

## Emergency Preparedness Guide

PREPARED BY STUDENTS TO SUPPORT STUDENTS  
Loss of Life: Accidental Fatality, Mass Casualty, Suicide

### Purpose

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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

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- 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

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- 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

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- Vigil/memorial service

### Additional Resources

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- [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](#)