

COPING WITH HARDSHIP

We're on the Web!
www.isu.edu/ctc/

Idaho State
UNIVERSITY

See Reverse for a List
Of Resources!

Counseling and Testing Service

**When we experience hardship, it can be a scary experience.
While some reactions are expected, 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 8th 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/

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/clinics/counseling-pocatello

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/publicsafety/

ISU Health Center:

990 Cesar Chavez Avenue
Pocatello ID 83209
Phone: (208) 282-2330
Hours: 8:00am – 4:30pm M-F
www.isu.edu/healthcenter/

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/clinics/psychology

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/

Community Medical and Mental Health Services:

Pocatello Family Medicine:

465 Memorial Drive
Pocatello ID 83201
Phone: (208) 234-4700
Hours: 8:00am - 8:00pm M-Th
8:00am - 5:00pm F
www.isu.edu/fmed/

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 8th Avenue
Pocatello ID, 83201
Phone: (208) 234-4700
Hours: 8:00am-6:30pm M-F

Housing Services:

ISU University Housing:

745 South 5th Avenue
Pocatello, ID 83201
Phone: (208) 282-2120
www.isu.edu/housing

Salvation Army – Pocatello:

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

Aid For Friends

653 South 4th Avenue
Pocatello, ID 83201
Phone: (208) 254-0290
Hours: 9:00 – 5:00pm M-Th
9:00 – 12pm F
www.aidforfriendspocatello.com

Red Cross - Disaster Relief:

Phone: (208) 947-4357
(800) 733-2767
www.redcross.org/local/idaho

SEICAA

641 North 8th Avenue
Pocatello, ID 83201
Phone: (208) 232-1114 x 148
www.seicaa.org

Online and Telephone Services:

Disaster Distress Helpline:

1-800-985-5990
<http://disasterdistress.samhsa.gov>

Idaho 24-hour Crisis Hotline:

(800) 564-2120
Idaho Careline
Call 2-1-1 or 1-800-926-2588
www.idahocareline.org

National Suicide Prevention Lifeline and Veteran Crisis Line:

1-800-273-TALK
www.suicidepreventionlifeline.org

FOR ANY LIFE THREATENING EMERGENCY, DIAL 911