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](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](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.

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 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](https://pc.fsu.edu/students/student-disability-services)

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**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](https://pc.fsu.edu/students/student-services/counseling-services)

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**FSU STUDENT RELIANCE 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](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_lwxKkVw0XQBQF4A4Zf0l6RRsgP1KkkLD_Z9BSdLzk](https://one.fsu.edu/foundation/donate/unit/applied-studies/panama-city/seminole-emergency-relief-fund?fbclid=IwAR1ltbSHlwN6BvZ_lwxKkVw0XQBQF4A4Zf0l6RRsgP1KkkLD_Z9BSdLzk)
- Join Operation Seminole Tribe by contacting the Student Government Council at 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.