

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.

Also--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—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.

The K-State Counseling Services or the Women's Center advocate can also help you if you want to locate an **off-campus therapist**. CALL US!

For assistance in dealing with a **sexual assault or a crime of violence**: Call us at 532-6444 for an appointment, or visit our webpage: <http://www.k-state.edu/womenscenter/>

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 the counseling services (just west of the library) or please call the emergency room at Mercy Hospital –call 911 or 785.776.3322

**Find a SafeZone Ally to talk to here on KSU Campus:**



<http://www.k-state.edu/safezone/>

**Here are a few websites you can visit:**

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