

# Personal Preparedness

## Expect the Unexpected

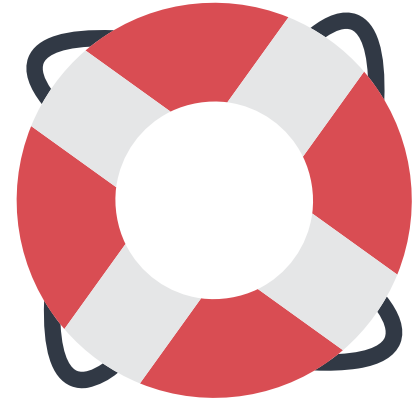
Every day U.S. government employees and family members live with the possibility of a sudden departure from an overseas post – in response to civil unrest, natural disaster, family, or medical emergencies, among others. Emergencies can be more complicated when they happen overseas. The Global Community Liaison Office (GCLO) is available to assist by providing information and resources to help you prepare for the unexpected and develop a personal preparedness plan.

### Resources Available on GCLO's Website:

- Lists for packing Go Bags, Stay Bags, and Shelter-in-Place kits
- List of Important Documents for Foreign Service Employees and Family Members
- *You've Been Evacuated. Now What?* Booklet
- Earthquake Safety at Post
- Contingency Planning for Single Parents and Tandem Couples with Children

### Important Phone Numbers:

- **Global Community Liaison Office:** 202-647-1076
- **U.S. Department of State Main Operator:** 202-647-4000
- **U.S. Department of State Operations Center (emergencies only):** 202-647-1512



# Support Resources

## WorkLife4You

[www.worklife4you.com](http://www.worklife4you.com)

866-552-4748

WorkLife4You offers 24/7 assistance to help U.S. Department of State employees and their family members locate relief organizations and other resources to assist victims of all types of crises.

## USAID Staff Care

[www.usaid.gov/staffcare](http://www.usaid.gov/staffcare)

877-988-7243

Available 24/7, USAID's Staff Care Program promotes a range of programs and initiatives that assist with resilience and wellness for USAID employees and their family members.

## Employee Consultation Services (ECS)

[MEDECS@state.gov](mailto:MEDECS@state.gov)

202-634-4874

ECS is staffed by licensed clinical social workers who can provide confidential counseling to U.S. Department of State employees and their family members. These services are offered locally and worldwide.

## Overseas Crisis Readiness

[www.state.gov/overseas-crisis-readiness](http://www.state.gov/overseas-crisis-readiness)

An online resource created by Foreign Service Institute's (FSI) Transition Center and Leadership and Management School to help U.S. government families and members of household prepare for crisis overseas.

## Security Awareness Courses

[www.state.gov/security-awareness-training](http://www.state.gov/security-awareness-training)

FSI's Transition Center offers a wide range of security seminars designed to meet the needs of U.S. government employees and their family members.

For more information on personal preparedness, crisis management, and evacuations visit [www.state.gov/gclo](http://www.state.gov/gclo).