



Dear Friends, Colleagues, Supporters, Shana Tova;
may it be a year of peace for all Israel

It goes without saying that the past 12 months created special challenges for Amcha. The events of October 7 and its aftermath painfully opened old wounds of so many Holocaust survivors whom we help through psychotherapy and psychosocial clubs. It is thanks to your ongoing support that we have been able to offer counseling to them, and to many other members of the wider Israeli public particularly impacted by the war, among them survivors of the Nova party, people evacuated from their homes, soldiers, people whose homes were destroyed.

The ongoing loneliness, depression and PTSD of many survivors was so exacerbated that in the first weeks after the war began, we saw a growth of 40% in the numbers who phoned our telephone hotline; to address this, we immediately increased the operation of the hotline.

In the first six months after October 7, 2024, 150 survivors who lived, before October 7, in the area surrounding the Gaza Strip, received emergency care complementary psychotherapy sessions. Others have asked for support but due to the shortage of therapists in the south, they are on the waiting list, together with over 100 members of the wider community. To date, some 2,000 people suffering from PTSD as a result of the war have started receiving counselling; their traumas are complex, and they need tens of sessions, over many months, to address them fully.



As soon as it was possible, our psychosocial clubs reopened; many survivors were part of efforts to help soldiers and those evacuated from their homes: in Jerusalem, they knitted neckwarmers; in the south, they wrapped up support packages. More recently, members of the Petach Tikva psychosocial club wrote to the Hostages and Missing Families Forum: "From our life experience, we know there are no words that can comfort you, but we want to send you strength and tell you that we are hurting with you. As Holocaust survivors we are a kind of living memorial that the pain is not forgotten, but that life is stronger than anything. We are with you in your fight for the return of your loved ones and wish you to be strong and not lose faith and hope.

We cannot physically stand with you in the squares or at demonstrations, but our hearts are with you, and we support you in spirit. It is very difficult to comfort someone who is troubled and indeed your troubles are not over, but we ask you to try to see the good that will yet come, to look to the future and know that there is something and someone for whom to live."



***We thank you for your ongoing support and look forward
to many years of meaningful partnership***