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.
