



## Mental Health Services & Resources in Israel

An organization for mental health support is ERAN (ער"ן) . They have a special unit for IDF soldiers and their families. The organization also offers online support.

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

<https://www.eran.org.il/volunteering-online/>

The Israel Association of Mental Health Professionals: <https://gethelpisrael.com/>

- Select a therapist from the list of participating therapists below. If you don't find one that meets your needs, please email us at [crisis.support@gethelpisrael.com](mailto:crisis.support@gethelpisrael.com) and we will find you additional options.
  - Contact the therapist to ensure that their availability matches yours.
  - Please fill out the request form below to start the process.
  - We will contact you to confirm that you have been approved to receive subsidy for therapy through The Get Help Israel Fund.
  - Organized by service provider name/location/languages.
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- Mental Health Care Guide- Israel <https://www.yadlolim.org/article-guide/guide>
  - Mental Health Innovation Network <https://www.mhinnovation.net/organisations/enosh-israeli-mental-health-association>
  - Enosh <https://www.enosh.org.il/english/>
  - Nefesh B'Nefesh <https://www.nbn.org.il/mhresources/>
  - Ezer Mizion <https://www.ezermizion.ca/mental-health-services/>
  - Ministry of Health <https://www.health.gov.il/English/MinistryUnits/HealthDivision/MedicalAdministration/MentalHealthDivision/Pages/default.aspx>
  - The National Child Traumatic Stress Network (NCTSN) – NCTSN was created by the US Congress in 2000 as part of the Children's Health Act to raise the standard of care and increase access to services for children and families who experience or witness traumatic events. Note that some tipsheets are in Hebrew, Arabic, and other languages.
  - Machon Dvir <https://machondvir.org/mental-health-where-to-turn-for-help-in-israel/>
  - **Resilience farms examples:** החווה של דני - רכיבה טיפולית בשפלה: [dannysfarm.org.il](http://dannysfarm.org.il)
  - <https://healingspace.co.il/>



## Supporting psychological approaches to enhancing Jewish identity and defeating antisemitism

- Geha Hospital is starting an outpatient trauma clinic and Ichilov Hospital treats survivors.
- For DBT Services in Israel [modiinbehavioral.com](http://modiinbehavioral.com)
- <https://www.neabpd.co.il/en/dbt-treatment-in-israel/>
- A link for clinicians in Hebrew:
- [https://www.betipulnet.co.il/portal/lecture/Crisis\\_intervention\\_with\\_children\\_and\\_families](https://www.betipulnet.co.il/portal/lecture/Crisis_intervention_with_children_and_families)
- Sharing two (private) sites in Hebrew: The first includes a list of therapists, the second posts recent MH learning and professional development materials.
- <https://www.betipulnet.co.il/portal/>
- <https://amaziaonline.co.il>

Esti Cole, November 20, 2024