



FROM: MHA-NYC

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For Immediate Release

INAUGURATION WEEKEND, SUPPORT IS AVAILABLE 24/7

NEW YORK, N.Y. (January 19, 2017) –The National Suicide Prevention Lifeline experienced a significant, but short term increase in call volume the day before and after the election this past November. On Monday, November 7, 2016, there was a 15% increase in Lifeline calls, and a 51% increase on the Spanish Lifeline number.

There were two “spikes” —or surges—in call volume on the Lifeline on the Wednesday morning after 2016 Presidential results were announced as well. Call surges during the 1am-2am and 8am-9am hours on Wednesday, November 9, were both about 140% higher than usual.

With that in mind, the Mental Health Association of New York City (MHA-NYC), which administers the National Suicide Prevention Lifeline, understands that some may experience anxiety or stress as Inauguration Day arrives. This is not a reflection of party affiliation or politics. Change can bring stress. If you or someone you know is struggling, please know that you are not alone. There are resources available 24 hours a day, seven days a week.

“Abrupt change and the uncertainties it can bring can be challenging for anyone,” said Dr. John Draper, the Director of the National Suicide

Prevention Lifeline and the Clinical Director of MHA-NYC. “It is important for everyone to know they are not alone and that there are people and resources available to help them.”

To reach an MHA-NYC administered helpline:

National Suicide Prevention Lifeline: Call 1-800-273-TALK (8255) or [chat online here](#).

NYC Well: Call 1-888-NYC-WELL, text “WELL” to 65173, or [chat online here](#).

Disaster Distress Helpline: Call 1-800-985-5990 or text TalkWithUs to 66746.

For additional information and resources go to:

<http://suicidepreventionlifeline.org/current-events/election-2016/>

About the Mental Health Association of New York City (MHA-NYC):

MHA-NYC is a non-profit organization with local roots and a national reach that for over 50 years has been leading the way in mental health with our three-part mission of service, advocacy and education. Our mission is to identify unmet needs and develop culturally sensitive programs to improve the lives of individuals and families impacted by mental illness while promoting the importance of mental health. We break down barriers by providing care directly to those who need it, with state of the art telephone, text and web based technologies to respond to community needs where and when that help is needed. We work every single day to save lives and assist those in crisis while providing millions more with the help they need before a crisis can occur. www.mhaofnyc.org

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