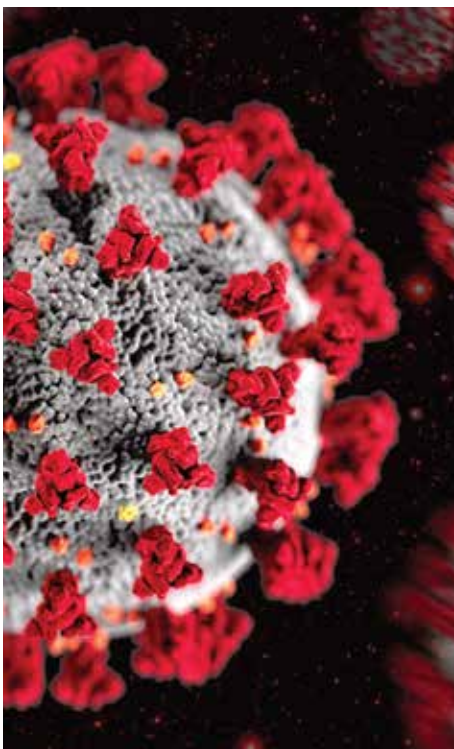




As of February 2020, Embrace Lifeline (1564) extended its operating hours adding 3.5 hours. The Embrace Lifeline now operates from 12:00 noon to 5:30 AM.

STAY TUNED FOR OUR MOVE TO 24/7!

THE EMBRACE LIFELINE IN TIMES OF COVID-19



The national hotline for emotional support in Lebanon, the Embrace Lifeline was sign-posted as the national hotline for psychological response to COVID-19 as part of the Ministry of Public Health's national response to COVID-19 in collaboration with the National Mental Health Program at the ministry. With the need for immediate response, the operators at the Embrace Lifeline received additional training on COVID-19 and specialized responses to persons who may be affected by the stressful situation caused by the virus and the quarantine.

Embrace was also active in disseminating content on how to cope with the psychological stressors caused by the pandemic, and was among the first platforms on social media to launch the hashtag #StayConnected that was accompanied by the hashtag #StayHome. The purpose of this was to remind persons about the importance of social connection in times of social distancing to ensure that people do not become at risk of social isolation that may negatively impact their mental health.

During March and April 2020, 20% and 26% respectively of calls received to the Embrace Lifeline were from persons experiencing emotional distress related to COVID-19.

If you are interested in supporting the Embrace Lifeline Call our donation line on 81/029399

SELF CARE IN TIMES OF SOCIAL CHANGE AND THREATS TO PHYSICAL HEALTH

Embrace also raised awareness on the importance of self-care and coping with COVID-19 on its social media platforms as well as through news articles in collaboration with Annahar Newspaper, Beirut Today, The Daily Star, Nidaa Al Watan Newspaper and Al-Akhbar Newspaper. In April 2019, Embrace was also invited to join UNDP and LBCI in a campaign to fight the negative impact of fake news in a live session on the instagram profile of UNDP. The difficult times we are experiencing as a nation can have a strong impact on our mental well-being, practicing self-care is important and can be simple using these tips.



SELF CARE IN TIMES OF SOCIAL CHANGE AND THREATS TO PHYSICAL HEALTH

Despite the cancellation of most daily and social activities during the virus outbreak, the conversations with our beloved ones, our social relationships, self-care, ability to enjoy a good book or music, and most importantly the hope that we have, are things that a pandemic cannot take away. Maintaining an optimistic attitude, and trying to shift mindsets into focusing on the present, rather than the future, and enjoying the company of humorous friends also helps in maintaining a healthy environment around us. Establishing a new routine in the middle of these uncertain times can be difficult, especially at first, however it aids in gaining some control over one's lifestyle.

” بالحلوة والمرة ترافقنا،
صدقني
البعد مش هو يلي
” حيفرقنا

#خلينا_على_تواصل



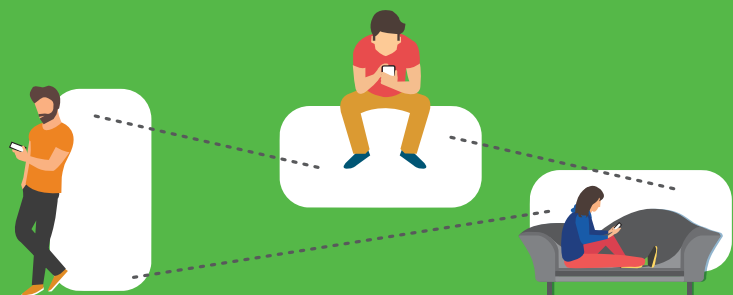
Dealing with children during these times has also been a significant stressor. Reassuring children and telling them what they need to know and that they and the people they love are safe is extremely important. Children have a wide imagination and can envision worst case scenarios when they are not told enough information, or when their questions remain unanswered. Routines should be developed through regular bedtimes, regular meals, daily learning time, and daily play time. Regulation is important in validating your child's emotions and emphasizing that as caregivers or parents, you will get through it together.

Embrace has provided a few guidelines to coping with and overcoming stressful situations which include discussing one's anxiety openly with a family or a close friend, leaving any unnecessary stressful situation a person might find themselves in, keeping note of emotions in a small journal, and engaging in activities that each person finds comfort in. Embrace also held a live webinar session on its Facebook page discussing mental health concerns during COVID 19, tackling the topic from different angles - psychiatric, psychological, and from the nursing background.

“

Social distancing
doesn't mean
social isolation.

#StayConnected





EMBRACE'S AWARENESS AND OUTREACH EFFORTS IN THE LAST QUARTER

During the months of January-April 2020, **Embrace reached a total of 402 diverse groups, including 302 adults** covering various regions of Dekwene, Furn el Chebek, and Kfarhim in Mount Lebanon through Mouvement de la jeunesse orthodoxe, Aleph B and the Social Development Center; Bramieh and Arzi in the South through the Lebanese Scout Association and Jamiat Al Kashaf Al Risala Al Islamia; Akkar and Tripoli in the North through the Social Development Center and Stardom Association; Beirut through The Women's League at the American University of Beirut, and Baalbek through the Municipality of Khoder.

During the months of March and April all outreach activities were interrupted due to the outbreak of COVID-19. Instead Embrace reached out its audience through a number of awareness sessions it held online through its social media platforms.

Target Audiene	Area	Persons reached
Lebanese Scout Association- Woodbadge training Camp	Bramieh, Sidon (South)	60
Jamiat Al Kashaf Al Risala Al Islamia- Fawj Al Shaheed Ahmad Zarkat	Arzi, Tyre (South)	45
The Women's League at the American University of Beirut (AUB)	Beirut	50
AlephBBookstory	Fun el Chebak (Beirut)	27
Mouvement de la jeunesse orthodoxe	Dekweneh, (Beirut)	20
Social Development Center - ACTED	Kfarhim (Chouf)	20
Social Development Center - ACTED	Akkar - Al Haysa (North)	20
Municipality of Khoder - MDM	Baalbek (North)	20
Stardom Association - MDM	Tripoli (North)	40
Scout Mar Mansour	Naccache(Mount Lebanon)	35
Lebanese Scout Association	Brummana (Mount Lebanon)	50
LeMsic at the American University of Beirut (AUB)	Beirut	15

STATISTICS FROM THE EMBRACE LIFELINE (1564)

The Embrace Lifeline received a total of

1768 CALLS

between January – April 2020 from individuals in emotional distress and/or suicidal ideation.

The average age of callers in the last 4 months has been 32 years old, with age break down displayed below.

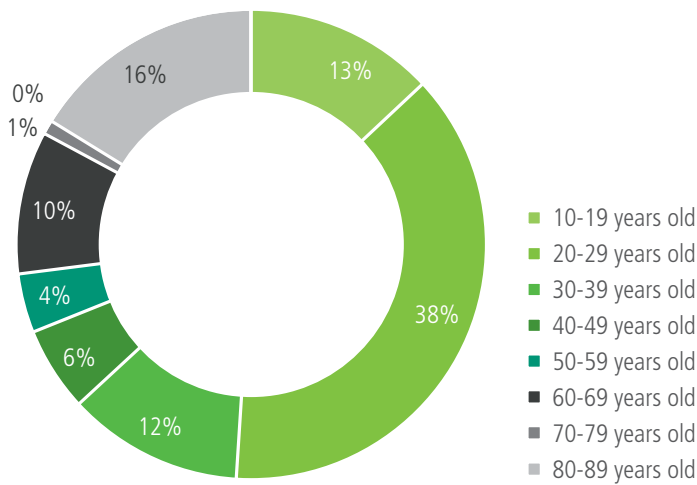


1564
#TALKINGSAVESLIVES

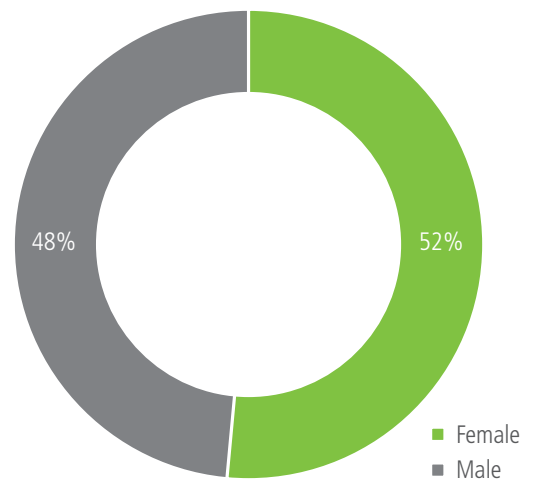


EMBRACE LIFELINE STATISTICS

Break-down of age callers reaching out to the Embrace Lifeline.



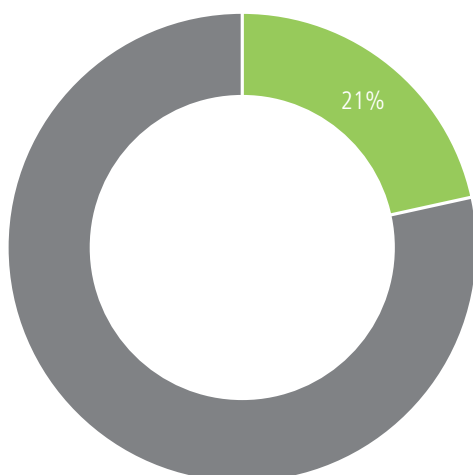
52% of callers to the Embrace Lifeline were female



Since the outbreak of the Corona Virus outbreak, the Embrace Lifeline was sign-posted by the Ministry of Public Health as the national hotline for psychological response to COVID-19 and has been receiving calls from individuals experiencing emotional distress as a result of the lockdown, being quarantined at home or in hospital.

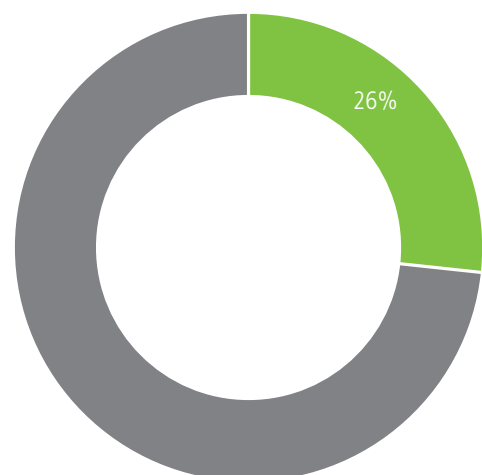
MARCH 2020

21% of calls were due to emotional distress as a result of COVID19-related concerns



APRIL 2020

26% of calls were due to emotional distress as a result of COVID19-related concerns.

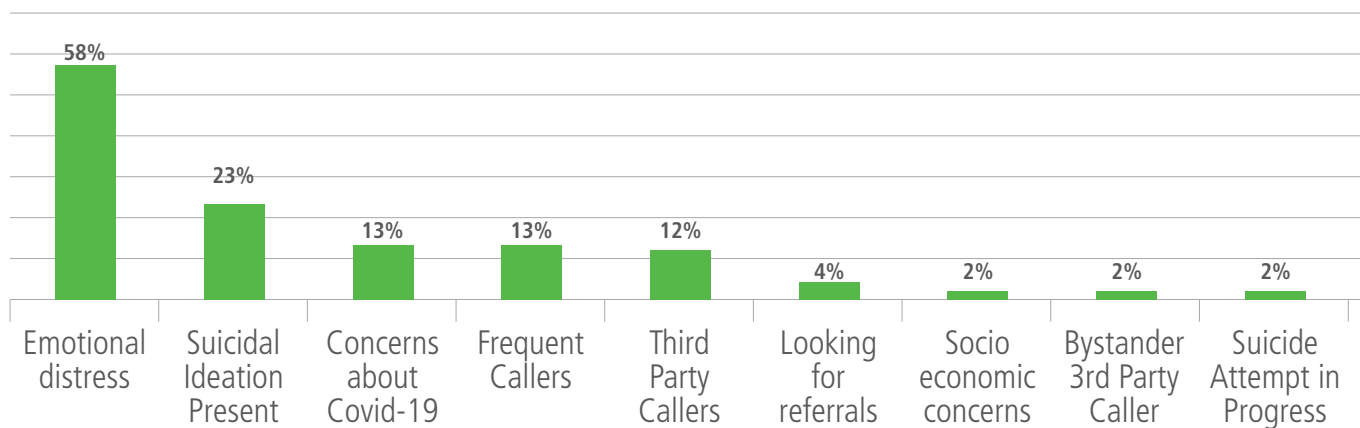




EMBRACE LIFELINE STATISTICS

Most calls received to the Embrace Lifeline in the past quarter were calls of emotional distress (58%) while 25% of calls entailed a risk of suicide (Suicide ideation present, or attempt in progress).

Type of call



Distribution of type of calls in the period ranging from January 2020 – February 2020.

SUPPORT TO THE EMBRACE LIFELINE

In the first quarter of 2020, Embrace Lifeline was supported with a grant from the World Health Organization (WHO) and the international NGO (ACTED).

Connect to our social media platforms to stay informed with our events and updates.