



ACUPUNCTURISTS WITHOUT BORDERS

MEDICINE OF PEACE

“Next Phase” Earthquake Relief in Turkey: Reducing Pain, Stress, and Trauma *Here’s How You Can Help!*

The February 6th 7.8 earthquake in Turkey-Syria killed almost 60,000 people, injured over 100,000, and destroyed the homes of almost 3 million. More than 6,000,000 people are displaced, including 2.5 million children. Over 20 percent of Turkey’s agricultural capacity was destroyed along with the livelihoods of millions. Inflation and recent political tension have added to the hardship faced by many.

While basic humanitarian services (front line medical care, food, water, temporary shelter) have been provided in the past four months, the **mental health needs** of many survivors and displaced people are rarely recognized or resourced. Escalating post-traumatic stress and chronic pain from physical injury are experienced by millions of people, creating long term challenges for community recovery. After disasters of this magnitude, people desperately need services that help reduce pain, relentless stress, and trauma.

UNICEF warns that many of the more than 5.4 million children who live across the Turkey-Syria quake zone are at risk of developing anxiety, depression, and post-traumatic stress disorder.

For the past 18 years, Acupuncturists Without Borders (AWB) has brought trauma-informed care to people in disaster and conflict zones in the US and internationally. We use integrative medical therapies like **ear acupuncture** to re-regulate the nervous system so that people can begin to process traumatic events emotionally. The same acupuncture treatment that helps reduce pain also helps prevent long-term unresolved trauma, which can lead to depression, anxiety, isolation from relationships, substance dependence, and suicide. It helps people move beyond paralysis and despair to regain hope and a sense of wellbeing. It helps heal individuals, families, and communities.

AWB has trained over 7,000 licensed acupuncturists, physicians, nurses, and health workers to provide “community-style” ear acupuncture treatments worldwide, after hurricanes, earthquakes, floods, fires, and violent events. This [VIDEO](#) documents how AWB responded to the 2015 earthquake in Nepal where we offered over 60,000 treatments over a six-month period.

Here's How You Can Help!



AWB is sending its first integrative health care team to the Antalya region of Turkey in September, where over 50,000 earthquake survivors are temporarily relocated. In partnership with local community, health, and social service organizations, our mission is to provide at least 5,000 treatments and train local physicians to perform ongoing ear acupuncture for traumatic stress and pain reduction. Our field team is ALL VOLUNTEER, trained by AWB, and includes highly experienced, licensed acupuncturists and physicians from Turkey, the US, Netherlands, Poland, Greece, Israel, and Palestine.

Your financial support will help make this happen! All practitioners are volunteering for two weeks and paying for their airfare to Turkey. Your donation will help cover additional costs, including:

- **Medical and clinical supplies**
- **Food and lodging for the health care practitioner team**
- **Ground transportation for the team to mobile clinic venues**
- **Training materials for Turkish health care practitioners to establish ongoing services**

Your tax-deductible donation can be made [online](#) (notate Turkey Earthquake Relief)

or by check: AWB, 3439 NE Sandy Blvd, #304 Portland, OR 97232

For more information, contact Dr. Carla Cassler at carla@acuwithoutborders.org

You can learn more about AWB's work at acuwithoutborders.org
