



Online Resources for Global Crisis Support

“Coping in Response to a Tragedy: A guide for families.” The Center for Youth Mental Health at NY Presbyterian:

<https://files.constantcontact.com/178f91cd701/a4fb4fa6-b7f3-47f1-80e1-151c01f2ce6f.pdf>

“War and Disaster Resources.” From The International Society for Traumatic Stress Studies:

<https://istss.org/public-resources/war-and-disaster-resources>

“How to deal with guilt when your homeland is under attack.” Huffington Post:

https://www.huffpost.com/entry/guilt-anxiety-israel-hamas-war_l_652850c7e4b03ea0c0046f80

Israel-based mental health professionals:

<https://gethelpisrael.com>

How to protect your mental health while keeping tabs on the Israel-Hamas war:

<https://edition.cnn.com/2023/10/14/health/mental-health-israel-hamas-wellness/index.html>

Wellbeing Guidance in 36 Languages:

<https://thrivedn.co.uk/communications/toolkits-and-resources/toolkit/wellbeing-guidance-in-36-languages/>

Mental Health Conversation Starter:

<https://thrivedn.co.uk/communications/toolkits-and-resources/toolkit/thrive-ldn-mental-health-conversation-starter/>