Dear WIU Students:

As you are aware, our University community has recently experienced a traumatic event. One of our first priorities is your safety and that you feel secure and the University will continue to share information as it becomes available. While there may be a lot of information appearing on social media, please be aware that this information may only be hearsay or rumor. For the most up-to-date and accurate information, please visit wiu.edu, as well as the University's social media platforms, such as Facebook.

You may be going through a wide range of emotions, including old emotions that may be re-triggered. While individuals experience a traumatic event differently, please however you feel is okay and normal for you, and please also know you are not alone. During this time, remember to:

- be compassionate to yourself and others.
- give yourself time and space to process your experience and feelings.
- spend time with people who support you and/or have shared the experience.
- that you may need to tell your story more than once and that's OK.
- that others may not want to tell the story and may choose to write it out or process in some other way.
- honor your inner voice about what you need and when and how you need it.

Your WIU family is here to support you through this difficult time, and many resources are in place to help. In addition, there are local and national hotlines for people who want to talk anonymously or reach out when others are not available. For a list of resources, go to Emergency Resources. If at any time, you feel you need to talk with a professional, contact the University Counseling Center at (309) 298-2453 or a community agency to set an appointment.

If you don't know exactly what you need, and/or have concerns about someone else, you can complete a Leatherneck Care Report for non-emergencies. WIU staff will reach out to you or the referred person of concern to help identify appropriate resources.

You are not alone.

Take care,

University Counseling Center Staff