

B'shvil HaMachar

Through Federation support B'shvil HaMachar works to relieve IDF reservists of the acute emotional and psychological effects of combat-related trauma, helping them return to a stable life. Groups of combat reservists engage in activities set in nature led by expert psychologists and counsellors to facilitate the processing of their experiences. These interventions, designed to mitigate future cases of combat-related PTSD, have successfully transformed the lives of over 4,000 combat reservists, and are now serving hundreds of heroes of the current war.



The journey opened my eyes to the world of therapy as a positive, embracing, and supportive force...and helped me come back as a better father and husband.

-Shai, 32, Nahal Brigade

Jewish Federations' Israel Emergency Campaign was created to direct additional resources to the most critical current and long-term needs on the ground. Our response in the field of Medical and Trauma Relief is bolstering the resilience of those affected by the war and has the power - together with future efforts - to further inspire and strengthen Israel as a whole, restoring and growing a strong, healthy, and resilient society.



938
reservists assisted since
January



72
trauma retreats since
January