Coping in the Aftermath of the Paris Terrorist Attacks

The world was left in a state of shock following the terrorist attacks in Paris on Friday, November 13th that killed at least 129 people.

Whether you experienced the incident first hand, were a witness, or heard about it from others, a critical incident such as the events in Paris can jeopardize your physical and/or psychological integrity, as well as those close to you. It is common and normal to experience emotional aftershocks following a horrible event. However, distress and substantial stress may limit your ability to cope, impair your ability to adjust and negatively impact your work environment.

The stress response is a natural reaction to any challenge. Sometimes the stress reaction appears after a few hours or days following the event. Other times, signs and symptoms will appear after a few weeks or even months. Some common signs and symptoms of stress include: anger, depression, confusion, apprehension, irritability, fear and withdrawal.

Although these are normal and understandable reactions to challenging events, seeking professional support is an essential step in dealing with these reactions. Getting help when you need it is a good way to take control of your life. Deer Oaks is here to provide free, confidential guidance and resources when you need it most.

Your EAP offers the following individual and organizational services:

- In-the-moment telephonic support
- Short-term counseling
- Family counseling
- On-site Critical Incident Stress Debriefings (CISDs)
- Seminars on resiliency and self-care
- Telephonic management consultation
- Online articles and information

Call your EAP today for confidential assistance. We are available 24 hours a day, 7 days a week.

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Fact Sheet: The Attacks on Paris, France

At least 129 people died in Friday night's rampage of shootings at Paris cafes, suicide bombings near France's national stadium and a slaughter inside a concert hall. The Islamic State of Iraq and the Levant (ISIS, ISIL) claimed responsibility in an online statement. The statement said eight ISIS militants wearing explosive belts and armed with machine guns attacked precisely selected targets in the French capital. The spokesman said 180 people had been injured, 99 of whom were in critical condition. American citizens were among the injured and the U.S. government was working closely with French authorities to identify the victims, the State Department said Saturday morning. 70 U.S. citizens are known to be in France; whereabouts are unknown. The death toll is expected to rise significantly, said Paris' Deputy Mayor, Patrick Klugman. The attacks were the deadliest in France since World War II.

As a result of the attacks, President Hollande announced Friday that a state of emergency was being declared in Paris. The state of emergency could mean restrictions on people's movements, among other measures, French Interior Minister Bernard Cazaneuve said. Border controls were tightened Friday, and the gendarmerie paramilitary police are on heightened alert, he said.

Where: The attacks were at the following locations:

Bataclan Concert Hall
- At least 112 people were killed here, according to the French interior ministry, though the Paris prosecutor said the number was "around 80."

Stade de France
- Four people were killed outside the sports stadium in Saint-Denis, a suburb to the north of Paris.

Other locations
- At least 14 people were killed at the site of the restaurant Le Petit Cambodge located on Rue Bichat in the 10th district of Paris.
- At least 19 people were killed outside a bar called La Belle Equipe on Rue de Charonne in the 11th district of Paris.
- Four people died on Avenue de la Republique in the 10th district of Paris.

Information Contact:
Assistance for U.S. Citizens
U.S. Embassy Paris
2 Avenue Gabriel
75008 Paris France

Only the consular sections in Paris and Marseille are authorized to issue passports. The other offices provide limited services to U.S. citizens.

Telephone +(33)(1) 43-12-22-22
Emergency After-Hours Telephone +(33)(1) 43-12-22-22
Fax +(33)(1) 42-66-97-83 ; +(33)(1) 42-61-61-40 (Special Consular Services)
E-mail Citizeninfo@state.gov
U.S. Embassy Paris
Security Measures for U.S. Citizens:
On November 13, 2015, there were a number of violent terrorist attacks across several locations in Paris, including in the 10th and the 11th districts, and near the Stade de France. A large number of deaths and injuries have been reported and French authorities have declared a state of emergency. Further incidents are possible.

We strongly urge U.S. citizens to maintain a high level of vigilance, be aware of local events, and take the appropriate steps to bolster their personal security, including limiting their movements to essential activity. U.S. citizens are encouraged to monitor media and local information sources and factor updated information into personal travel plans and activities.

The state of emergency allows the government to prevent the circulation of individuals and to create zones of protection and security. There are reinforced measures throughout the communes in the Ile de France region. These allow for house arrest of any person whose activities are deemed dangerous, the closure of theaters and meeting places, the surrender of weapons, and the possibility of administrative house searches.

The French Government has decided to re-establish border controls and movement may be restricted in some areas.

French elementary schools, high schools, educational establishments and universities will be closed Saturday in the Ile de France region and school trips are cancelled.

Public events in Paris have been cancelled, and public monuments, tourist sites, and many retail outlets will be closed. The American Battle Monuments Commission has temporarily closed U.S. cemeteries in France.

Airports and train stations remain open; however, travelers may expect delays due to heightened security measures. We encourage travelers to contact transport companies for the latest information and to arrive at airports and train stations early.

Public transportation is operational; however, some bus, metro, and tram lines are running on modified routes. For the latest information, please visit ratp.fr.

We suggest U.S. citizens directly contact concerned family members in the United States to advise them of your safety.

The State Department's Travel Website:
http://travel.state.gov/content/travel/en.html
ParisEmergencyUSC@state.gov
1-888-407-4747 (From the United States and Canada)
+1-202-501-4444 (From all other countries)
Emergency Services:
The numbers below are provided for U.S. citizens who are distressed and require emergency services such as assistance with the death, arrest, illness, abduction in process, or injury of an American citizen.

**Borders are closed to all walking and driving. Open to airports and trains.

IN CASE OF EMERGENCY CALL:
In France dial 01.43.12.22.22 [then dial 9 (nine) when you hear the automated greeting].
If you are calling from the U.S., please dial 011.33.1.43.12.22.22 [then 9 (nine)].
The Red Cross of France: +33-1- 44-43-11-00
Indian Embassy: +33 -1-40-50-70-70

Smart Traveler Alert:
A SERVICE OF THE BUREAU OF CONSULAR AFFAIRS
U.S. Department of State

What is STEP?

Benefits of Enrolling in STEP
The Smart Traveler Enrollment Program (STEP) is a free service to allow U.S. citizens and nationals traveling abroad to enroll their trip with the nearest U.S. Embassy or Consulate. You will receive important information from the Embassy about safety conditions in your destination country, helping you make informed decisions about your travel plans. Enrollment will also enable the U.S. Embassy to contact you in an emergency, whether natural disaster, civil unrest, or family emergency.

Help family and friends get in touch with you in an emergency.
https://step.state.gov/step/

Loss of Passport
Although the loss of a U.S. passport can be inconvenient, it is not a life or death emergency for which the Embassy can provide after-hours service. You may contact them during weekday business hours for assistance in replacing your passport. Please see their Lost/Stolen Passports page: http://france.usembassy.gov/emergency-contact.html