

Asian Traumatic STRESS POINTS



Asian Society for Traumatic Stress Studies
亞洲創傷心理研究學會

Features ■

Presidential Address

Presidential address for the inauguration ceremony of the society on November 13, 2005



*Dr. Kitty Wu, President
Asian Society for Traumatic
Stress Studies*

C O N T E N T S

Features

- Presidential Address

Knowledge Gateway

- Thoughts on The Role of The Media in Prevention and Recovery from Trauma

Congratulations

- AsianSTSS is the one-millionth company incorporated in Hong Kong!

Upcoming Events

- Seminar on Three Traumas in Women's Life
- Workshop Series on Complex Trauma
- Half-day Seminar on Management of Trauma: From The Acute to The Chronic Phase

Past Events

Application Form

Message from AsianSTSS

CONTACTS

AsianSTSS
c/o Department of Psychology, The Chinese University of Hong Kong, Shatin, Hong Kong

Tel : 852 2609 8084
Fax : 852 2603 5019
Home Page : <http://www.asianstss.org>
E-mail : info@asianstss.org

EXECUTIVE COMMITTEE

President : Dr. Kitty Wu
Vice President : Dr. Eugenie Leung
Secretary : Ms. Esther Ng
Treasurer : Dr. Karen Shum
Scientific Officer : Prof. Catherine Tang
External Affairs Officer : Dr. Chiu Hok Man
Membership Officer : Ms. Yvonne Yu
Publicity Officer : Ms. Cher Liu
Publication Officer : Ms. Rose Wong

It is indeed my great pleasure and honor to address you here as the President of the newly formed Asian Society for Traumatic Stress Studies.

The establishment of the Society in the autumn of 2005 in Hong Kong is certainly related to the coming together of multiple factors which are best described by a Chinese saying for the blessings bestowed on the accomplishment of good things, that is 'in the synchronization of mother nature, environmental, as well as human factors' (天時地利人和).

In the past few years, Asia has endured a number of massive disasters. The outbreak of SARS in 2003, tsunami in South Asia in early 2005, and South Asia Earthquake in late 2005 have taken away the lives of many. The recent bombing incidents in Indonesia and India have demonstrated that Asia is not spared from terrorist attacks.

In Hong Kong, recognition of the psychological needs of the public after disaster has begun since the June Fourth Incident in 1989, and further crystallized after the Lan Kwai Fong Disaster when twenty thousand party-goers participating in the New Year's Eve countdown of 1992 were shocked by a human pile-up caused by the slip of revelers. The disaster resulted in the death of 21 people with an additional 67 injured. Then we have the Pat Sin Leng Hill Fire in 1996 which engulfed a group of 50 student hikers, 4 teachers and 1 volunteer from Fung Yiu King Memorial Secondary School. The fire took away the

lives of 3 students and 2 teachers; nine months afterwards, we have the Garley Building Fire in November of 1996 in which 80 victims were taken to hospital with a final death toll of 40, including 1 senior fire officer. The grotesque scene of the fire which went on for 21 hours was witnessed by the public via live broadcast of mass media.

Even though most of us here might be fortunate enough and not directly affected by these large-scale disasters, civil disasters like road traffic accidents, crime and sudden loss of loved ones are so common in our everyday lives that they are threats to the well being of ordinary people.

We have lessons to learn from these disasters and traumatic events, though through a hard way. As 'master' of the earth which is governed by the law of 'survival of the fittest', we, human beings, have learnt how to prevent and manage disasters through the stories lived by people of many generations. Up to this point in human history, though we cannot prevent all disasters, natural or civil, large-scale or individual, from happening, nor can we do away with all the devastating impact brought on by these disasters, knowledge on prevention and management of traumatic experience are building up, not only via the research work of academics, but also experience of frontline workers in the trauma field, life stories of victims and their families.

Through the setting up of the Asian Society for Traumatic Stress Studies in Hong Kong, we sincerely

hope to provide a forum for exchanging knowledge and building up network for the enhancement of research and service in the trauma field. We hope the general public in the Asian community could benefit from our work via public education of trauma prevention and management. We believe Asia as a community will benefit the most through uniting our efforts together.

We are fortunate enough to be able to establish the AsianSTSS as a fully incorporated company in Hong Kong. We truthfully wish that this platform could be shared with other Asian countries. At this starting point, AsianSTSS is a Hong Kong based society, but from here, we

wish it can be developed into a truly Asian based society with professionals from different Asian countries to participate in the management of the Society.

We will also work on establishing linkage with societies for traumatic stress studies around the world, so that information from the international scene can be easily accessed by our members. In the world of trauma management which is the basis of global humanitarian service, we see no boundary. Perhaps, this is one of the most valuable lessons we as mankind have learnt from the disasters survived by our ancestors.

We are glad that the mission of the AsianSTSS

is recognized by the Company Registry of the Hong Kong Special Administrative Region and the Company Registrar has granted us the honor to bear the special company registration number of 1,000,000. We desire to share this honor and joy with all of you. Thus, we invite you who have interest in the trauma field to join the AsianSTSS, to form a new strength for trauma work and studies in Asia. We also need your help in spreading the news about the establishment of the AsianSTSS and our website: <http://www.asianstss.org> in your workplace and countries, encourage your colleagues to join us, so that voices from all over Asia can be heard on the forum. ■

Knowledge Gateway ■

Thoughts on The Role of The Media in Prevention and Recovery from Trauma

Dr. Karen Hau-Yan Shum, MBBS, MRCPsych, FHKAM(psych), FRANZCP

Tragic accidents, horrific crimes, man-made and natural disasters happen everyday around the globe and are brought home nearer and faster to us now than ever before by mass communication technologies. Mass media is a tool whereby experiences of trauma, together with the associated fear and hopelessness, can be transmitted at high speed to a vast and heterogeneous audience. However, it is also this technology that can cast important influences on how communities prevent and recover from traumas. Exposures to traumatic events can result in a vast array of mental health problems. As helping professionals, we know that effective prevention is as, if not more, important as treatment. Thus, we can no longer ignore the role of the media in propagating or healing traumas. Research and close collaboration between experts of trauma psychology and media in this area are needed.

Ross (2003) described how the media can engage in either the "trauma vortex" or the "healing vortex". At the collective level, "trauma vortex" can exert a contagious and magnetic pull to further the traumatic experience by fueling fear, rage, hopelessness, victimization and violence. Whereas with the "healing vortex", a language supporting trust, self-control, hope, creative problem solving and healing is cultivated.

The media can shape the way how we prepare for and understand traumatic events by its choice of material to be reported and style in delivery. It can cast a lasting effect on how we remember people involved in traumas. The manner and process how victims and their relatives are interviewed can inadvertently etch in more horror, confusion and embarrassment or can provide validation and

support of their sufferings (Cote & Simpson, 2000). Over-exposure of the audience to details of death, destruction and hatred can result in vicarious traumatization while stories of compassion and courage can infuse hope and resilience. The media have a leading role for the public in either the direction of amplifying the traumatic experience or in promotion of healing. Some activities of the media which maximize a community's preparation and recovery from disaster and prevent vicarious traumatization are discussed below (Perez-Lugo, 2004; Ross, 2004).

Enhance preparation for and prevention of trauma

1. Enhance preparedness towards disasters and traumatic events:
By its ability to efficiently and quickly transmit official information about the

coming of natural disaster, e.g. typhoons and earthquakes, it prepares the public to save their own lives and properties. It can also provide information about how to prepare for and handle novel disaster like the bird flu. Stories about how other people and community prepare for and handle natural and man-made disasters can also raise disaster awareness and help people to prepare for future events.

2. Education :

By educating the public about trauma and its effect on individuals and society, e.g. discrimination, bullying and traffic accidents, it helps to put the issues on public and political agenda and influence policies.

To provide a sense of emotional support and companionship through disaster

3. By providing connection with others who had been through and survived similar traumas can be a source of hope.

Helping the public in recovery

4. The media, working with trauma expertise, is well placed to provide in-time information about normal initial traumatic responses, healthy coping and emotional first aid skills. It can also inform the public characteristics of unresolved

trauma and available source of help. This helps to reduce dysfunctional coping, facilitate recovery and encourage early help seeking.

5. Stories of kindness, compassion, courage and recovery will also help the public to overcome feelings of helplessness and regenerate hope.

Helping in community recovery

6. By providing information about damages, losses and needs after disasters on both local and global level, the media can also help to enhance awareness and enlist national and international support for community recovery and solutions.

Adjusting style of news delivery to minimize vicarious traumatization

7. Avoiding excessive showing of traumatic images.
8. Balancing coverage of the traumatic event with coverage of care for the victims and healing stories.
9. Insert warning to viewers about upcoming disturbing sounds / images.
10. Encourage viewers to watch the news in small doses. They need to be informed, but also need to be 'resourced' in between viewings.

It is inherently difficult to balance the role of reporting against the role to care for the victims; the news value of sensational details and free flow of information against being a transmitter of fear and pessimism. Hopefully, with open discussions and debates in the community and among frontline workers, administrators, researchers and scholars in the fields of communication, psychology, education and civil rights, we can be more aware and sensitive about the media's different positions and influences in traumas and disasters.

References

Cote, W., & Simpson, R. (2000). Covering violence: A guide to ethical reporting about victims and trauma. New York: Columbia University Press.

Perez-Lugo, M. (2004). Media uses in disaster situations: A new focus on the impact phase. *Social Enquiry*, 74, 210-225.

Ross, G. (2003). Beyond the trauma vortex: The media's role in healing fear, terror and violence. Berkeley, CA: North Atlantic Books.

Ross, G. (2004). Guide: Media guidelines: From the 'trauma vortex' to the 'healing vortex'. *Journal of Aggression, Maltreatment & Trauma*, 9, 391-394. ■

Congratulations ■



AsianSTSS is the one-millionth company incorporated in Hong Kong !

The mission of the AsianSTSS is recognized by the Company Registry of the Hong Kong Special Administrative Region and the Company Registrar has granted us the honor to bear special company registration number of 1,000,000 !

Registrar of Companies presents certificate to Asian Society for Traumatic Studies Limited (AsianSTSS), the one-millionth company incorporated in Hong Kong in Oct 2005. From left: Mr. Gordon Jones, JP (Registrar of Companies), Dr. Kitty Wu (President of AsianSTSS), and Ms. Selina Lau (Honorary Legal Advisor of AsianSTSS)

Upcoming Events ■

Pending for CE accreditation from various colleges and professional bodies

Date / Time 26 Aug, 2006 (Sat) / 9:00 a.m. to 1:00 p.m.
Title SEMINAR ON THREE TRAUMAS IN WOMEN'S LIFE 「女人之苦」研討會
Topic 1 Managing "Love Trauma"
Speaker Dr. Eugenie Leung 梁若芊博士, *Clinical Psychologist, Castle Peak Hospital*
Topic 2 Managing Postpartum Depression
Speaker Dr. Chiu Hok-man 趙學民醫生, *Psychiatrist in Private Practice*
Topic 3 Managing Gender-Based Violence
Speaker Prof. Catherine Tang 鄧素琴教授, *The Chinese University of Hong Kong*
Moderator Dr. Karen H. Y. Shum 沈孝欣醫生, *Psychiatrist in Private Practice*

Women in the 21-century have to face different challenges throughout their lifespan. In this half-day seminar, three challenges commonly faced by women would be covered. Dr. Leung would share some principles and psychological strategies to help women survive the trauma of broken intimate relationships. Dr. Chiu would discuss the occurrence and management of postpartum depression from a psychiatric perspective. Prof. Tang would focus on the phenomenon of violence against women. All professions working with women are welcome.

Venue Lim Por Yen Lecture Theatre 2, Room N002, Block N, The Hong Kong Polytechnic University
Fees FREE! (Member) \$100 (Non-member)
Co-organizer The Student Affairs Office, The Hong Kong Polytechnic University
Deadline for Application 18th Aug, 2006
Medium of Instruction Cantonese with English Powerpoint

Enrolment Form for Upcoming Events 06 / 07

Title: _____
 Name (with surname in block letters): _____
 Correspondence Address: _____

 Phone: () _____
 Fax: () _____
 E-mail: _____
 Profession: _____
 Position held: _____
 Organization: _____

Join AsianSTSS now and receive member's rate!

Special Offer: Membership application (*page 7*) accompanied with enrolment of any of these workshops will be extended through to our next financial year which will end at 30th Sep 2007.

Please complete and return the enrolment form with a cross cheque payable to Asian Society for Traumatic Stress Studies Limited by mail to:

Asian Society for Traumatic Stress Studies Limited
 c/o Department of Psychology
 The Chinese University of Hong Kong
 Shatin, N.T., Hong Kong

Remarks:

- Seats are served on a first-come-first-serve basis. Priority is given to members/staff of organizing bodies.
- AsianSTSS reserves the right to modify the programme and reject an enrolment at any point in time.
- Enrolment will be confirmed ONLY when full payment has been received by the AsianSTSS. Confirmation will be sent by email or fax one week prior to the workshop.
- Official receipt will be issued at the registration counter. All fees are non-refundable.
- If the Typhoon Signal No. 8 or above, or the Black Rainstorm Warning Signal is hoisted, the workshop will be cancelled. Details of postponement will be announced later.

Enrolment details (please tick as appropriate) :

THREE TRAUMAS IN WOMEN'S LIFE

by Dr. Eugenie Leung, Dr. Chiu Hok Man, and Prof. Catherine Tang

Date: 26th Aug 2006 (a.m.)

Deadline of enrolment: 18th August 2006

AsianSTSS Member FREE!
 AsianSTSS Student Member FREE!
 Non-member HK\$ 100

WORKSHOP SERIES ON COMPLEX TRAUMA

by Prof. Alexander McFarlane

Deadline of enrolment: 30th Sep 2006

Registration on or before Aug 10

	Oct 11 only	Oct 12 only	Both workshops
AsianSTSS Member	<input type="checkbox"/> HK\$ 760	<input type="checkbox"/> HK\$ 760	<input type="checkbox"/> HK\$ 1,330
AsianSTSS Student Member	<input type="checkbox"/> HK\$ 380	<input type="checkbox"/> HK\$ 380	<input type="checkbox"/> HK\$ 665
Non-member	<input type="checkbox"/> HK\$ 950	<input type="checkbox"/> HK\$ 950	<input type="checkbox"/> HK\$ 1,710

Registration after Aug 10

	Oct 11 only	Oct 12 only	Both workshops
AsianSTSS Member	<input type="checkbox"/> HK\$ 800	<input type="checkbox"/> HK\$ 800	<input type="checkbox"/> HK\$ 1,400
AsianSTSS Student Member	<input type="checkbox"/> HK\$ 400	<input type="checkbox"/> HK\$ 400	<input type="checkbox"/> HK\$ 700
Non-member	<input type="checkbox"/> HK\$ 1,000	<input type="checkbox"/> HK\$ 1,000	<input type="checkbox"/> HK\$ 1,800

MANAGEMENT OF TRAUMA - FROM THE ACUTE TO THE CHRONIC PHASE

by Dr. Eugenie Leung, Dr. Karen Shum, Dr. Kitty Wu, and Prof. Lui Tai-lok.

Date: 10th Mar, 2007

AsianSTSS Member FREE!
 AsianSTSS Student Member FREE!
 Non-member HK\$ 100

For enquiry, please send your email to info@asianstss.org or visit our website at www.asianstss.org

Date / Time 11 & 12 Oct 2006 (Wed - Thu) / 9 a.m. to 5 p.m.
Title WORKSHOP SERIES ON COMPLEX TRAUMA
Speaker Prof. Alexander McFarlane MB BS (Hons), MD, FRANZCP, Dip Psychother.
 Professor of Psychiatry, Head of the University of Adelaide Node of CMVH, The Centre of Military and Veterans' Health



Professor McFarlane is a recognized international expert in the field of post traumatic stress disorder. He is the recipient of the Robert Laufer Award for outstanding scientific achievement in the study of the effects of traumatic stress. He has published over 160 articles in various refereed journals and has co-edited three books. Apart from his interest in post traumatic stress disorder in relation to disaster victims, military personnel and other civilian accidents, he has broadened the relevance of this knowledge to the area of those suffering severe mental illness. His research has focused on the epidemiology and longitudinal course of post traumatic stress disorder as well as the neuroimaging of the cognitive deficits in this disorder.

Topic

Day One : 11 Oct 2006 (Wed)	Day Two : 12 Oct 2006 (Thu)
1. Current Understanding of Etiology & Neuroimaging	3. Comprehensive Treatment of Complex Trauma II
2. Comprehensive Treatment of Complex Trauma I	4. Assessment for Litigation Purpose
	5. Disaster Management: Prevention, Debriefing & Early Intervention on a Clinical, Organizational & Community Level for Children and Adults

In this 2-day workshop, Prof. McFarlane would cover the process of assessment through to the management of complex cases with comorbid depression, suicidal ideation and substance abuse. He would cover the use of a range of psychological strategies and medication. He would also discuss the structure of the health services, case referral and issues in co-ordination amongst different professionals and agencies involved.

Venue Lecture Theatre, G/F, Wai Oi Block, Caritas Medical Centre, Shamshuipo, Kowloon.

Fees
One Day : \$800 (Member) \$1,000 (Non-member)
Both Days : \$1,400 (Member) \$1,800 (Non-member)

* Half price for student member !

Medium of Instruction English

Co-organizers Clinical Psychology Department, Caritas Medical Centre
 Division of Clinical Psychology, Hong Kong Psychological Society
 Master Programme in Trauma Psychology, Department of Psychology, The Chinese University of Hong Kong

Date / Time 10 Mar 2007 (Sat) / To be confirmed
Title HALF-DAY SEMINAR ON MANAGEMENT OF TRAUMA: FROM THE ACUTE TO THE CHRONIC PHASE

Topic 1 The Hidden Agenda Behind Everyday Mood Problems

Speaker Dr. Eugenie LEUNG 梁若芊博士, Clinical Psychologist

Topic 2 When They Come to The Doctor for Treatment - Psychiatric Viewpoints

Speaker Dr. Karen SHUM 沈孝欣醫生, Psychiatrist in Private Practice

Topic 3 Psychological Treatment - An Integrated Approach

Speaker Dr. Kitty WU 胡潔瑩博士, Clinical Psychologist i/c, Caritas Medical Centre

Topic 4 Trauma in Everyday Life - Micro and Macro Sociological Perspectives

Speaker Prof. LUI Tai-lok 呂大樂教授, Department of Sociology, The Chinese University of Hong Kong

Recent research has revealed that psychological trauma can result from common occurrences such as traffic accidents, breakup of a significant relationship, domestic violence, suffering from a life-threatening illness or other similar situations. More importantly, even when unrecognized, psychological trauma can create lasting difficulties in an individual's life. In this seminar, various local professionals will be sharing their experiences in best practices for managing traumatic events. A wide range of topics, including hidden agenda behind everyday mood problems, psychiatric, psychological and sociological perspectives on management of trauma, would be addressed. All professionals who are interested in the field of psychological trauma are welcome.

Venue To be confirmed

Fees FREE ! (Member) \$100 (Non-member)

Medium of Instruction Cantonese with English Powerpoint

Past Events ■

Summary Notes of The Public Forum on “Strategic Collaboration on Trauma Research and Management among Asia Pacific Countries” on 12 November 2005

In the Public Forum which was attended by 16 teachers, researchers, service providers and students in the trauma field from Asian and other countries, constructive suggestions were generated. Areas for collaboration included research, networking, training and service. Yet the first and foremost task is to build up a good network with researchers, teachers, service providers, administrators, students, consumers, and anybody interested in trauma work in Asia. The membership of the AsianSTSS should include a diverse mix of geographical area and professions, including frontline service providers, emergency service workers, and consumers. Recruitment of members could be done via internet networking, and also through networking with the humanitarian service providers, such as the Red Cross etc. and other organizations such as World Psychiatric Association, rehabilitation societies, International Society for Traumatic Stress Studies, Society for Human Rights, etc. Collaboration could be in the form of writing position papers on issues of

common concern and conducting research collaboration in Asia. The best way to get people from Asian countries together is by the internet, on-line journal, continuing education programmes and Asian conference. Conferences can be organized at different locations in Asia. ■



Group Photo

1st Asia-Pacific Conference on Trauma Psychology: Life Adversities and Challenges

AsianSTSS successfully held the 1st Asia-Pacific Conference on Trauma Psychology in Hong Kong on 13 November 2005 in collaboration with the Department of Psychology of the Chinese University of Hong Kong and Hong Kong Single Parents Association. The conference attracted participants from various countries and cities, including United States, Australia, China, Taiwan, Singapore, Japan and Macau. Highlights of the event included: Pre-conference public forum on Strategic Collaboration on Trauma Research and Management among Asia-Pacific Countries; pre-conference public

lecture on Cultural Aspects of Trauma Psychology, presented by Prof. John Wilson from Cleveland State University, United States; inauguration of Asian Society for Traumatic Stress Studies; and various symposiums on trauma psychology—Sexual Trauma, Natural Disaster, Earthquake and Tsunami, Life Trajectory Adversities, Assessment of Traumatic Reactions, Post-traumatic Growth & Coping, Treatment of Traumatic Reactions, Preventive Strategies for Trauma Counseling in Macau, Sexual Orientation, Victimization, & Discrimination and Adversities & Support. ■

The Inauguration of Asian Society for Traumatic Stress Studies was held on 13 Nov 2005 in the Chinese University of Hong Kong.



From left: Dr. Karen Shum, Ms. Cher Liu, Dr. Kitty Wu, Dr. C. S. Kan, Prof. John Wilson, Ms. Esther Ng, Ms. Yvonne Yu, Dr. Eugenie Leung and Prof. Catherine Tang



Asian Society for Traumatic Stress Studies 亞洲創傷心理研究學會

Membership Application Form

(Membership does not imply qualification or expertise)

AsianSTSS will treat the data provided by you strictly confidential. AsianSTSS may provide such data for its administrative and service planning purposes. In order to facilitate networking among members who are interested in the trauma field, your personal information may be placed in the Members' Directory of the AsianSTSS website which is only accessible to members of the Society. AsianSTSS will not disclose any personal information provided by you to anybodies or organizations unless you have been informed or it is required to do so by law.

Please put an X in the square boxes if you do not want any of such information to be included in the Members' Directory on the AsianSTSS website <http://www.asianstss.org>.

Title : _____ Name (<i>with surname in block letters</i>): _____		
<input type="checkbox"/>	Correspondence Address : _____	

<input type="checkbox"/>	Phone : () _____	<input type="checkbox"/> Fax : () _____
	<input type="checkbox"/> E-mail : _____	
<i>(AsianSTSS encourages electronic communication with members. Please provide your email address to facilitate communication between AsianSTSS and you.)</i>		
<input type="checkbox"/>	Office Address (<i>if different from correspondence address</i>): _____	

<input type="checkbox"/>	Profession : _____	<input type="checkbox"/> Relevant Academic Qualifications : _____

The Society's financial year runs from 1st October through 30th September, membership fees are not pro-rated.

I hereby enclose my cheque / money order for (please tick one box only):	
<input type="checkbox"/>	Full membership: HKD 200
<input type="checkbox"/>	Student membership: HKD 100 (<i>Student member applicants are requested to send a copy of current and valid proof of full-time student status together with this form</i>)
Please return your membership application / renewal form with your payment by mail to :	
Asian Society for Traumatic Stress Studies Limited c/o Department of Psychology The Chinese University of Hong Kong Shatin, N.T., Hong Kong	
Payment must accompany applications. Please make a cheque payable to " Asian Society for Traumatic Stress Studies Limited ".	

I hereby agree to provide the above information for AsianSTSS and support the objectives of the AsianSTSS as expressed in the Memorandum.

Signature: _____

Date: _____

Message from AsianSTSS ■

What is AsianSTSS?

The Asian Society for Traumatic Stress Studies (AsianSTSS) was founded in 2005 as a fully incorporated limited company registered in Hong Kong for professionals to share information about the effects of trauma. AsianSTSS is a multi-disciplinary organization that provides a forum for exchange of knowledge about severe stress and trauma within the Asian region. This knowledge includes preventing traumatic events, understanding the scope and consequences of traumatic exposure, and ameliorating their consequences.

Our Mission

- To advance knowledge about the nature and consequences of highly stressful events
- To provide a forum for the sharing of research, clinical strategies, public policy concerns and theoretical formulations on trauma around the Asian region
- To promote high standards and ethical practice in the trauma field



The world's first and only
fast dissolving antidepressant tablet



- ✿ It provides the fast and sustained relief your patients are looking for^{1,2}
- ✿ It enhances patient convenience and patient compliance
- ✿ It is suitable for your patients
- ✿ It will improve your success in managing depression

References

1. Quirk et al. *J Clin Psychiatry* 2001; 62:5
2. Montgomery et al. *Int Clin Psychopharmacology* 1998; 13:2

Organon (HK) Ltd
Tel: 2833 6380 Fax: 2574 9151
www.psychiatrymatters.md
Further information is available upon request



Mental health matters