

Is What I'm Feeling Normal?

There is no "right" way to feel after an assault, but it's normal to feel complicated emotions:

- Fear & Mistrust of Others
- Guilt, Shame, & Self-blame
- Anxiety & Panic
- Flashbacks or Intrusive Thoughts
- Sadness or Depression
- Difficulty Concentrating
- Anger
- Dissociation – feeling disconnected
- Trouble sleeping or eating

Sound familiar?

HELP IS AVAILABLE

- Confidential Advising on Campus (618) 536-4441
- Counseling & Psychological Services (618) 453-5371



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