Healing to Heal – After the Maraş Earthquake

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The February 6th earthquakes devastated us. We're ruined, collapsed. In fact, writing at this moment seems trivial, all I feel like doing is to mourn and relay my condolences to those who survived (actually to all of us).

But there are things that must be done. How will we protect our psyche? What should we do as a part of our species, as a member of our community and as an individual? Immediately after the earthquake, The Psychiatric Association of Turkey took action and organized an educational event for mental health professionals. In a flash, they've prepared a review paper highlighting the important points in the acute management of these people and the principles of psychological first aid. This expert opinion is now published in the current issue of the Journal, please take a look at that (Yıldız ve ark. 2023). I am not sure whether we will be able to effectively protect these people from future psychiatric problems (it is up for debate in later issues), but I know it's crucial to be with those who are in need, to show that we are here for them and to firmly maintain our support; hopefully with the guidance of this paper.

And to learn. To ease the shock of a later disaster, to still be standing tomorrow, we have to act now. It has a bitter side to it but we learn from people who are in pain. We need to convert our personal experiences into ones that advance ourselves and our profession. As the Turkish Journal of Psychiatry, we'd be honored to share your studies on the earthquake. We can only learn from each other. And we can only heal if we truly know. We hope to heal ourselves by healing others.

Keep safe.

REFERENCES