the Office of Student Affairs. Student names and the nature of their disabilities are kept confidential and are used solely to provide requested and needed services.

Student Disability Services is temporarily relocated in the **Office Building 118** while repairs are made to the Barron Building's upper floors. To schedule an appointment, call 850-770-2172.

For more information, visit our website at:

<https://pc.fsu.edu/students/student-disability-services>



## COUNSELING CENTER

The Counseling Center offers walk-in sessions or appointments with a licensed mental health counselor 8:00am to 4:00pm, Monday through Friday. Students who are unable to visit during office hours may make arrangements for evening appointments as available. Counseling services are free and confidential for all FSU Panama City and Gulf Coast State College students. Call 850-770-2174 (office) or 850-739-0591 (call or text) to schedule an appointment. The Counseling Center is temporarily relocated in the **Office Building 113** while repairs are made to the Barron Building's upper floors.

The Counseling Center offers the following services that may help you:

- **Individual Counseling** – Short-term therapy is provided to help students address a variety of concerns and issues.
- **Crisis Intervention** – Students having a crisis may come to see the counselor without an appointment. A plan will be formulated to address the needs of the student. This plan may include scheduling a follow-up intake and/or referral for other services.
- **Referrals** – In your initial interview, the counselor will assist your needs and what services may be most appropriate. Students whose needs cannot be met at the Counseling Center may be referred to other departments or services on campus and/or in the community, as appropriate.

For more information, visit our website at:

<https://pc.fsu.edu/students/student-services/counseling-services>

## FSU STUDENT REILIENCE PROJECT

The Student Resilience Project is a web-based, research-informed toolkit developed to encourage students' wellness by helping them learn to manage stress in healthy ways and increase their sense of belonging. The website features videos, skill-building activities, resources, and information including podcasts by campus experts.

Check out the project at: <https://strong.fsu.edu>

## GULF COAST SEXUAL ASSAULT PROGRAM

The Gulf Coast Sexual Assault Program provides services to adult and minor victims of sexual violence in Bay, Gulf, Jackson, Calhoun, Washington, and Holmes Counties. A 24 Hour Hotline (866-218-4738) serves to provide immediate telephone crisis intervention services to all primary and secondary victims of sexual violence.

By calling this hotline, the caller will be assisted in evaluating immediate needs, provided information about available resources, provided information about the effects of sexual violence, general information about medical and legal issues, offered advocacy services and provided options regarding next steps. Any request made to the Sexual Assault Program will prompt a response by one of our qualified Victim Advocates within an acceptable time frame. Advocates can provide multiple referrals and information, crisis counseling, court accompaniment, and provide support for the client in their time of need.

If you would like to learn more about the Gulf Coast Sexual Assault Program, please contact the office at 850-872-7760 or visit their website at:

<http://www.gulfcoastcac.org/our-programs-gulf-coast-sexual-assault-program.aspx>

## GENERAL COPING TIPS

### Are you having a hard time balancing all of your commitments?

- Take a step back, evaluate, and reduce commitments where you are able.
- Do not be afraid to say “no” to things that you do not have time to do.
- Make a list and prioritize what you need to get done.
- Finish on thing on your list at a time.
- Take a few minutes to breathe to reduce your stress.
  - Try our “Breathing Exercises” to guide you through taking a breather: <https://strong.fsu.edu/learn-new-skills/relaxation-skills/breath-to-relax/>
- Take care of yourself first.

### Are you grieving?

- Listen to our “Managing Grief and Loss” audio in the Real Talk section: <https://strong.fsu.edu/real-talk/>
- Seek out additional support and counseling.

### Have you tried some relaxation exercises?

- Check out deep breathing, relaxation videos and audios in the Student Resilience Project: <https://strong.fsu.edu>
- Listen to some relaxing music and take a walk outside.
- Take a break by journaling, coloring or reading.
  - Take a look at Write to Relax which explains the benefits of writing and different approaches to journaling: <https://strong.fsu.edu/learn-new-skills/write-to-relax/>
- Get some exercise.
  - Try our yoga video: <https://strong.fsu.edu/learn-new-skills/yoga/>

- Take the ½ mile walk around campus (follow the Seminole spears on the sidewalks).
- Play a round of disc golf on the campus course.

### **Do you want to help someone else?**

- Donate to the Seminole Emergency Relief Fund:  
[https://one.fsu.edu/foundation/donate/unit/applied-studies/panama-city/seminole-emergency-relief-fund?fbclid=IwAR1ltbSHlwN6BvZ\\_lwxKkVwOXQBQF4A4Zf0Ib6RRsgIP1KliLD\\_Z9BSdLzk](https://one.fsu.edu/foundation/donate/unit/applied-studies/panama-city/seminole-emergency-relief-fund?fbclid=IwAR1ltbSHlwN6BvZ_lwxKkVwOXQBQF4A4Zf0Ib6RRsgIP1KliLD_Z9BSdLzk)
- Join Operation Seminole Tribe by contacting the Student Government Council at [sgc@pc.fsu.edu](mailto:sgc@pc.fsu.edu). Students, faculty, and staff reach out neighborhoods in our community to connect them with resources and supports available.
- Make a donation of non-perishable food items or small toiletry items to the Food Pantry in the Holley Center next to the Information Desk.