

# Caring for Yourself and Seeking Support

University of Virginia

Division of Student Affairs

The tragic events that occurred on Sunday, November 13th, continue to have an immense impact on the UVA community and beyond. Experiencing grief and having difficulty moving forward is normal and expected in the wake of the violence that occurred on Grounds.

**It is normal** to feel a wide range of emotions during times of hardship. There is no right or wrong way to feel right now. Feelings of denial, anger, sadness, blame, panic, anxiety, and other emotions as we cope with tragedy are to be expected. We can also experience difficulty concentrating and confusion about emotions we may be feeling. It is important to acknowledge the waves of emotions we may experience and understand that different trauma responses are normal. We can grant ourselves permission to notice and feel these emotions. It is also helpful to reach out and express our emotions in ways that feel most comfortable, such as sharing our feelings with a trusted friend or family member, writing the feelings in a journal, expressing them by drawing, or speaking with a counselor. These are just few examples.

**Right now**, focus on taking care of yourself in whatever way feels right—whether it's going home to be with family, gathering with friends or chosen family in Charlottesville, connecting with a counseling resource, or any other form of self-care that helps you process your feelings. The people and resources around UVA will remain available.

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**Need more help? If you need additional resources beyond your support network, know that University resources are here for you and we want you to reach out.**

## Counseling Support

Counseling and Psychological Services (CAPS) recognizes the impact of tragedy on UVA students and is working to support the health and well-being of our community. Contact CAPS by visiting the Student Health and Wellness website or by calling (434) 234-5150, 24 hours a day. UVA Students also have free, on-demand access to virtual, wrap-around mental health care via TimelyCare.

## Academic Support

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. How faculty do so will vary depending on the nature of their course, but they are committed to supporting you. Your academic or association dean can also provide additional academic support, as they can help you identify additional academic resources and plan for the rest of the semester and beyond. If you are managing a disability, you can also seek accommodations from the Student Disability Access Center (SDAC).

## More Resources:

- Resources and events from Student Affairs
- Resources and events from Student Health and Wellness



Student Affairs