

Help and Resources

To receive additional support please contact The Campus Assistance Program. The Campus Assistance Program is a free and **confidential** resource available to all faculty, staff, residents, students, and employees of LSUHSC.

FOR MORE
INFORMATION
CALL
568-8888



For Help. Call Today.

Campus
Assistance
Program

1542 Tulane Ave. Office 866
Clinical Education Building
New Orleans, LA
70112

Phone: 504-568-8888
Fax: 504-568-3892

LSU
Health Sciences
Center

**Campus
Assistance
Program**

Recovering
From The
Emotional
Aftermath



Prepared by The LSUHSC
Campus Assistance Program.
504-568-8888

Grief



Death's closest companion is grief. The aching pain of bereavement can last for years. Fortunately, there are many support resources to help you heal.

Hurricane Katrina struck with little warning. In an instant your home and community were damaged or destroyed and forever changes. Even

if your home or business did not suffer directly, no one who experiences disaster is untouched by it. For many, the disaster continues as a very real presence: ongoing red tape, repairs, financial problems, prolonged stress, tension and health concerns. Feelings of sadness, depression, frustration, anger and anxiety are common.

The loss or damage to your home, property and personal belongings will set into motion weeks and even months of effort to recover and rebuild. While physical property and possessions are initial concerns that consume your time and energy, emotional reactions to disaster and catastrophic events are often pushed aside or ignored.

It is very common for people to experience a wide range of emotional reactions to a disaster or catastrophic event. However, it is extremely important to remember that they are **NORMAL REACTIONS TO AN ABNORMAL EVENT**.

Contact the Campus Assistance Program at 504-568-8888 for free and confidential assistance.

Warning Signs

Your Behaviors

- Getting to sleep or staying asleep becomes a continuing issue
- Isolating yourself or withdrawing from others
- Keeping excessively busy to avoid the effects of the disaster
- Avoiding activities, places, or even people that remind you of the disaster
- Increasing incidents of anger and conflict with family members or other people
- Increasing reliance on mood altering substances
- Becoming tearful or crying easily for no apparent reason

Your Feelings

- Feeling “not yourself” or out of balance
- Feeling a loss of interest in regular activities
- Feeling a sense of despair, hopelessness, or emptiness
- Experiencing anxiety or fear
- Feeling irritable, short-tempered, or resentful
- Feeling depressed, sad, or down much of the time

Your Thoughts

- Trouble concentrating or remembering things
- Difficulty making decisions
- Replaying the events in your mind
- Recurring dreams or nightmares

Getting Help

The LSUHSC Campus Assistance Program (CAP) is a free service provided by LSU Health Sciences Center to assist faculty, staff, residents, students and employees in the resolution of personal problems.

LSUHSC recognizes that everyone, at some time, needs a “helping hand” or assistance. Whether you have a simple or a complex problem, CAP can help.

If you or an immediate family member has a problem for which you need assistance, you can call the CAP. A counselor will discuss your problem over the telephone or set a time to meet with you personally.

Any contact that you have with the CAP is **confidential**, whether that contact is by phone or personal appointment.

The intent of the CAP is to prevent problems from affecting your job or school performance. It is an offer to help, not an attempt to pry. Early attention to such personal problems can often avoid costly, burdensome consequences.

A Counselor is on call and available to you 24 hours a day, seven days a week. So please call today.

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