

TO: University Employees

FROM: Rosemary E. Simmons, Ph.D.  
Director, Counseling Center

DATE: February 15, 2008

RE: Northern Illinois University Shootings

\*\*\*\*\* **PLEASE DISTRIBUTE WIDELY** \*\*\*\*\*

The shootings at Northern Illinois University have left many SIUC students, faculty and staff feeling saddened, vulnerable and shaken. Many of us have friends, family members, and close colleagues who attend and work at Northern Illinois University. The SIUC Counseling Center wants to make sure faculty and staff are aware of the available resources to support their students.

Faculty and staff members may be the first University employees to interact with students who are feeling emotionally distressed due to these shootings. The following brochures which will help you recognize students in distress and also provide you information that you can share with your students.

[APA Help Center - Disasters & Terrorism - "Managing Traumatic Stress: Tips for Recovering From Disasters and Other Traumatic Events"](#)

[APA Help Center - Disasters & Terrorism - "Managing Your Distress in the Aftermath of Shooting"](#)

[APA Help Center - Disasters & Terrorism - "Mind/Body Health: The Effects of Traumatic Stress"](#)

[APA Help Center - Featured Topics - "Warning Signs"](#)

Additionally, the SIUC Counseling Center has walk-in crisis counseling Monday through Friday from 8:00 am to 5:00 p.m. Today, we will remain open until we have responded to students needs.

Students may walk into the Counseling Center or phone and a counselor will be available to speak with them immediately. No appointment is necessary. Please do not hesitate to contact the Counseling Center with any questions or concerns you may have. We are located at the Student Health Center, Room 253. You can reach us at 453-5371 or visit our website at [www.siu.edu/offices/counsel](http://www.siu.edu/offices/counsel)

Remember, the Counseling Center is here to serve SIUC students.