

# embrace

## • EMERGENCY RESPONSE APPEAL •

### SUPPORT MENTAL HEALTH AND CRISIS RESPONSE IN LEBANON

As the war in Lebanon continues to unfold, people living in the country are facing severe mental, emotional, and psychological challenges. Over 1.5 million adults, children, and elderly have not only been displaced and are in urgent need of necessities, but they are also emotionally traumatized. They have witnessed death, destruction, violence, personal injuries, loss, and have experienced extreme feelings of fear, sadness, anger and despair. Many have lost the social support they once had through their communities and families, with displacement tearing families apart. Providing them with mental health care now, and in the years to come, can help them cope better, increase their hope and resilience, and reduce the long-term impact of the war on their lives. Mental health and psychosocial support must be prioritized as a core component of the emergency response.

Embrace, Lebanon's leading mental health NGO since 2013, has directly supported over 65,000 persons in distress. Through the Beirut explosion on August 4, 2020, the economic crisis, and the pandemic, we have provided thousands with face-to-face psychosocial support, psychotherapy, medication, and connected them with social services like shelters and assistance. We have gone to their homes during crises and visited them in rural areas through our mobile mental health team. Most importantly, we receive thousands of calls each month to the National Helpline for Emotional Support and Suicide Prevention, from adolescents, adults, the elderly, and vulnerable social groups. These callers are often in severe emotional distress, contemplating suicide, and the lifeline operators provide them with life-saving support and resources.

In these dire times, Embrace must continue its vital work while adapting to the war and Lebanon's strained resources. We are launching an emergency appeal to can continue providing essential services to the growing number of people who are facing increasingly complex challenges.

These essential services are:

- Free, 24/7 emotional support and mental health emergency services through the National Emotional Support and Suicide Prevention Lifeline (1564), in partnership with the Ministry of Public Health. We have helped over 50,000 people so far, and more are expected to seek help as the need for these services continues to grow. [Read more about the National Lifeline 1564 here](#)
- Community-based mental health services at the Embrace Community Mental Health Center (ECMHC) in Beirut. We have assisted more than 2000 people since 2020, but many more are seeking help beyond our current resources. We anticipate this number will rise by the end of 2024. [Read more about the community mental health center here](#)
- Mobile Mental Health Clinic (MMHC) to raise awareness and provide free psychiatric consultations and medications to rural and vulnerable populations. Since 2023 we have visited more than 20 towns, and provided over 1,100 consultations. We will continue reaching out to remote areas and the internally displaced communities.

The demand for mental health services is growing, and the need for support will only continue to rise in the months and years ahead. Your donation today can make a real difference in sustaining these services. Help us save lives by providing essential mental health care to those suffering from the devastating effects of war.





# OUR EMERGENCY RESPONSE

Through this emergency appeal, Embrace aims to scale up its efforts to address the urgent mental health needs of those affected by the war.

A R E A S O F R E S P O N S E

## National Lifeline

We want to handle more urgent calls, assist people experiencing various types of war-related distress, and expand our capacity to connect individuals with social services. This requires additional training for lifeline operators, more supervisors available 24/7, increased social work support, and enhanced digital security.

### Purpose of funds:

Train more volunteers to operate the Lifeline, hire additional staff to address callers' psychosocial needs, and provide supervision to ensure that no call for help goes unanswered.

## Specialized Mobile Mental Health Teams

We aim to continue reaching people in mental health crisis who, for various reasons, cannot access the Lifeline or the Community Center. To achieve this, we will extend the hours and expand the regions covered by our crisis unit staff. They will visit schools and shelters to provide immediate psychological first aid and psychiatric consultations, including prescribing chronic psychiatric medications for those who have lost access to their mental health professionals or are experiencing mental health emergencies.

### Purpose of funds:

Cover the operational costs of mobile teams, including transportation, medical supplies, and skilled staff (doctors and nurses).

## Focus on War-Related Trauma at Embrace's Community-Based Mental Health Center

The Embrace Community Mental Health Center (ECMHC) already serves over 200 people each month, but we expect to see more individuals affected by the war. This includes children, adolescents, adults, older adults, internally displaced persons, and war reporters, who are disproportionately impacted by the conflict. The services they require are more specialized and long-term than standard mental health care.

### Purpose of funds:

Expand our team by hiring additional mental health professionals, including trauma-specialized psychologists, to provide free services to the most vulnerable populations.

## Primary healthcare services and medication distribution

We plan to expand the Embrace Community Mental Health Center (ECMHC) to provide integrated primary healthcare services alongside mental health care, ensuring individuals receive both physical and mental health support. This initiative will also include the provision of essential medications to ensure continuity of care for those in need.

### Purpose of funds:

Adapt facilities to accommodate primary healthcare services, hire medical professionals to deliver comprehensive care, and cover the cost of medications, ensuring patients receive the treatment they need, particularly for chronic physical and mental health conditions.

## Capacity building of frontliners to deal with crisis and its aftermath

We will conduct capacity-building sessions for frontline workers, teachers, and community leaders on how to manage and support individuals affected by war-related trauma. These sessions will also emphasize self-care strategies for caregivers to prevent burnout.

### Purpose of funds:

Develop and adapt materials, hire trainers, and deliver workshops in affected areas.



# HOW YOU CAN HELP

Your donation to Embrace will have an immediate impact, helping us provide critical mental health services to those in urgent need during this crisis. Here's how your contribution can make a difference:

- \$500 supports a month of free psychotherapy and logistical assistance for an individual suffering from trauma-related mental health conditions.
- \$1,000 covers a full day of operations for the Embrace Lifeline, offering life-saving support to individuals in distress.
- \$6,500 supports a mobile mental health team for a month, delivering crisis intervention and direct specialized mental healthcare to displaced, isolated, and underserved communities.

**DONATE**  
YOUR SUPPORT IS  
VITAL DURING THIS  
TIME OF CRISIS.

## **Donations can be made through:**

Bank Account Name: EMBRACE  
Bank Name: Bank Audi sal  
IBAN: LB42005600000000005420120027  
SWIFT: AUDBLBBX  
Address: Bliss (040), Beirut, Lebanon

## **For online donations:**

**<https://embracelebanon.org/Donate>**

For further inquiries or partnership discussions, please contact:  
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**WWW.EMBRACELEBANON.ORG**



**@EMBRACE\_LEBANON**

Your support ensures mental health remains a priority, even in times of war. We are committed to transparency and will keep you informed through regular updates, including quarterly reports on our website and real-time updates on social media, so you can see how your contribution is making a difference.