October 3rd, 2016

To:      The Division of Student Affairs

From:  Jeanne Stanford, Ph.D.

            Director, Counseling and Psychological Services

Our community is responding to the recent events at Umpqua Community College with sadness, concern, and solidarity, even as we continue to mourn our own tragedy of May 23, 2014. As the media refers back to the Isla Vista tragedy, you may find unsettling emotions resurfacing.

We all react and express grief differently. Some of us are angry, some scared, and some may be numb or not affected at all. We differ in how we experience and express emotions; some even choose to avoid outward expression.  Some of you may find the news coverage overwhelming and will need to unplug.

Talk with others about how you are feeling and get support if you need it. The resources of Student Affairs are available to help.  No matter what, be sure to take good care of yourself, make the time you need to process your thoughts, eat well, and rest.

We have counselors available for you on-campus should you want to talk with someone, even for just a check in about how you are feeling.

If you feel that someone else needs help, please reach out to them and encourage them to talk as well.

CAPS (Counseling and Psychological Services) can be reached 24/7 at (805) 893-4411. You will also find resources on the CAPS website: [www.caps.sa.ucsb.edu](http://www.caps.sa.ucsb.edu). Student Health has registered nurses available 24/7 through their number (805) 893-3371, and Urgent Care is available weekdays 8 a.m. - 4:30 p.m. without appointments needed.

It is a privilege to be a part of such a caring UCSB community as we begin this new academic year. We are in solidarity with the Umpqua community and remain Gaucho strong!

