COPING WITH TRAUMATIC EVENTS
Please access each resource by clicking links!

Helpful Handouts
- Distress Tolerance
- Common Reactions to Trauma
- Self-care inventory

Books and Podcasts
- The Healing Trauma Podcast
- Ten Percent Happier Podcast
- Become an Active Operator of Your Nervous System | Deb Dana

Seeking Professional Help
- Thrivingcampus
- A Therapist Like Me
- OASIS
- 988 Suicide and Crisis Lifeline
- Trevor Project
- National Resources for Survivors and Their Loved Ones

Campus Resources
- Case Management
- Trauma Recovery Group
- Student Veteran Services
- Student Health Services
Social Media

- @the.holistic.psychologist
- @healingfromptsd
- @jordanpickellcounseling
- @nedratawwab
- @selfcareisforeveryone

Apps

- WellTrackBoost
- Tappy: Self Care Fidgeter
- Finch: Self Care Widget
- Mindshift CBT - Anxiety Relief
- Daily Bean: Similar to Finch
- Insight Timer
- Calm
- Exhale - Designed for BIWOC
- Headspace
- TheDareResponse
- Mindfulness Coach
- Breathe2Relax
- Liberate - For BIPOC and/or 2LGBTQ+
- Shine - For BIPOC and/or 2LGBTQ+

Interested in learning more?

Counseling Center Services

The AppState Counseling Center offers a variety of services including short-term individual counseling, group therapy, workshops, self-help resources, referral coordination, and more! To get started, schedule an initial consultation at 828-262-3180.

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