embrace

• HUMANITARIAN EMERGENCY RESPONSE UPDATE •

6 WEEKS OF CRITICAL SUPPORT IN LEBANON

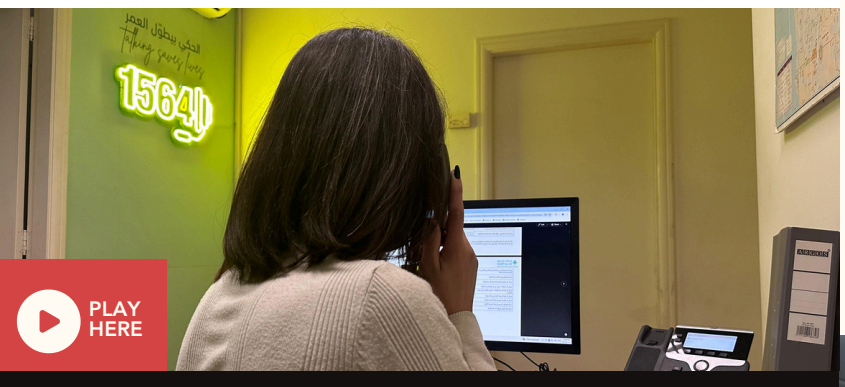
Since the escalation of the war in late September 2024, Embrace has remained resolute in its mission to provide vital mental health services to those impacted by the war and displacement.
This brief report summarizes our humanitrian emergency response efforts over the past 6 weeks, which have been fueled by the dedication of our team and the invaluable support of our donors and partners.

THE NATIONAL LIFELINE FOR EMOTIONAL SUPPORT AND SUICIDE PREVENTION (1564)

The National Lifeline operated by Embrace in collaboration with the National Mental Health has recorded **1,321 calls over the past 6 weeks**, and its volunteer operators continue to be available around the clock despite all the hardships of war and displacement, to provide 24/7 support to individuals impacted by the horrific war events. The National Mobile Crisis Team is also being dispatched through the National Lifeline to attend to any mental health or suicide emergency in shelters in Beirut and Tripoli.

Almost **40% of the calls received to the Lifeline were related to the war** (including calls from displaced individuals, and individuals impacted by the social and economic repercussions of the war) and those seeking referrals for various services whether due to displacement, or other socio-economic or mental health concerns.

Calls related to suicidal ideation have risen by **17%, reflecting the immense psychological toll of the ongoing conflict**. In response, **the National Lifeline has referred 39% of callers to essential services**, prioritizing mental health services (25%), along with food, shelter, and socioeconomic support.



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EMBRACE'S COMMUNITY MENTAL HEALTH CENTER (ECMHC) AND MOBILE MENTAL HEALTH CLINIC (MMHC)

Embrace's Community Mental Health Center and Mobile Mental Health Clinic continued to provide free of charge psychiatric and psychotherapy services to the community through an online modality in the past 6 weeks, and resumed in person sessions in its Hamra headquarters in the beginning of November.

In the past 6 weeks, **477 mental health consultations were provided,** and **284 beneficiaries were supported** to obtain their medication for free, with the cost of 324 medications being covered through Embrace.

Embrace's Mobile Mental Health Clinic also resumed in-person services on October 23, with its services supporting displaced families and individuals in Zgharta and Tripoli. Since October 23, 75 individuals have received psychiatric consultations in remote areas through the mobile mental health clinic.

SUPPORTING DISPLACED YOUTH IN SHELTERS

Since September 30, Embrace has extended mental health support to youth (children and adolecents) in **9 shelters across Beirut, Chouf, and Akkar. 294 youth were engaged in mental health awareness sessions**, learning tools to recognize signs of distress and develop coping strategies during times of war, and being provided with safe spaces to express the distress they are going through whether through talk, art or play.

72 caregivers (fathers and mothers) who have been displaced also attended workshops provided by our psychologists at the shelters on children's mental health, equipping them with knowledge to better care for their children during these stressful times, and how to engage in self-care for themselves to be able to maintain strength needed for them to navigate these challenging times.

This program is helping ensure that displaced youth, and their parents, are not left alone and are emotionally supported during this crisis, which is straining their ability to cope with the daily challenges of uncertainty and displacement.

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PSYCHIATRIC SUPPORT TO DISPLACED YOUTH AND ADULTS IN SHELTERS

Embrace quickly responded to the high and urgent demand for mental health support among displaced youth and adults, providing critical psychiatric consultations in shelters shortly after the displacement surge began. In the last 6 weeks, more than **111 displaced persons** across **7 shelters** in Beirut were supported with free psychiatric consultations and with access to receive their psychiatric medications and were also connected to other medical and primary health care services near their shelters.

Many displaced individuals fled their homes without their chronic psychiatric medications and prescriptions, and, upon reaching the shelters, had been forced to stop their medications for weeks before our teams arrived. Those displaced from the South and Bekaa regions had also lost access to their mental health professionals weeks, even months, prior to their displacement on September 23 due to the destruction in their hometowns and villages. This additional layer of trauma has exacerbated mental health challenges, particularly among those who were already vulnerable or struggling. Many who have suffered silently for years are now coming forward for the first time inside the walls of the shelters, seeking psychiatric care.

In recent weeks, this initiative, sustained by the volunteer efforts of our dedicated psychiatrists and youth volunteers, has been vital in ensuring that individuals lacking regular care or essential medications receive support. They are now being connected to broader medical and primary health care networks in the regions to which they've been displaced. This access challenge is yet another critical risk factor for the mental health of the displaced population, adding to the compounded stress of the war and the trauma of displacement and loss of family members and homes.

WALK IN MENTAL HEALTH CLINIC FOR DISPLACED INDIVIDUALS

Embrace recently launched a Walk-In Clinic at our Community Mental Health Center, providing immediate psychotherapy and counseling support to displaced individuals in need of mental health care. Those identified within shelters as requiring ongoing therapy are assessed by our team of volunteer psychiatrists and referred to our center in Hamra for continuous follow-up and psychotherapy services.
The demand for therapy among displaced individuals remains high, and Embrace is actively seeking funding to sustain and expand this essential service to meet the growing need for comprehensive mental health support.

SUPPORT OUR MISSION: HELP US BRING HOPE AND HEALING

The dedication of our team, combined with the generous contributions of our partners and donors, has made these vital services possible. However, as the crisis escalates, the demand for mental health support grows.
Your support enables us to reach more families and individuals facing the hardships of conflict and displacement. By donating to Embrace, you help sustain life-saving mental health services, youth programs, and crucial psychiatric care for displaced communities.
Join us in our mission to provide hope and healing to those in urgent need during these challenging times.

Donations can be made through:

Bank Account Name: EMBRACE
Bank Name: Bank Audi sal
IBAN: LB420056000000000005420120027
SWIFT: AUDBLBBX
Address: Bliss (040), Beirut, Lebanon

For online donations:
https://embracelebanon.org/Donate