

TOGETHER WE'LL DEFEAT THE VIRUS

Greetings! My name is **Dr. Marelli Colón Emeric, and I'm a psychiatrist.** Having graduated from the Puerto Rico School of Medicine, I then studied for my subspecialty at Emory University in Atlanta. The close bonds I have with my family and my people, brought me back to the island after several years of working in the U.S. I also decided the best thing for our children was for them to grow up here.

In Puerto Rico, I've held several clinical and administrative positions in psychiatric institutions, as well as in the pharmaceutical and health insurance industries. For many years, I've been committed to the mental health of vulnerable populations, such as that of the island municipality of Vieques, where I have fond memories of visiting my grandfather as a child. There, I worked in mental health clinics. However, after Hurricane María, I not only dedicated myself to providing voluntary assistance to facilitate access to healthcare services for this very needy population, but also for other communities in Puerto Rico that have been greatly affected by the hurricane. Today, with the help of non-profits, friends and colleagues, I work to improve the health of affected communities.

That's why I'm here – to help and support you during these difficult times when uncertainty, worry and fear are invading our thoughts. This is the first in a series of articles I'll be sharing with you to give you tools to strengthen your mental health and help you cope with this situation. I'll share several techniques with you, including relaxation, stress and anxiety management, how to be isolated without feeling alone, how to protect yourself if you have a chronic disease, and how to control emotions and manage insomnia, among other topics.

Remember, stay home.