



## Lone Soldiers Come to Israel Without Family Support to Serve Israel and its People

The Get Help Israel Fund, a 501c3 registered non-profit organization, is dedicated to making a positive impact on lives across Israel. At the core of our mission is a deep understanding of mental health and a commitment to saving lives through compassionate care.

We firmly believe that the strength of our nation lies in the well-being of its people. By fostering healthier individuals, we contribute to the overall vitality of the State of Israel. Our guiding philosophy underscores the principle that every person, regardless of their circumstances, deserves equal access to expert mental health practitioners.

We strive to break down barriers that might deny someone the mental health support they need – whether it be due to financial constraints, a lack of support, language barriers, or residing in rural or remote locations. With your support, we are not just improving mental health; we are creating a more compassionate and resilient community for all. Join us in making a difference, one life at a time.

### THE NEED

Since October 7th, the mental health care system in Israel has faced unprecedented challenges in meeting the specialized needs of the population. The existing system, already strained, has struggled to accommodate the surge in demand for mental health services. Long wait times, often spanning months, exacerbate the frustration of individuals already in crisis. Moreover, the scarcity of mental health resources within the government's socialized health system creates significant barriers to accessing critical services. This forces those in need to seek out help in the private sector which is quite prohibitive due to the cost of therapy. Lone Soldiers in particular, encounter difficulties due to the lack of resources, language barrier, and a shortage of culturally sensitive practitioners who understand their unique needs.

**The war underscored the need for mental health support and amplified mental health challenges, including PTSD, substance abuse, and suicidal ideation, particularly among the Lone Soldier population who lack the presence of family structure. When dealing with the enormity of serving in the IDF during wartime, witnessing atrocities or losing friends on the battlefield, the stress of army service should never have to be faced alone.**

### THE SOLUTION

We are proud to collaborate with [The Israel Association of Mental Health Professionals \(Get Help Israel\)](#), a prominent mental health organization nationwide. This partnership empowers us to deliver vital services to Lone Soldiers, ensuring that they have a professional support system in place.

In collaboration with Get Help Israel, we leverage the extensive expertise and high standard of care provided by its network of over 400 qualified practitioners. These multi-lingual clinicians are highly educated, trained, and experienced native English-speaking professionals in Israel. Get Help Israel is unparalleled in its commitment to maintaining a high standard of care and facilitating access to native English-speaking clinicians across the country, offering both in-person and digital healthcare options. Through funding, we ensure free or heavily subsidized treatment, addressing the urgent mental health needs of Lone Soldiers who courageously come to Israel to protect and serve. Now it is our responsibility to ensure that their emotional and mental wellbeing is preserved.

## Our Services

- Individual Therapy
- Support Groups

### During time of national crisis/war

- Acute trauma therapy
- Support groups for released soldiers and those grieving the loss of fallen heroes
- Assistance adjusting to civilian life post army service
- Support and supervision for clinicians working with severe trauma cases
- Short-term therapeutic services to manage stress and anxiety

## Make a difference

**Join us in safeguarding Lone Soldiers, ensuring they receive the critical mental healthcare they urgently require. Your support fuels our mission to provide top-tier mental health services, delivered by thoroughly vetted and skilled practitioners. Together, we pave the way for a brighter and more stable future for Israel.**



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LET'S DISCUSS HOW YOU CAN MAKE A DIFFERENCE TODAY.