



Dear colleagues and friends,

Please see below some suggestions for donations to several non-profit Israeli organizations providing mental first aid, individual, and community support for people in crisis; as well as organizations cultivating a vigorous, caring, humane and pluralistic society in Israel, that center on providing tools for building resilience in the face of trauma and violence.

Eran - a voluntary humanitarian service, offering life-saving mental first aid over the phone and on the Internet, to the entire Israeli public in all its sectors, anonymously and instantly, 24/7. About 70% of 'Eran's' budget was cut off by the Israeli government in the past year.

<https://en.eran.org.il/>

<https://en.eran.org.il/donate-to-eran/>

Eran. Bank Leumi (10) branch 648 account 10-648-36320050

IBAN: IL880106480000036320050 SWIFT: LUMIILITXXX

AMEN - a healing center for women survivors of sexual violence. The AMEN healing community provides professional, trauma informed care, using a woman-centered, feminist and holistic approach. AMEN is currently asking for aid for a team of trauma-informed therapists caring for survivors of the Hamas attack on Israel, that also included sexual violence and terror..

<https://www.ohelaenglish.org/>

<https://my.israelgives.org/en/join/Amen>

Ohela Bank Leumi branch 647 Account 22700077

Soteria - being with people in crisis. Soteria houses are community-based institutions for coping with severe mental crises, Our treatment model relies on respect, empathy, honest and open communication and community support. We currently opened our day clinic for any person in need without having to pay or go through any bureaucratic procedure.

Soteria Israel. First International bank (31) branch 012 account 462330
<https://icredit.rivhit.co.il/payment/DonationPage.aspx?GroupId=b411093d-58c6-4817-87c0-b1ceef1603e7>

The Oti Association's Cohen-Harris Resilience Center -

The center is committed to strengthening civilian resilience in the face of traumas, crises, and mass disasters, operating at local, national, and international levels. These days, the center is opening a training program for treating children experiencing severe stress responses online.

<https://ch-resilience.org.il/donations/>

<https://www.educare.co.il/engThe%20Oti%20Association%E2%80%99s%20Cohen-Harris%20Resilience%20Center>

Bank HaPoalim (12) Branch 773 account 338687 (Oti R.A.)

Swift code: POALILIT

IBAN IL410127730000000338687

The Center for Compassion & Mindfulness - CCME specializes in developing mindfulness & compassion based Social-Emotional Learning programs for the education system and society at large.

<https://www.educare.co.il/donate>

<https://www.educare.co.il/eng>

Community Stress Prevention Center - CSPC, led by Prof. Mooli Lahad, provides immediate emotional help to affected families and communities online and in person. It is the oldest organization in Israel that deals with the treatment and prevention of psycho-trauma. CSPC promotes stress and crisis management on national, organizational, community and individual levels world wide.

<https://mailchi.mp/icspc/israelatwar-support-us>

<https://www.icspc.org/en/cspc-disaster-managment/>

NovaHelp - Mental first aid for survivors of the Nova part. This is an emergency mental health project that is operated by a network of mental health professionals, who all have experience working with severe trauma and the field of psychedelic harm reduction.

<https://www.novasupport.org/en/donations-hb>

NATAL - The Israel Trauma and Resiliency Center, is an apolitical organization providing multidisciplinary treatment and support to **direct** and **indirect** victims of trauma due to terror and war in Israel.

<https://www.natal.org.il/en/donate/>

<https://www.natal.org.il/en/about-us/>