



*A Note from the Counseling  
and Testing Center Staff*

*The Counseling & Testing Center staff join with the rest of our campus community in recognizing a need for us to come together during these stressful times and support each other. We also recognize that each of us respond differently to trauma and stress, but it is critical that we never lose sight of the fact that we are a caring community with individuals from many walks of life.*

*It is understandable that many of us may struggle or feel disconnected from others during these times. As events progress in the United States and other parts of the world, we may become scared, angry or confused. It is always better to take time and acknowledge our feelings no matter what they might be and reach out to others. Talk to friends and family about your thoughts and emotions. Reach out to faculty and staff, who most likely are experiencing similar feelings. If need be, come into the Counseling & Testing Center for support; but whatever you decide, remember you do not have to be alone. As our nation comes to grip with this tragedy and on-going events surrounding it, let us remember that the important things in life are our relationships with each other.*

*Let us know if we can help. We care.*

*University Counseling & Testing Center Staff*

