



The stability of Israel's future rests in the strength and resilience of its army families



### Support the Unsung Heroes: Army Wives of Israel

The women who stand behind Israel's soldiers are the backbone of our military families. They carry the weight of responsibility every single day, and yet their sacrifices often go unnoticed. These incredible women - army wives - manage their homes, raise their children, and often take on the responsibility of running their husbands' businesses, all while their loved ones are away on duty. Their dedication and resilience are unmatched, but the emotional and mental toll of this burden can be overwhelming.

Despite their pivotal role in supporting our soldiers, the army wives of Israel receive very little government assistance. Most of the limited resources available are directed toward supporting children, leaving these women with minimal access to the therapy and counseling services they so desperately need.

### THE NEED: EMOTIONAL AND MENTAL HEALTH SUPPORT FOR ARMY WIVES

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.

**The constant juggling of responsibilities, the isolation, and the strain of supporting a spouse who is exposed to the horrors of war take an immense toll. Many of these women are left struggling with their own emotional well-being while simultaneously expected to provide strength and stability for their families. They need the tools and support to cope with stress, trauma, and the challenges that come with life in a military family. This is where *your* support comes in.**

### THE SOLUTION: PROVIDING THERAPY AND EMOTIONAL SUPPORT

Nechama Weiser Coaching, Maaneh Rach and Get Help Israel have joined together to offer therapy services to these incredible women. By providing them with consistent emotional support and professional counseling, we aim to help them cope with the mental and emotional challenges they face. These therapy services will not only improve their well-being but will also strengthen their ability to continue being the resilient, supportive anchors of their families.

With your help, we can provide a lifeline to army wives in need, offering them the care they deserve and empower them to better support their husbands and children through these difficult times. By supporting their mental health, we are helping to ensure the strength and stability of Israel's military families as a whole.

## The Backstory

This initiative is particularly close to my heart and is in loving memory of my father, Rabbi Dr. Mordechai Reich, and my father-in-law, Howard Weiser, both tremendous givers and supporters of causes such as this one. They dedicated their lives to helping and supporting others and are both a big part of this project. Dr. Mordechai Reich was a beloved psychologist who tirelessly helped those suffering from trauma. Howard Weiser was dedicated to helping every person he met and was involved in this initiative until he passed away on January 1st, 2025.


## Make a difference

### How You Can Help:

**Your contribution can make a profound difference in the lives of these women. Every donation goes directly toward providing therapy sessions, emotional support, and a brighter future for the army wives of Israel. Together, we can offer them the care and compassion they deserve, ensuring that they remain the pillars of strength for their families.**

To donate, [click here](#)

Please be sure to write "For Army Wives" in the message box

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