

# CARING FOR YOURSELF AND SEEKING SUPPORT

Experiencing grief and difficulty moving forward is normal and expected when violence occurs on campus grounds.

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**Grief** is a normal response to any form of loss and it may present differently for different individuals. Grief can show up as a combination of emotions such as shock, disbelief, denial, anger, panic, anxiety, distress, blame, and sadness, and it can also affect other areas of your functioning such as decreased concentration and energy, social isolation, irritability, feeling overwhelmed, etc. It is important to acknowledge and create space for the wide range of emotions you may experience in response to loss.

**At this moment** focus on taking care of yourself. Find the ways that feel right for you to help you process these emotions; whether it is gathering friends, seeking support from family, chosen family, reaching out for professional support, and/or practicing self care. CAPS and other resources at GMU remain available to you.

## Counseling Support

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If you are concerned about your ability to keep yourself or others safe or are currently experiencing significant emotional distress, we encourage you to contact CAPS at 703-993-2380 to speak with a crisis counselor and determine how best to support your needs.

For mental health crises when we are closed, please call CAPS at 703-993-2380 and select option 1, to connect with an after-hours crisis counselor.

Your faculty, department, and school leadership want you to prioritize your health and well-being above all else. If you feel that additional academic support and flexibility would be beneficial to you, your first step should be to contact your faculty member directly to ask for assistance managing assignments, deadlines, or other specific requests for flexibility. Your academic dean can also provide additional academic support. Additionally, you can also reach out to Student Support and Advocacy Center (SSAC) or Disability Services (DS) for further support.

## Resources

TimelyCare: [timelycare.com/gmu](https://www.timelycare.com/gmu)

CPS Emotional Support Line 703-215-1898

Crisis Link Text: Text CONNECT to 85511

Crisis Link (NOVA hotline): 703-527-4077

National Suicide Prevention Lifeline:  
800-273-8255