

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](#)



## Social Media

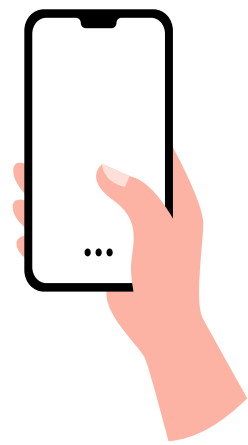
### Instagram

- [@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+](#)



## List Your Own!

### 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.

1st Floor, Miles Annas Building | [counseling.appstate.edu](http://counseling.appstate.edu)  
(828)262-3180 | [counseling@appstate.edu](mailto:counseling@appstate.edu) |  
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