

Mental health after a disaster

as a college student

What makes college students **different**?



You may be away from your family, living in campus.



You may be in a new and unfamiliar environment.



You may experience peer pressure to use drugs and alcohol.



You may still rely on your family for financial help.

There are lots of **common reactions** to disasters.

No reaction is wrong.



You may experience withdrawal or feeling alone.



You may have difficulty concentrating.

Some helpful tips



Talk to someone, like a campus resident assistant or someone at the student health center.



Get involved with your campus ceremony.



Re-establish your daily routines.



Get active; try going for a run or doing yoga.