Resource Bank for COPING WITH TRAUMATIC EVENTS

Please access each resource by clicking links!

### Helpful Handouts
- Distress Tolerance
- Common Reactions to Trauma
- Self-care inventory
- 30 Days of Self-Care Plan
- Self-Help Resources for Grief and Loss

### 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
- Group therapy - Counseling and Psychological Services: Trauma Recovery Group
- Student Veteran Services
- Student Health Services
- Let's Talk - Counseling and Psychological 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.

1st Floor, Miles Annas Building | counseling.appstate.edu | (828)262-3180 | counseling@appstate.edu | @appstatecounselingcenter