



SUPPORTING THOSE THAT HAVE EXPERIENCED TRAUMA

The support of family and friends is critical when someone is coming to terms with a traumatic event, and there's a lot you can do to help the person affected.

It can be difficult to see someone you care about struggle with the distress caused by a traumatic event. You may find yourself worrying about their well-being and you may feel helpless when confronted by their emotional reactions to the event.

People who experience difficulties following a traumatic experience may seem 'shut down' or distant, and you may feel 'shut out'. For some people, this happens because they are trying not to think about the trauma, or trying to block out painful memories. Others may feel sad or numbed, or lack the energy to do things. They may stop participating in family life, ignore your offers of help, or become irritable.

It is important to remember that these reactions are signs that your loved one may not be coping. These reactions are not necessarily about you - they really need your ongoing support, but are struggling to see a way out of their distress, and are struggling to ask for help.

GET IN TOUCH



wellbeing@mst.edu



[@sandtwellbeing](https://www.instagram.com/sandtwellbeing)



(573).341.4211



THIS MONTH'S HEALTH AND WELL-BEING FEATURED RESOURCES



MISSOURI S&T RESOURCES:

Safety Group: In the Safety Group, you will experience a highly structured group with the goal of reducing PTSD or trauma symptoms and increasing feelings of personal safety.

The Safety Group meets every Tuesday at 3pm over Zoom. It is facilitated by Lynne Davidson, MA, LPC. Contact Student Well-Being to learn more using the contact information at the bottom of the page.

COVID Health & Vaccine Information: Student Well-Being has created a resource database (with the assistance from many campus members) to help provide information related to COVID-19, in 26 different languages.

This database is part of our ACHA CoVAC Grant Initiative. View here:



Let's Talk: Do you want to talk to a well-being professional, but you don't want to schedule an appointment just yet? Let's Talk is a program that provides easy access to informal, confidential conversations with trained Student Well-Being staff during walk-in hours at sites around campus. No appointment or fee necessary.

Let's Talk Locations (all 12pm-1pm):

Mondays: Student Success Center (198 Toomey)

Tuesdays: Havener Center

Wednesdays: Zoom (928 8425 6154)

Thursdays: Student Well-Being (204 Norwood Hall)

Fridays: Zoom (928 8425 6154)

GET IN TOUCH



wellbeing@mst.edu



@sandtwellbeing



(573).341.4211