

College and Community Help

Santa Fe College Resources

Counseling Center

Office of Student Development Programs
Building S, room 254
Northwest Campus
352.395.5508

Hours: Monday to Friday 8 a.m. - 4:30 p.m.

After hours: Please call the Alachua County Crisis Center at 352.264.6789

- Crisis or short-term counseling support for students
- Information on grief, suicide, and community resources

Ombudsman

Office of the Vice President for Student Affairs
Building R, room 211
Northwest Campus
352.395.5955

- Informal help for students who need a resolution regarding classes or problems outside of class
- Clarification of policies
- Advice for students on ways to address their concerns and find options for resolving problems

Community Resources

Alachua County Crisis Center

218 SE 24th Street
Gainesville
352.264.6789

- 24-hour telephone or in-person crisis counseling for all residents of the community

For More Information

Visit **Counseling Center**
Student Development Programs
Building S, room 254
Northwest Campus

Phone 352.395.5508

Online Go to www.sfcollege.edu and select Counseling Center in the index.

"Adding value to the lives of our students and enriching our community" is Santa Fe's mission.

Santa Fe College is an equal access/equal opportunity educational institution.

Santa Fe College is accredited by the Commission on Colleges of the Southern Association of Colleges and Schools to award the Associate Degree.

Coping with Loss



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COLLEGE

Coping with Loss

If someone you love or someone else important in your life has died, you can get help and information on coping with loss at the Counseling Center. We provide a safe, quiet place for those who are grieving. With support, you can adjust to the loss with dignity and hope.

What You Can Do

Taking an active part in the grief process can help you and your friends deal with loss. Here are some of the things you can do:

Acknowledge the death

Share your memories with others who are grieving. Attend a memorial service—this can be a healing experience. If you don't have much information about how someone died, learning more about it may help you.

All feelings are normal

The way you respond to loss can vary depending on background, personality and custom, as well as your relationship to the person who died. You may feel confused, shocked, angry, numb, afraid, sad, guilty, powerless, vulnerable, or want to blame others. You may find it hard to concentrate on work or studies. It takes time to adjust to personal loss—there are no rules about how long you may experience grief or recall memories related to the death.

Support grieving friends

Be compassionate with those who are grieving. Do whatever you can—send cards, make phone calls, bring food, visit. Be a good listener. Acknowledge the loss and talk about the person who died. Let those who are bereaved grieve in their own way. Encourage them to take care of themselves.



The Grieving Process

Grief is a normal, natural, and often deeply painful response to loss. You will likely experience many changes throughout the process. People may grieve for weeks or years, depending on their relationship with the person who died. These are some of the stages that many people go through:

Shock

Shock is the first reaction to loss. When you are in shock you may protect yourself emotionally from being too overwhelmed by your loss. You may feel stunned, numb, or disbelieving. It can be hard for you to make even simple decisions.

Suffering

Suffering is a long period of grief during which you gradually come to terms with the reality of the loss. When suffering you may experience a wide range of feelings, thoughts and behaviors and have a sense that life is chaotic and disorganized. You may feel sad, angry, guilty, anxious, sorry for yourself, lonely, powerless, depressed, and feel that life is unfair. You may have trouble sleeping or feel lethargic.

Recovery

In recovery the loss is still felt, but has become part of your more typical feelings and experiences. Life gets reorganized so that, although the loss is still important, it no longer is the center of your thoughts. Recovery allows you to begin to accept the loss, resume a "normal" existence, and direct time, attention, energy and emotion to other parts of your life.

