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**FOR IMMEDIATE RELEASE**

**Aldea to offer free crisis counseling to Napa County residents impacted by the earthquake**

NAPA, Calif. – August 25, 2014 –Aldea Children & Family Services is offering free crisis counseling to Napa County residents who want help coping with the emotional impact of Sunday’s earthquake. “Most of us feel somewhat traumatized. Just like so many other businesses and organizations in our community, Aldea wants to step up during this emergency to help our neighbors,” stated Mark Bontrager, Aldea Executive Director. Crisis counseling in English and Spanish is available for both children and adults at the Aldea outpatient clinic in downtown Napa. “If people feel overwhelmed or helpless, have trouble sleeping, or are on edge, crisis counseling can help,” explained Amanda Templeton, MD, an Aldea psychiatrist. “A traumatic event can also magnify the symptoms of an existing mental illness. Counseling provides people with emotional support, coping skills and connections to other resources.”

A crisis like an earthquake can cause separation-anxiety in youth and can even lead to Post-Traumatic Stress Disorder (PTSD), added Bontrager. According to the US Center for Mental Health Services, the post-earthquake psychological effects may also trigger physical symptoms, such as headaches, digestive problems and rapid heartbeat. “We’re all trying to assess the damage to our homes and businesses,” Bontrager continued. “But we also must pay attention to our mental wellbeing so we can start to heal and move forward.”

People seeking free crisis counseling for themselves or their children should call the Aldea Intake Coordinator at 707-253-0123, ext. 625. Aldea, a Napa-based nonprofit, provides a wide range of mental health, child welfare and support services that focus on identifying, and intervening with, mental and emotional challenges before they become more severe and difficult to treat. Additional information about Aldea can be found online at [www.aldeainc.org](http://www.aldeainc.org) or by emailing [info@aldeainc.org](mailto:info@aldeainc.org).

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