



The Psychological Counseling Center

Providing Critical Mental Health Resources for Students and Returning Reservists

The Israel-Gaza conflict has exacted a profound toll on the mental and emotional well-being of Israelis, particularly university students who are navigating the challenges of academic life amidst profound anxiety, distress, and displacement from their home communities. In this turbulent period, the University of Haifa remains steadfast in its commitment to the welfare and academic achievement of its students, particularly during times of crisis.



In the aftermath of the events of October 7th and the ongoing conflict in our region, many of our students have reported increased symptoms of anxiety, depression, and other mental health issues. In addition, nearly 1,500 University of Haifa students are returning from serving on the front lines and are now readjusting to campus life. For many of them, the transition from battlefield to classroom can be psychologically jarring. Timely intervention is crucial to prevent the escalation of these issues and ensure their mental health.

The Psychological Counseling Center. The Center offers a range of subsidized therapies tailored to students throughout the academic year. In response to the escalating demand for mental health services, the University of Haifa's Psychological Counseling Center has undergone a substantial expansion, bolstering its staff by 50% from 30 to 47 dedicated professionals.

Impact:

- **Addressing trauma:** With many student reservists bearing witness to distressing events, urgent access to mental health resources is imperative.
- **Providing specialized care:** Offering counseling, therapy, and support services to mitigate the emotional and psychological impact of the ongoing conflict.
- **Promoting resilience:** Timely interventions are critical in averting the exacerbation of mental health conditions such as anxiety, depression, and PTSD.
- **Operating a 24/7 emotional assistance "hotline":** The Center is providing vital support for student reservists navigating the emotional hurdles of reintegrating into

civilian life. This lifeline offers in-person, Zoom, and telephone counseling sessions, ensuring accessibility and tailored support for those in need.

Request for Support: Your support will provide a generous allocation of mental health counseling hours to 450 students and 1,500 returning reservists in need of support this academic year. Your generosity will be a beacon of hope and empower these brave students to heal, rebuild their lives, and contribute to a brighter future for Israel. **A gift of \$300,000 will enable the University of Haifa to dedicate the Psychological Counseling Center in honor of a donor and affix a prominent plaque at the entrance to the Center.**