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Staff counselors available to campus community

By **Jeff Samoray**, OU Web Writer

Oakland University **Graham Health and Counseling Center** staff counselors are available for students, faculty and staff needing counseling in the aftermath of the Sept. 11 terrorist attacks on the United States.

Dr. Pamela Warner, staff psychologist at the center, said it's normal to feel somewhat anxious after such tragic events.

"This is the kind of thing that shakes you to the core," Warner said. "Having some heightened anxiety is normal. It's impossible for us to expect ourselves to not have heightened emotions in the aftermath of these events."

Warner suggested that people who are generally anxious about the tragedy talk about their feelings with others who would be of comfort.

"We're available in the Counseling Center and have people on call who can speak to individuals," Warner said. "I would also suggest that people talk to family and friends about their feelings and emotions. If you have lost someone, get in touch with your loved ones. For some people, the most important thing may be to go and be with your family, but know that we are also here to help you process your emotions. If you can't go through your normal everyday routine, if you find that you're not able to put your emotional reactions aside, it might be an indicator that you need to talk about it."

Returning to a regular work routine also can help, Warner said.

"People do take comfort in the rituals of everyday life," she said. "It's helpful and comforting to know that you have a job to do. Knowing that you still have a job to do and the rest of your life to deal with helps keep people functioning as individuals. But if you notice that talking with family and friends and getting back to your work routine aren't working, you can come in and make an appointment with us."

The **Graham Health and Counseling Center** is open Monday-Friday from 8 a.m. to 5 p.m. and evenings by appointment. To schedule an appointment, call the center at (248) 370-3465.

SUMMARY

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