

# OSU Grief Support

Grief is a natural process that can feel enormously painful, overwhelming, and exhausting when we experience the death of a loved one or friend. Understanding your grieving experience and taking the steps to address your pain and loss are important and integral components of managing your grief. As a member of the cowboy family, we are here for you.

## Self-Care While Grieving

### Physical Health

Get adequate rest, nutrition and exercise.

### Emotional Health

Give yourself permission to grieve. Allow quiet time to reflect and explore your thoughts and feelings

### Support Group

Consider joining a grief support group. Talk with a religious or spiritual advisor. Support from others reduces isolation and loneliness, and increases one's sense of security and safety.

# Support is Available For You

## Student Counseling Center

University Counseling Services provides grief counseling to students who have experienced a loss. The loss may come in many forms and can include, but is not limited to, the death of a family member, partner, or friend. Students coping with a loss are eligible for grief counseling at no cost to them. Simply contact SCC at (405) 744-5458 or visit [ucs.okstate.edu](http://ucs.okstate.edu) for more information.

## Student Support & Conduct

Student Support and Conduct Staff is available to support your needs and provide resources. Call (405) 744-5470 or send an email at [student.support@okstate.edu](mailto:student.support@okstate.edu)

## OSU Employees: Employee Assistance Program (EAP)

Counseling services are available 24/7. Call (855) 850-2397 or visit [www.guidanceresources.com](http://www.guidanceresources.com) enter OKSTATEEAP as your web ID, then create your user account.

## Crisis Contacts

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SAM (Student Assistance by Mercy)  
licensed counselors available 24/7

(855) 225-2726

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Oklahoma Mental Health and  
Substance Abuse Crisis Line

(800) 566-1343

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National Suicide  
Prevention Lifeline

(800) 273-8255

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Crisis Text Line

Text CONNECT to 741741

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