



Coping with the Virginia Tech Tragedy ~ We're here to Help!

We are all deeply saddened by the tragedy that transpired on the campus of Virginia Tech. The shootings at Virginia Tech have affected and will continue to affect many lives both directly and indirectly. Experiencing a traumatic event often causes people to make behavior or lifestyle changes in an attempt to cope with the resulting stress. It's important to understand that there is no "typical" reaction to tragedy. Experiencing new emotions and the fear of the unknown are perfectly normal. Feelings of anxiety and stress are also normal at times like this.

NSU's Counseling Centers and your (EAP) Magellan Program are here to help and support you and your family members during this difficult time.

You can contact your Magellan Program at **1-800-416-0835**. Counselors are available 24 hours a day, seven days a week to provide confidential assistance at no cost to you.

To contact a counselor at NSU's Davie Campus Psychology Services Center, please call **(954) 262-5730** or visit their website at: <http://www.cps.nova.edu/> for more information. Click on Clinical Services link.

To contact a counselor at NSU's Brief Therapy Institute, please call **(954) 262-3030** or visit their website at: <http://shss.nova.edu/ExperTrainCommServ/bti.htm> for further information.

Additional Resources to Help You Cope with the Stress of this event:

- [Common Responses to Traumatic Events](#)
- [Effects of Traumatic Experiences](#)
- [Helping Your Bereaved Friend](#)
- [Moving Through Grief](#)
- [Overcoming Your Fears and Anxiety](#)
- [Post-Trauma Do's And Don'ts](#)
- [Returning to Normal in the Wake of Tragedy](#)
- [Supporting a Friend Through the Loss of a Loved One](#)
- [Tragedy Aftermath: Taking Care of Yourself](#)
- [Understanding the Teenage Grieving Process](#)