



## PUERTO RICO: Puerto Rico Ramps Up Mental Health Training

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State: Puerto Rico

[NPR](#) [1]

Following Hurricane Maria, Puerto Rico is working to address its increased rates of suicide and mental health issues. The nonprofit disaster relief organization AmeriCares has begun to expand the island's mental health services by training first responders to cope with stress. The mental health and resiliency training aims to teach emergency medical technicians how to care for themselves so that they can better care for others. A recent training session in Humacao was led by two local psychologists who stressed the importance of community in dealing with mental health issues related to the storm. According to psychologist and trainer Elexia Suarez, neighbors helping neighbors fosters the "collective hope" that is critical for the island's recovery.

**Spark Extra!** Learn more about suicide prevention among [first responders](#) [2].

### Links within this resource

[1] <https://www.npr.org/2018/06/03/616661117/puerto-rico-ramps-up-mental-health-training>

[2] <http://www.sprc.org/settings/first-responders>

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