



Support in Earthquake's Aftermath

February 9, 2023

Dear GCCCD Community,

As we watch the devastation unfold in Turkey and Syria this week, we are reminded of the importance of supporting our communities near and far who are struggling. Many in our GCCCD community have friends and loved ones who have been directly impacted by the earthquakes, and we want to help provide support during this very difficult time.

Following are highlights of available resources to help cope with this tragedy.

Personal counselors on both campuses are available to help students needing to process the catastrophe. Employees have access to 24/7 mental health support services through the [Employee Assistance Program \(EAP\)](#). Additional resources for our students, employees, community and region are provided below.

Resources Available for Students

Grossmont College

- Free mental health appointments are available at the Grossmont College Health and Wellness Center. Please call 619-644-7192 to schedule an appointment or visit the [Health and Wellness Center webpage](#).

Cuyamaca College

- Personal counseling is available at the Cuyamaca College Health and Wellness Center. Please call 619-660-4200, email cuyamaca.pc@gcccd.edu or visit in person on the first

floor of the Student Center. More information is also available through the Health and Wellness Center's [Personal Counseling webpage](#).

Resources Available for Employees

- The [mental wellness and support page](#) on the District's website contains a variety of information and resources available to employees.

Community Resources

- [San Ysidro Health](#) is a local nonprofit providing behavioral health services, Chaldean and Middle Eastern support services, and more.
- [Family Health Centers of San Diego](#) is a local nonprofit providing mental health services, refugee health services, and more.

Support for Those in the Region

Many organizations are working in the region affected by the earthquake. Here are a few, if you are interested in learning more or donating:

- [Doctors Without Borders](#)
- [International Committee of the Red Cross \(ICRC\)](#)
- [UNHCR, the UN Refugee Agency](#)
- [UNICEF](#)

As always, we are a community. We are stronger together.

In unity,

Lynn Ceresino Neault, Ed.D., Chancellor, Grossmont-Cuyamaca Community College District

Jessica Robinson, Ed.D., Interim President, Cuyamaca College

Denise Whisenhunt, J.D., President, Grossmont College