



COPING WITH HARDSHIP

When we experience hardship, it can be scary. While some reactions are to be expected, it is important to know what reactions and coping skills are problematic and when to seek help.

EXPECTED REACTIONS

Thoughts

- Difficulties with attention and decision-making
- Sharper perception
- Confusion and disorientation
- Intrusive or recurring thoughts/images about the event
- Blame (self or others)
- Enhanced appreciation for family, friends, and loved ones

Feelings

- Feeling mentally or physically drained
- Feeling sad and having crying spells
- Fear, worry, or anxiety about the future
- Shock, or feeling emotionally numb
- Irritability and anger
- Loss of interest in things
- Fatigue, muscle tension, and headaches

Behaviors

- Increased alertness and becoming easily startled
- Difficulty eating and sleeping
- Arguing with friends and family members
- Feeling mobilized to take action

**Note that distressing reactions should go away over time. If they do not decrease within a couple of weeks, this may be cause for concern.*

Seek help immediately if you experience...

- Increases in risky behavior (e.g. increased substance use)
- Thoughts of hurting or killing self or others
- Helplessness or hopelessness

COPING SKILLS

Helpful

- Reaching out to family and friends
- Engaging in positive distracting activities (hobbies, sports, etc.)
- Trying to maintain a normal schedule
- Getting enough rest
- Exercising and eating well
- Using breathing and relaxation skills
- Engaging in community recovery efforts

Unhelpful

- Avoiding thoughts, feelings, and reminders of the traumatic event
- Using alcohol or drugs to cope
- Withdrawing from family and friends
- Withdrawing from pleasant activities
- Overeating or undereating
- Overworking
- Self-harm

SEE REVERSE FOR HELPFUL RESOURCES & CONTACT INFORMATION

RESOURCES

University Medical and Mental Health Services

ISU Counseling and Testing Service

1001 South 8th Avenue
Pocatello, ID 83209
Graveley Hall, Floor 3 Room #351
Phone: (208) 282-2130
Hours: 8:00am-5:00pm M-F
www.isu.edu/ctc/

ISU Health Center

990 Cesar Chavez Avenue
Pocatello ID 83209
Phone: (208) 282-2330
Hours: 8:00am – 4:30pm M-F
www.isu.edu/healthcenter/

ISU Pocatello Counseling Clinic

1400 East Terry Street
Pocatello, ID 83209
Garrison Hall, Building #63,
Floor 7 Phone (208) 240-1609
Hours: 10:00am-8:00pm M-Th
[www.isu.edu/clinics/
counseling-pocatello](http://www.isu.edu/clinics/counseling-pocatello)

ISU Psychology Clinic

1400 East Terry Street
Pocatello, ID 83209
Garrison Hall, Building #63,
Floor 5 Phone: (208) 282-2129
Hours: 9:00am – 6:00pm M-F
[www.isu.edu/clinics/
psychology](http://www.isu.edu/clinics/psychology)

ISU Public Safety

625 East Humbolt Street
Pocatello, ID 83209
Phone: (208) 282-2515
(208) 282-2911
Open 24 hours, 7 days a week
www.isu.edu/publicsafety/

ISU Center for New Directions

777 Memorial Drive, Building 48
Pocatello, ID 83209
Phone: (208) 282-2454
Hours: 8:00 – 5:00pm M-F
www.isu.edu/cnd/

Community Medical and Mental Health Services

Pocatello Family Medicine

465 Memorial Drive
Pocatello ID 83201
Phone: (208) 234-4700 Hours:
8:00am - 8:00pm M-Th 8:00am -
5:00pm
www.isu.edu/fmed/

Portneuf Medical Center Emergency

777 Hospital Way
Pocatello, ID 83201
Phone: (208) 239-1801
Open 24 hours, 7 days a week

Health West Medical Center

1000 North 8th Avenue
Pocatello ID, 83201 Phone:
(208) 234-4700 Hours:
8:00am-6:30pm M-F

Housing Services

ISU University Housing

745 South 5th Avenue
Pocatello, ID 83201
Phone: (208) 282-2120
www.isu.edu/housing

Salvation Army – Pocatello

400 North 4th Avenue
Pocatello, ID 83201
Phone: (208) 232-5318

Aid For Friends

653 South 4th Avenue
Pocatello, ID 83201
Phone: (208) 254-0290
Hours: 9:00 – 5:00pm M-Th
9:00 – 12pm F
www.aidforfriendspocatello.com

Red Cross - Disaster Relief

Phone: (208) 947-4357 (800)
733-2767
www.redcross.org/local/idaho

SEICAA

641 North 8th Avenue
Pocatello, ID 83201
Phone: (208) 232-1114 x
148 www.seicaa.org

Online and Telephone Services

Disaster Distress Helpline

1-800-985-5990
<http://disasterdistress.samhsa.gov>

Idaho Careline

Call 2-1-1 or 1-800-926-2588
www.idahocareline.org

National Suicide Prevention Lifeline and Veteran Crisis Line

Call or text 988
www.suicidepreventionlifeline.org

FOR ANY LIFE THREATENING EMERGENCY, DIAL 911