



Urgent Mental Health for Students & Soldiers

Supporting Jewish Students' Mental Health

- Mission: To address the urgent mental health needs of Jewish students facing escalating antisemitism on college campuses.
- Objectives:
 - Provide targeted counseling services: One-on-one sessions, group therapy, and tailored support groups.
 - Foster a safe and supportive community: Organize events, workshops, and activities promoting understanding among Jewish students.
 - Raise awareness: Develop educational materials on the psychological impact of antisemitism and collaborate with universities to implement cultural sensitivity workshops.



Importance of the Initiative:

- **Protecting Mental Health:** Antisemitism on campuses is causing severe mental health issues among Jewish students, including anxiety, depression, and isolation. Our initiative directly addresses these challenges, providing essential support to safeguard their mental well-being.
- **Ensuring Academic Success:** The emotional toll of antisemitism can hinder academic success. By offering mental health support, we aim to help students overcome challenges and continue their studies with confidence and resilience.
- **Building Resilience:** Our initiative empowers Jewish students to build resilience in the face of adversity, contributing to their personal growth and long-term success.



What Sets Us Apart

- ▶ Our approach differs significantly from other campus-based pro-Israel organizations:
 - While typical organizations focus on promoting a positive understanding of Israel and grassroots pro-Israel advocacy, our emphasis is on addressing individual mental and emotional well-being.
 - We provide confidential support, offering therapeutic interventions, coping strategies, and assistance for various mental health challenges.
 - Our focus is on creating a safe space for students to explore and navigate their emotions, thoughts, and challenges, rather than engaging in outreach.



Why We Are Different (continued)

Unique Focus on Mental Health: We address the emotional needs of students facing anxiety, stress, trauma, and depression, contributing to a more inclusive and supportive environment.

- Different from Educational Outreach: While other organizations focus on educational outreach about Israel and countering misinformation, we provide therapeutic support, guidance, and coping strategies for students facing mental health issues.
- Confidential and Safe Support: Our support is confidential and often anonymous, ensuring students feel comfortable sharing their concerns, fears, and experiences without judgment.



Video Testimonial



VIDEO TESTIMONIAL:

- ▶ We invite you to watch a powerful testimonial from an Ivy League student, sharing struggles with anxiety and emotional trauma due to antisemitism on campus. The link is below.
- ▶ This student, once actively engaged in pro-Israel organizations, now faces challenges beyond academics, contemplating not returning to school. The video provides insight into the urgent need for mental health support, directly contributing to initiatives addressing these pressing issues.
- ▶ [Watch the video here.](#)

Expanding Our Initiative to Support Soldiers Returning from IDF Overseas

- ▶ In recognition of the evolving challenges faced by our community, we are excited to announce the expansion of our initiative beyond the scope of supporting Jewish students to now include soldiers returning from IDF overseas deployments.
- ▶ We understand the unique mental health and emotional needs of these individuals as they transition back to normal life, and our commitment to providing crucial support remains unwavering.



Supporting Our IDF Soldiers

Expanded Initiative Overview:

- Emotional and mental health support to soldiers returning from overseas service with the IDF.
- Assistance Offered:
 - One-on-One Counseling:
 - Targeted counseling services through confidential one-on-one sessions.
 - Safe and supportive space for addressing mental health concerns, including PTSD, anxiety, and more.
 - Group Therapy and Support Groups:
 - Facilitation of group therapy sessions and tailored support groups.
 - Fostering a sense of community among soldiers with shared experiences.



Supporting Our Soldiers – - continued

Workshops and Activities:

- Organizing events, workshops, and activities designed to assist soldiers in navigating the challenges of returning from overseas service.

Educational Materials:

- Development of educational materials raising awareness about the psychological impact of military service.
- Collaboration with various organizations, both Jewish and non-Jewish, to implement workshops on cultural sensitivity, diversity, and inclusion.



Why This Is Equally Important

- ▶ The challenges faced by soldiers returning from IDF overseas are diverse, encompassing mental and emotional aspects. Our expanded initiative aims to provide holistic support to address these multifaceted needs.
- ▶ The transition from military service to civilian life can be challenging. Our goal is to assist soldiers in navigating this transition smoothly, promoting their well-being and resilience. By offering support tailored to the experiences of soldiers, we strive to build a supportive network that understands and addresses their unique challenges.



Confidentiality

- ▶ Similar to our existing services for Jewish students, our support for soldiers is confidential and, when needed, can be anonymous.
- ▶ We believe in providing a safe space for soldiers to express their concerns, fears, and experiences without judgment.



Counseling Support

- ▶ We're continuously seeking qualified counselors willing to work with students and soldiers based on their locations. Some counselors generously offer pro bono services, while others may require compensation. We've been raising funds to ensure accessibility to diverse counseling resources, compensating those contributing their skills to this cause.
- ▶ We consider this not only an investment in individual well-being but also a commitment to promoting tolerance and understanding on campuses. Thank you so much for your continuous support.
- ▶ Thank you!

