



The Mental Health Consequences of Haiti Earthquake

Mental Health Expert Available to Comment on Psychological Impact Of Natural Disasters

The devastating earthquake in Haiti will continue to have an enormous impact on survivors and individuals and families in the New York City area who are Haitian-born, Haitian-American, or who have relatives or friends in Haiti who may have been killed, injured, or left homeless by this event. This traumatic event may also re-trigger trauma responses in others who have been affected by past traumas, even if the events were dissimilar in nature.

Dr. Randy Martin, Director of Crisis and Behavioral Health Technology for the Mental Health Association of New York City, is available to discuss disaster relief and the resources available for those in emotional distress as a result of the earthquake. He can address:

- The common types of emotional reactions to disasters and tragedies;
- How to manage emotional stress related to natural disasters;
- When and how to seek professional help;
- Issues unique to the Haitian community that may make mental health diagnosis and treatment more challenging;
- The resources available in NYC, including LifeNet (1-800-LifeNet), the 24-hour, multi-lingual mental health and substance abuse hotline.

Mental Health Association of New York City (MHA-NYC) is a non-profit organization that addresses mental health needs in New York City and across the nation. It is a local organization with national impact and has a three-part mission of advocacy, education and mental health services. MHA-NYC identifies unmet needs and develops culturally sensitive services and programs to improve lives while promoting the importance of mental wellness. www.mhaofnyc.org

LifeNet (1-800-LifeNet) is a 24-hour, multi-lingual mental health and substance abuse hotline staffed by mental health professionals who assess individuals and provide them with resources for treatment or other kinds of social/emotional support. LifeNet [sponsored by MHA of NYC] is available to all NYC-area residents (and visitors) who may be impacted by this earthquake.

To arrange an interview with Dr. Martin, please contact Jen Marcus at (212) 576-2700 or jmarcus@goodmanmedia.com.

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