Below are resources that may be able to assist you regarding the **conflict in Israel**. To access the websites, please click on the links. You may wish to contact these providers for additional information.

**Government website**

<https://www.gov.il/en>

**Mental health support**

Better Help

<https://www.betterhelp.com/israelsupport/>

Metiv - The Israel Psychotrauma Center

<https://metiv.org/en/home/>

Emotional Assistance and Support Hotline Center for New Olim

<https://www.gov.il/en/Departments/General/emotional-assistance-and-support-hotline-center-for-new-olim>

**List of emergency telephone numbers**

[Israel Police](https://www.gov.il/en/departments/israel_police/govil-landing-page): 100

Israel Police (Non-Emergency): 110

[Ambulance](https://www.mdais.org/en): 101

[United Hatzalah](https://israelrescue.org/): 1221

<https://israelrescue.org/>

[Eran – Emotional First](https://en.eran.org.il/) Aid: 1201 (extension: 10 for English)

<https://en.eran.org.il/>

[NATAL—Israel Trauma and Resiliency Center](https://www.natal.org.il/en/): 1-800-363-363

<https://www.natal.org.il>

Sahar

<https://sahar.org.il>

**Medical support**

Hadassah Hospital Ein Kerem: +972-2-677-7111

Hadassah Hospital Mount Scopus: +972-2-584-4111

Sharei Zedek Hospital: +972-2-666-6666

Bikkur Cholim Hospital: +972-2-646-4111

**Social services**

Revaha

<https://clickrevaha.molsa.gov.il/>

**Volunteer opportunities**

<https://ironswords.help/>

<https://www.coing.co/Israhelp>

**News**

<https://www.timesofisrael.com/>

<https://www.israelnationalnews.com>

<https://www.onlineradiobox.com/il/newstalk/>