

April 20, 2007

Dear UAlbany Students:

As we continue to hear about the sad and tragic events that took place at Virginia Tech early this week, you may be struggling to understand how and why this could happen. There may never be satisfactory answers. It is normal for people to experience a variety of emotional and even physical reactions following such a disturbing and traumatic situation.

As we go through this very difficult time, both as individuals and as a campus community, we want to remind you know of some resources for support that are available on our campus.

- The University Counseling Center (442-5800, Health and Counseling Building, Second Floor) is available to provide a range of services, including individual counseling and support, as well as consultation in person or via telephone or e-mail (consultation@albany.edu).
- The Middle Earth Hotline (442-5777) offers free and anonymous peer assistance to students. The hotline is open from 12 noon to 12 midnight Monday through Thursday and 24 hours a day on weekends when classes are in session.
- The University Counseling Center website (www.albany.edu/counseling_center/) contains a information about our services as well as valuable links to other web sites that students find very helpful.

In addition to these on-campus resources, the American Psychological Association Help Center has posted a web page especially for college students, focusing on strategies for coping and healing in the aftermath of the Virginia Tech shootings. The web link is: <http://helping.apa.org/articles/article.php?id=151>. There are additional resources on this web site that are relevant to people who want more information about coping with very serious and difficult situations.

Our hearts and thoughts are with the Virginia Tech community and with the members of our own campus community who have been touched by this great loss. We have heard from some of our students who have friends at Virginia Tech and who have been in some way affected by this tragedy in their own lives. We encourage and invite any members of our campus community who would like support or assistance to contact the Counseling Center via e-mail at consultation@albany.edu or phone at 442-5800.

Sincerely,
Estela M. Rivero, Ph.D.
Director, University Counseling Center