



COUNTY OF SAN DIEGO NEWS ADVISORY

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COUNTY HOSTS MENTAL HEALTH SUMMIT

Culturally Appropriate Mental Health Services Are Key during a Disaster

WHAT: Providing culturally appropriate services during a disaster will be one of dozens of workshops at the **XV Cultural Competence and Mental Health Summit** hosted by San Diego County's Mental Health Services (MHS).

During the two-day event, local, state and federal mental health experts will discuss how California's evolving communities require culturally responsive mental health services.

WHEN: **Tuesday, March 25, 2008 at 3:00 p.m.**
Complete Summit Agenda: www.cimh.org

WHERE: **Town and Country Hotel and Convention Center**
500 Hotel Circle North

WHY: "Disaster Response with Cultural Competence" will be presented by Dr. Piedad García, Director of MHS's Adult/Older Adult Services and Chair of the Summit's Conference Planning Committee.

Stress and grief are normal reactions to abnormal situations, like disasters.

During a disaster, some survivors may experience frustration, anger, and feelings of helplessness.

The culture of communities must be taken into consideration when providing mental health services during a disaster.

Stigma of mental illness is a barrier that discourages individuals and their families from seeking help.

To obtain more information on mental illness or to seek services, call the County's multi-lingual Access and Crisis Line at (800) 479-3339.

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