

# Coping With Hardship

We're on the Web!  
[www.isu.edu/ctc/](http://www.isu.edu/ctc/)

Idaho State  
UNIVERSITY

See Reverse for a List  
Of Resources!

Counseling and Testing Service

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 8<sup>th</sup> 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/](http://www.isu.edu/ctc/)

### **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/hpcounsel/](http://www.isu.edu/hpcounsel/)

### **ISU Public Safety:**

625 East Humbolt Street  
Pocatello, ID 83209  
Phone: (208) 282-2515  
(208) 282-2911  
Open 24 hours, 7 days a week  
[www.isu.edu/pubsafe](http://www.isu.edu/pubsafe)

### **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/](http://www.isu.edu/stuhlth/)

### **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](http://www.isu.edu/psych/psychologyclinic.shtml)

### **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/](http://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/](http://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 8<sup>th</sup> Avenue  
Pocatello ID, 83201  
Phone: (208) 232-6260  
Hours: 8:00am-6:30pm M-F

## Housing Services:

### **ISU University Housing:**

745 South 5<sup>th</sup> Avenue  
Pocatello, ID 83201  
Phone: (208) 282-2120  
[www.isu.edu/housing](http://www.isu.edu/housing)

### **Salvation Army – Pocatello:**

400 North 4<sup>th</sup> Avenue  
Pocatello, ID 83201  
Phone: (208) 232-5318

### **Aid For Friends**

653 South 4<sup>th</sup> Avenue  
Pocatello, ID 83201  
Phone: (208) 232-5669  
Hours: 9:00 – 5:00pm M-Th  
9:00 – 12pm F  
[www.aidforfriendspocatello.com](http://www.aidforfriendspocatello.com)

### **Red Cross - Disaster Relief:**

Phone: (208) 947-4357

### **SEICAA**

641 North 8<sup>th</sup> Avenue  
Pocatello, ID 83201  
Phone: (208) 232-1114 x 101  
[www.seicaa.org](http://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](http://www.idahocareline.org)

**National Suicide Prevention Lifeline  
and Veteran Crisis Line:**

1-800-273-TALK  
[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

**FOR ANY LIFE THREATENING EMERGENCY, DIAL 911**