

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 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:

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

				<p>other community members. The first session is \$30, and each session after that is \$22 for students.</p> <p>Hours of operations: Monday - Thursday 9:00am - 8:00pm</p>	
<p>UHS Psychiatry Clinic https://uhs.fsu.edu/health-care/clinical-services/psychiatry-clinic</p>		X		<p>Treatment and therapy with a psychiatrist at UHS will consist of medication management for the following conditions:</p> <ul style="list-style-type: none"> • Anxiety • Depression • Bipolar • Schizophrenia • Obsessive-compulsive disorder • Addictions • Attention deficit disorder <p>For more information about insurances and fees contact the Insurance Billing Office at UHS as 644-5453 or 644-1640. Or visit this website: https://uhs.fsu.edu/health-care/fees-and-payments</p>	<p>Located on the 5th floor of the Health and Wellness Center 960 Learning Way Tallahassee, FL 32306 Phone: (850) 644-0579</p>
<p>Anxiety and Behavioral Health Clinic https://anxietyclinic.fsu.edu/</p>				<p>The Anxiety and Behavioral Health Clinic 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 Phone: (850) 645-1766</p>
<p>Human Services Center https://education.fsu.edu/centers-institutes/human-services-center-hsc</p>	X			<p>The Human Services Center 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 Phone: (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>Adult Learning Evaluation Center https://education.fsu.edu/centers-institutes/adult-learning-evaluation-center-alec</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>Office Hours: 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 Phone: (850) 644-3611</p>
<p>Student Disability Resource Center https://dos.fsu.edu/sdrc</p>	X			<p>The Student Disability Resource Center provides free support services to students with disabilities. These services include:</p> <ul style="list-style-type: none"> • Accommodated Testing • Alternative Text Services • ASL Interpretation • Assistive Technology Lab • Emotional Support Animals • Food Allergies and Accommodations • Housing Accommodations • Note Taking Services • Reduced Course Load Policy • Transportation Services 	<p>108 Student Services Building 874 Traditions Way Tallahassee, FL 32306 Phone: (850) 644-9566 TDD for the D/deaf: (850) 644-8504</p>

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

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