

IMPACTS OF WAR: GAZA'S LONG-STANDING PSYCHOSOCIAL CRISIS

War has a catastrophic effect on the health and well being of communities. Perhaps one of the scariest and most dreadful aspects of war—and conflict in general—is that it can have devastating psychological consequences on people, which oftentimes linger for a lifetime.

The pain, stress, and trauma that accompany war strip people of life's greatest aspects and destroy communities and nations in their entirety. War has been shown to lead to mental health disorders, inevitably hindering people's ability to live and function normally and disrupting their daily lives.

The Gaza Strip has long been a place of psychosocial war and trauma. For the past 16 years, the region has developed a mental health crisis due to the constant violence, blockade, restriction of movement, and extremely poor living conditions. Adults and children alike have witnessed horrific scenes of bloodshed and carnage, have likely been displaced, injured, or experienced the loss of a loved one at least once in the past 2 decades, and have survived on limited resources like food, water, and electricity their entire lives. Prior to October 7, more than 70% of Gaza's population suffered from psychosocial and mental health problems and disorders.

The recent war on Gaza has been nothing short of catastrophic. The brutal attacks have not only destroyed civilian life and infrastructure, but have extended to what many would call psychological warfare. 48 days since the start of the war, these attacks have killed, injured, and displaced nearly all of Gaza's 2.2 million population, creating death and destruction in every inch of the Gaza Strip and leaving people with unimaginable pain and trauma.

JUZOOR'S RESPONSE

Psychosocial Support Program

Since the start of this war, Juzoor has positioned itself on the frontline, taking charge of multiple shelters across the Gaza Strip. We implemented an emergency psychosocial program in each of these shelters, assembling teams of psychosocial professionals to offer support to the children, women, and the elderly residing in these facilities, especially those who have lost loved ones and are battling with stress, anxiety, and trauma.

Juzoor has also has taken steps to recruit and train volunteers on psychosocial support. These trained volunteers are deployed to our shelters to actively contribute to the program's implementation.. These trained volunteers are deployed to our shelters to actively contribute to the program's implementation.

Our work was initially concentrated within 13 shelters in the North, but we have recently expanded to include a total of 100,000 displaced individuals across the Gaza Strip.

Psychosocial Support for Children

Around 50% of Gaza's population is under the age of 18. Children are amongst the most vulnerable and most affected by this war, and they also make up a big portion of Gaza's displaced population currently residing in shelters. As part of our psychosocial support program, our trained psychosocial support groups have been conducting support sessions and recreational activities for these children on a daily basis. Our teams have been planning and carrying out activities like handball, tug of war, and hide & seek, and we have also managed to supply and distribute recreation kits for children and families which contain products to carry out activities with like drawing, drama, and sports.



Psychosocial Support for the Elderly

Juzoor has made an effort to provide support to the elderly in shelters, a population that is particularly struggling and battles feelings of loneliness and helplessness. The majority of these individuals suffer from their pre-existing health conditions and are dependent on family members. The war has exacerbated their conditions and exposed them to more grief, anxiety, and trauma than ever before.

Our psychosocial support groups have been providing support sessions to hundreds of these individuals in order to alleviate some of their emotional distress.

Psychosocial Support for Healthcare Workers

Since October 7, there have been at least 140 attacks on healthcare in Gaza. Juzoor has also been providing psychosocial support to healthcare workers and volunteers, who have been working tirelessly and heroically since October 7. These individuals have been directly targeted by bombings and have themselves lost their homes, their colleagues, and their families members, yet have continued to risk their lives and prioritize their work and their patients in the most dire of circumstances. Our psychosocial support team has been offering support sessions to these workers, particularly to volunteers in Juzoor's health committees, to encourage them to continue their work in serving the people of Gaza.

Psychosocial Support Helpline

Juzoor has activated an emergency helpline dedicated to providing psychosocial support for individuals experiencing trauma and grappling with feelings of anxiety. To facilitate this service, we have recruited and deployed a team of specialized professionals who are adept at addressing calls and providing coaching assistance.



احنا معكم لخدمتكم
الخط الصحي المساعد

للحصول على الاستشارات الصحية

1800 500 600

24/7

تغذية
ورضاعة
طبيعية

الأمومة
والطفولة

إسعافات
أولية

صحة
نفسية

A CALL FOR SUPPORT

Juzoor continues to work tirelessly to provide aid and support to displaced individuals in Gaza. The success of this work would not be possible without the support and assistance of our global partners and supporting organizations. A heartfelt thank you is extended to Oxfam, Save the Children, and Caritas, whose invaluable support has helped Juzoor carry out its work this past month.

Juzoor appeals to the international community and global humanitarian organizations and entities to continue to assist Juzoor on the ground in Gaza. Your support and collaboration have always been invaluable to us, and your contribution can have a substantial impact on alleviating the people of Gaza's suffering and saving their lives.