



OFFICE OF HUMAN RESOURCES

Dear Faculty and Staff:



We are deeply saddened by the recent shootings involving Democratic lawmakers in Minnesota. Incidents of political violence—especially those involving elected officials—can leave us feeling shaken, angry, overwhelmed, or uncertain.

We understand that such events impact everyone differently, and it's completely normal to experience a wide range of emotions. During times like this, it's important to prioritize your emotional well-being and know that support is available.

Our Employee Assistance Program, **CCA@YourService**, is here for you. It offers free and confidential access to:

- Counseling and emotional support
- Tools for managing stress and anxiety
- Guidance on how to discuss difficult news with children or loved ones

Below are resources that may be helpful to you or your colleagues during this time.

[CCA@YS - Coping with a Traumatic Event](#)

[CCA@YS - Helping Children Cope after Tragedy](#)

[CCA@YS - Supervisors Can Help Ease Employees Grief](#)

If you'd like to speak with someone or explore additional support, please call **800-833-8707** or visit www.myccaonline.com.

Message from CCA – Employee Assistance Program
800-833-8707

www.myccaonline.com

Company Code: CUNY