Purpose

The Emergency Preparedness Guide: Loss of Life serves to provide students with recommendations for how to best tend support each other through the emotional hardship of grief following a singular or mass loss of life incident.

Individual

- Recognize everyone grieves differently (fear, shock, anxiety, depression, dissociative behavior, substance abuse, loss of sleep, etc)
- Give yourself space to grieve
- Recognize that it is normal to go through the stages of grief
- Appreciate what that person meant to you and lessons learned from their life
- Recognize that there are services and avenues available in case the event happens again
- Be open to seeking assistance; see SHCS contact below

Peer to Peer

- Recognize the signs of grief/trauma in peers
- Recognize signs of mental illness (depression, suicidality, etc)
- Suggest going to Student Health and Counseling Services (SHCS)
- Do not be afraid to open up your feelings and open dialogue to peers

Community

- Vigil/memorial service

Additional Resources

- Student Health and Counseling Services
  UT Professional Building
  6410 Fannin St, Suite 130
  Houston, TX 77030
  Appointments: (713) 500-5171
  Fax: (713) 500-0605
- Helping Students Cope with Trauma after a Disaster, Texas State University