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As the One Year Anniversary Approaches, MHA-NYC Offers Specialized Services for People Struggling After Hurricane Sandy

NEW YORK, NY – October 28, 2013 – While many New York communities no longer bear the physical scars of Hurricane Sandy, tens of thousands of New Yorkers are still struggling with depression, anxiety and other mental health issues that stem from their exposure to devastation during the storm. The Mental Health Association of New York City (MHA-NYC) provides immediate counseling to anyone who needs emotional support 24/7/365. People seeking support can call 1-800-LIFENET to speak with a crisis counselor and get connected with Project Hope services.

One year after the storm wreaked havoc across the tri-state area, most people have managed to rebuild their lives. However, many others are grieving the loss of life, pets, homes, businesses, and a way of life that has been forever changed. Some people are still coping after finding new or temporary homes; others are struggling with economic losses. No matter the specific source of distress, mental health concerns can continue to manifest in the months following a disaster such as Hurricane Sandy. As the anniversary of the storm approaches, MHA-NYC is available with 24/7/365 crisis counseling and support for Sandy survivors (including children and teens), loved ones of victims, first responders, rescue and recovery workers.

“The anniversary of Hurricane Sandy may remind people of the pain and feelings they experienced, but this can also be a time to reflect on the accomplishments survivors have made since the storm,” said Melany Avrut, Program Manager for Project Hope LIFENET. “We’re proud to be here for New Yorkers in need of emotional support.”

MHA-NYC requests that journalists and bloggers include the following information in all articles about Hurricane Sandy: ***People seeking emotional support after Hurricane Sandy can call 1-800-LIFENET for counseling 24/7/365.***

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MHA-NYC is a non-profit organization that addresses mental health needs in New York City and across the nation. We are a local organization with national impact and have a three-part mission of services, advocacy and education. For over 40 years, MHA-NYC has identified unmet needs and worked to develop culturally sensitive services and programs to improve lives while promoting the importance of mental wellness. Learn more at www.mhaofnyc.org