

Japan Recovery Project

Addressing Mental Health Issues for the People Affected by the Great Eastern Japan Earthquake and Tsunami

"It is characteristic of the Great East Japan Earthquake that, as well as stress caused by large and sudden changes in daily life and the traumatic experience of the earthquake and tsunami, there are feelings of grief and loss resulting from the huge number of people missing and killed. As well as grief, survivors also experience guilt because, although they tried to escape together, only some were saved. Then there is the shock of identifying bodies, for aid workers as well as victims, resulting in chronic depression or prolonged grief disorder."

-Government of Japan

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*Write "JRP" in the designation box.

On March 11, 2011, a perfect storm of natural and manmade disasters slammed into eastern Japan, killing over 15,000 people, displacing over 300,000, and causing the meltdown of three nuclear reactors whose continued release of radiation threaten the health of the entire country and beyond.

The psychological aftershocks are already starting to be felt. In May alone, over 3,000 men and women committed suicide, roughly 97 each day, a 20% increase over the previous year. **With fewer than 20 Japanese psychotherapists skilled in treating post traumatic stress disorder (PTSD)**, the country is ill-equipped to help those struggling to cope with the aftermath of the disaster.

The Public Health Institute's (PHI) *Japan Recovery Project (JRP)* is designed to right this imbalance. Addressing the most critical needs of the country's psychological infrastructure, JRP will develop the service capacity of local organizations in the most seriously affected areas, delivering culturally appropriate and effective community mental health services to aid those affected by the disaster. JRP's core components include:

- Trainings for healthcare workers and teachers on PTSD – its symptoms, diagnosis, treatment and prevention.
- Trainings for community-based organizations on group counseling and social support services.
- Community forums for evacuees and others affected by the disasters.
- An online chat room offering survivors a forum for support and exchange of thoughts and knowledge.
- A guidebook on PTSD, including proven stress management techniques and appropriate for all ages.



The Japanese people need your help. Your donation will support the Japan Recovery Project's life-saving work on behalf the thousands of men, women and children affected by the earthquake and tsunami disasters. Thank you.

For further information about the Japan Recovery Project, please email Dr. Tooru Nemoto at tnemoto@phi.org.