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## **Resources Are Available to Help With Sandy-Related Emotional Distress This Holiday Season**

NEW YORK, NY – December 17, 2012 – The holidays are here again, but for many in the tri-state area the joy will be tempered by the aftereffects of Hurricane Sandy.

While some stress around the holidays is natural and normal, families who have been displaced or are suffering economically as a result of Sandy-related losses may have additional challenges coping with the 2012 holiday season. Maintaining regular daily routines and spending time with supportive persons can help many manage these stresses. However, if you or someone you care about is having a difficult time coping, there are readily available resources here to help you.

The Mental Health Association of New York City (MHA-NYC) and its subsidiary Link2Health Solutions, Inc. provide a range of effective services to help people experiencing emotional distress as a result of Hurricane Sandy. For those in New York City, LifeNet (800-LIFENET), along with Spanish LifeNet (877-AYUDESE) and Asian LifeNet (877-990-8585), the city's only accredited, multi-lingual, multi-cultural crisis hotline is available 24/7. For all others impacted by Sandy, the national Disaster Distress Helpline is accessible by calling 800-985-5990 or texting 'TalkWithUs' to 66746 (Spanish-speakers can text 'Hablanos' to 66746).

LifeNet was also chosen by public mental health authorities as the service to call for persons experiencing trouble coping with the challenges from Hurricane Sandy, as part of Project Hope. Project Hope is a FEMA funded crisis counseling program provided through New York State to help those in NYC, Long Island and the Lower Hudson Valley recover and heal following the disaster.

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***The Mental Health Association of New York City (MHA-NYC) is a not for 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 services, advocacy and education. After the events of 9-11, LifeNet became a central service in the largest federally-funded disaster mental health response in the nation's history, "Project Liberty." LifeNet was also called upon by the American Red Cross to assist in their Mental Health Recovery Program post-9/11 and again in 2005 after Hurricane Katrina devastated the Gulf Coast. For over 40 years, MHA-NYC has offered innovative and culturally sensitive services that promote the importance of mental wellness. [www.mha-nyc.org](http://www.mha-nyc.org)***

**Link2Health Solutions, Inc. (L2HS)**, a subsidiary of the Mental Health Association of New York City, is a leading innovator and developer of technology and communications infrastructure critical for supporting the emotional well-being of individuals and communities in need. Through its service networks and agency partnerships, L2HS administers high-quality programs that reach over a million people every year throughout the country. [www.l2hs.org](http://www.l2hs.org)