

Responding to Loss

When we experience a loss, we are affected mentally and emotionally. There is no right or wrong way to feel. We encourage you to give yourself and others permission to experience your reactions, to take care of yourself, and to ask for help as best you can.

Some common reactions you might experience:

- Shock
- Sorrow
- Numbness
- Fear
- Anger, irritability
- Disillusionment
- Sadness, grief
- Trouble sleeping
- Difficulties concentrating
- Social withdrawal, isolation, strained personal relationships
- Physical symptoms (unexplained aches/pains, nausea, fatigue, low energy)

Coping strategies:

- Relaxation and distraction skills (breathing, 5 senses grounding exercise)
- Engage in favorite activities (music, talking with friends, reading, being in nature, movement that brings you joy)
- Connect with friends and family that you trust and are good listeners
- Honor your feelings – it's normal to experience a range of feelings after a loss
- As best you can, keep to your daily routine.
- Get plenty of rest, eat balanced meals, engage in movement/exercise.
- Avoid alcohol and drugs as they can suppress your feelings rather than help you to manage and lessen your distress. In addition, alcohol and drugs may intensify your emotional or physical pain
- Get help for yourself if you need it. Don't feel ashamed, afraid, or guilty about talking to a doctor, therapist, or member of the clergy if you need to. You have every right to feel the way you do.

SHAC is here to support you. Please call (503-725-2800) or walk in to speak with a CS counselor

SHAC hours are: 9-5 Monday–Thursday and 10-5 on Friday

PSU Resources

Center for Student Health and Counseling	503-725-2800
Dean of Student Life Office/PSU CARES	503-725-4422

Community Resources

** 24 hr mental health support*

Multnomah County Crisis Line*: 503.988.4888

Ayuda en Espanol*: 1.888.628.9454

Crisis Text Line*: Text HOME to 741741

Crisis Line for Racial Equity Support (calls answered by BIPOC counselors): 503.575.3764 (M-F 10am-7pm)

Cascadia Urgent Walk-in Clinic: 7am-9pm Monday - Friday and 9am-9pm Saturday-Sunday | 4212 SE Division St Ste 100 Portland, OR 97206

Suicide & Crisis Lifeline*: 988 - Call, text or chat

[The Trevor Project](#) Crisis Line*: 866.488.7386 or text "START" to 678-678 | Mental health support for LGBTQ young people

Call to Safety* (Domestic Violence): 503.235.5333

CULTURALLY SPECIFIC CRISIS RESOURCES

People of Color Crisis Text Line ([The Steve Fund](#))*: Text STEVE to 741741

[Amala Muslim Youth Hopeline](#): 1.855.952.6252 (1-855-95-AMALA)

Ayuda en Espanol*: 1.888.628.9454

Thrive Text Line*: Text THRIVE to 1.313.662.8209 Support for people with experiences of oppression

Amala Muslim Crisis Text Line*: Text SALAM to 741741 | Mondays, Wednesdays, Fridays, Saturdays, and Sundays from 6PM-10PM

Crisis Line for Racial Equity Support (calls answered by BIPOC counselors): 503.575.3764 (M-F 10AM - 7PM)

[The Trevor Project](#) Crisis Line*: 866.488.7386 or text "START" to 678-678 | Mental health support for LGBTQ young people

[Warm lines that don't use police](#)