



How Did It Come To This??

The recent events in our nation's Capital can be upsetting, frightening, and even traumatizing, especially as we struggle with the effects of the global pandemic and racial injustice. It is normal, reasonable, and even expected during times such as this to experience a range of emotions including fear, anger, anxiety, concern, horrified, worried, or unsettled. Everyone's response will be unique.

Now, more than ever, it is important to acknowledge the fear and discomfort that we may be feeling, and to take time to help ourselves and the people around us. It is important to tend to feelings of being overwhelmed and to make self-care a priority.

We are here to help!

The Wellness Center has Licensed Counselors available both in person and virtually. All services are free and confidential. Feel free to call any time at: (716) 614-6275 or check our web page at: [Personal Counseling - Niagara County Community College \(suny.edu\)](https://www.nccc.edu/personal-counseling)
Other Resources available are:

Active Minds:

- If you are struggling, you can turn to the Crisis Text Line by texting "BRAVE" to 741-741.
- Or, call the Lifeline at: 800-273-TALK (8255)
- If you just need a little pick-me-up and a reminder of how much you matter, text "Hello" to (202) 350-0299. You will be sent mental health resources and Active Mind updates from time to time.

The JED Foundation:

- Text START to 741-741 or call 800-273-TALK (8255) for a confidential conversation anytime.
- JED's [Mental Health Resource Center](#) provides tools to help teens and young adults navigate life's challenges.
- Seize The Awkward has [tips and resources](#) for maintaining mental health and fostering stronger connections with friends and family during challenging moments.
- Our [Love is Louder Action Center](#) provides tools for staying calm, connected, and active, and supporting each other during this time of uncertainty.
- JED's and MTV's [Press Pause](#) includes animated PSAs and an online hub with simple mindfulness techniques — like breathing exercises, meditation, perspective checks, music, and movement — to deal with common stresses and challenges that can make young adults feel overwhelmed or hopeless.
- Our [COVID-19 Resource Guide](#) provides resources and tips for protecting mental health and supporting each other during the COVID-19 pandemic.
- The Substance Abuse and Mental Health Services Administration (SAMHSA) has [Tips for Coping with Traumatic Events](#).

*****If you or someone you know needs immediate help, text "START" or "BRAVE" to 741-741, or call 1-800-273-TALK (8255), dial 911, or go to the nearest Emergency Room.*****

Please contact the Wellness Center at: (716) 614-6275 for further information and questions.

Thank you.

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NCCC