Our Campus Is Grieving

Our campus has suffered a tremendous loss with the deaths of James Adams, Paxton Harvieux, and Michael Goodgame and our thoughts of support are with Will Sparks and Conor Eckert during their recovery. SHAC wants to provide information and support to those students who are grieving, through online education about grief and loss and via face-to-face counseling resources at SHAC.

In many instances, people can move through their grief with the assistance of their existing supports and resources. However, sometimes you need outside help or assistance to keep yourself from "going under," or getting "perpetually stuck" in your grief. These conditions can happen especially if you are experiencing multiple stressors or coping with cumulative grief. These warning signs include continuing bouts of depression, social withdrawal and isolation, suicidal thoughts, deliberate self-harm, or continuing feelings of helplessness, hopelessness, and despair. **If you want support with your grief, especially if the above circumstances apply to you, please reach out to Student Health and Counseling (507-222-4080) to meet with a counselor or utilize the 24/7 on-call counselor (by calling 507-222-4080 and pressing #2; or dialing 855-705-2479).**

Please view our webpage with suggestions on [What You Need During Grief](#).