Nepal Earthquake: CUNY Work/Life Program Support for CUNY Employees and Families

On Saturday, April 25th, an earthquake measuring 7.8 on the Richter Scale struck the Himalayan country of Nepal. While the damage is still being assessed as reports are still incoming, over 3,000 people have been confirmed killed at this time, with over 4,000 injured. You can stay up-to-date on the latest news on this event by visiting CNN at http://www.cnn.com/world.

The CUNY Work/Life Program, provided through CCA Inc., wants to make sure CUNY employees have the resources and support needed to deal with the earthquake’s continued aftermath. Please remind your employees and managers that the CUNY Work/Life Program is here to help:

- Helpline counselors are available 24/7 to assist your employees, managers, and family members with emotional and logistical recovery at (800) 833-8707
- Your Strategic Account Executive, Account Manager and Manager Consult Team are also available 24/7 to help your organization recover and regain normalcy
- My CCA Online, CUNY’s member website (www.myccaonline.com, Code: CUNY), has added a Nepal Earthquake tab on the Home Page in the News for You section. This tab provides important information and resources to help members cope with this disaster. This section offers some articles you may find helpful:
  - Common Reactions After Trauma: Part 1
  - Common Reactions After Trauma: Part 2
  - Coping With Crisis in the Media: Part 1
  - Coping With Crisis in the Media: Part 2
  - Coping With Trauma: How Families Can Be Supportive
  - Earthquakes: Before, During, and After
  - Helping Your Children Cope With Disaster
  - Managing Your Stress: Tips for Survivors of a Traumatic Event

There are many other articles and resource links on this site that may be of use to people looking to become more prepared for natural disasters. Living / Safety / Disaster Preparedness and Recovery is a good place to start.

- Additional Resources:
  - Embassy of the United States in Kathmandu, Nepal +977 1 423 4000
    http://nepal.usembassy.gov
    The Department of State has established an e-mail address for those seeking or providing information about the welfare and/or whereabouts of US Citizens in Nepal. Please e-mail NepalEmergencyUSC@state.gov for information and inquiries regarding whereabouts. E-mails must include the name, address, and phone number of the sender, plus any information regarding the individual whose whereabouts are being sought.

- Additionally, information updates will be provided via the following websites:
  - US Embassy Facebook Page: https://www.facebook.com/nepal.usembassy
  - USAID Office of US Foreign Disaster Assistance Facebook Page
    https://www.facebook.com/USAID.OFDA
  - British Embassy, Nepal
    Phone: 977 1 441 0583 or +977 1 441 4588
    BEKathmandu@fco.gov.uk
  - Consulate of Canada, Kathmandu
    Kathmandu, Nepal, Phone: 977-1-444-1976
Canadian citizens requiring emergency consular assistance can contact the Consulate of Canada in Kathmandu at the number listed above.

- Additionally, information updates will be provided via the following Web sites:

  **Government of Canada Consular Emergency**
  http://travel.gc.ca/emergency

  **Consulate of Canada in Kathmandu, Nepal – Earthquake in Nepal**

  **International Federation of Red Cross and Red Crescent Societies – Nepal**
  Red Cross Marg, Nepal
  Phone: 977 1 4270 650
  http://www.icrc.org

  The International Federation of Red Cross and Red Crescent Societies (IFRC) is currently providing search and rescue, first aid medical treatment, food assistance, shelter, and counseling services to individuals affected by the earthquake in Kathmandu. This organization is coordinating efforts through local organizations, and the precise location of aid efforts is unknown.

  **Caritas Nepal**
  Phone: 977 1 5538 172 or 977 1 5539 344
  http://www.caritasnepal.org/contact.html

  Caritas Internationalist, which is the international aid agency of the Catholic Church, has staff members in Kathmandu who are working with partner agencies in Nepal to supply tarps and temporary shelter and coordinate food efforts. This organization is coordinating efforts through local and international partner organizations, and the precise location of aid efforts is currently unknown.

- Please note that the following organizations have headquarters in the United States and currently have teams working with local organizations in Nepal. Due to the loss of power and damaged communication lines, direct numbers to these operations in Nepal and the precise locations to access resources are currently unknown.

  **International Medical Corps**, Los Angeles CA
  Phone: 1 310 826 7800
  https://internationalmedicalcorps.org/nepal-earthquake

  **Mercy Corps**, West Portland, OR 97208 USA
  Phone 1 888 747 7440
  https://www.mercycorps.org

  **Habitat for Humanity International**, Americus GA
  Phone: 1 229 924 6935
  http://www.habitat.org/getinv/contact.aspx

  **World Vision**, Federal Way, WA 98063 USA
  Phone: 1-888-511-6548
  http://www.worldvision.org