

Dear USF BULLS Community,

The USF Counseling Center invites you to post-Irma support meetings:

Thursday, September 14, 2017, 5-6pm, MSC 1306, for students, and

Friday, September 15, 2017, noon-1pm, MSC 3709, open to all USF community members (faculty, staff, and students).

These meetings provide opportunities to receive support related to the recent hurricane. Please join us if you believe you would benefit from sharing your feelings and experiences with others, facilitated by trained counselors from the Counseling Center.

Events such as Hurricane Irma can have significant impacts on our emotional and physical health. The Counseling Center is here to help. Online resources are also available, including [this page](#) from the American Psychological Association, and the [SAMHSA Distress Hotline](#).

As always, if you need immediate assistance, call 813-974-2831 and ask to speak with the on-call counselor or stop by our office in SVC 2124.

We look forward to seeing you.