

If you are a (fairly) normal, competent, intelligent person, you will feel traumatized by trauma events, individual or community or global, sometimes even if that trauma happened to another person or occurred a long time ago. Sometimes people push the trauma healing away for a few weeks or months just to cope. If you are particularly sensitive, insightful, intelligent, or tender-hearted, wounds may take a bit longer to heal.

No one goes through life without periods of sadness, hurt, anger, and other difficult feelings. Here's what we know—you can move through pain faster and with greater learning by doing it with others.



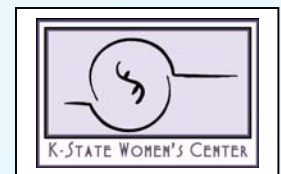
## Where to find Help?

You can connect—(four sessions free)—with a great counselor for trauma healing, anxiety, depression, study problems, biofeedback, wellness, family and relationship issues, and much more at the KSU Counseling Services (785.532-6927) and you can even set up your appointment online at <http://www.k-state.edu/counseling/> This website has lots of info for you to look at as well. Counseling Services can also help you locate an off-campus therapist.

If you ever feel like hurting yourself, or hurting someone else, or your hard feelings get **o v e r w h e l m i n g**, stop by Counseling Services (west of the library, second floor of the English Department) or please call the **emergency room** at Mercy Hospital –call 911 or **785.776.3322**.

**On campus: Find a SafeZone Ally:** to get resources about the KSU Student Attorney, to learn about how the Office of Student Life can help you, to learn about the various offices on campus such as Affirmative Action, KSU Police, the Marriage and Family Center, etc.

The K-State Women's Center assists **all students** who are **victims of violence**. Check us out at [www.k-state.edu/womenscenter/](http://www.k-state.edu/womenscenter/)



Here are a few topnotch websites you can visit:



<http://www.k-state.edu/safezone/>  
Use the interactive map to find a SafeZone ally in your building.

<http://www.metanoia.org/suicide/>  
<http://mentalhealth.samhsa.gov/>  
<http://www.hopeline.com/>  
<http://www.elsajoy.com/one.html>