

Year in Review

2023

Making an Impact in Routine and in War

All Thanks to Your Support!

Enosh Mobilized for War

With the outbreak of the war, Enosh drew on its extensive experience in trauma management and took proactive steps to prepare for a national-level emergency. We adapted our services to the current period and developed new solutions to prevent the escalation of trauma and to promote sustained coping mechanisms. Specifically, we:

- Opened dedicated support and mental assistance lines for the general public
- Offered emotional support to displaced residents and families from the south and north
- Introduced online social services for those who receive our services and the broader mental health community
- Established a new unit for treating adolescents and youth dealing with trauma and crisis
- Launched an awareness campaign about dealing with the situation
- Opened our Respite Homes to accommodate soldiers from the current conflict
- Hosted lectures and workshops for the general public and organizations
- Adapted our teams' work to provide essential intervention for thousands of individuals struggling with mental health and their families
- Provided training for both formal and informal educational teams

Webinars
Personal Medicine,
The soul during
wartime

760 participants

**Lectures, workshops
and training sessions**
dealing with personal and
organizational resilience

1960 participants

**Content and
explanatory videos**
on Instagram and
TikTok

over 9 million views

We take pride in the following 2023 pre-war accomplishments:

- New Initiatives**
We launched several new and unique initiatives: a Respite Home for youth in Kfar Hasidim | a hostel for women with dual diagnosis in Netanya | an emergency shelter for young men and women in Omer | a social bakery in Carmiel | a Milam branch in Ariel.
- Youth and Adolescents**
We expanded our services for youth and adolescents | established a therapeutic unit for adolescents and young people dealing with trauma | established a community program for guiding and supporting adolescents in mental crisis and their families | opened a headspace Center in Tel Aviv | enhanced our workshop, training, and lecture system | expanded our online services.
- R U OK?**
We held the second annual R U OK? Day, aimed at changing the discourse on mental health and encouraging genuine interest in people around us through: an awareness-raising campaign | an event in the Sarona complex in Tel Aviv | illuminating public structures across the country | a special broadcast day on Channel 12 | organizational workshops.
- Policy and Legislation**
We lobbied to improve the rights of Israelis struggling with mental health through a petition to increase the rate of housing assistance and to raise the salary of social workers within the framework of the Hostel Entrepreneurs Forum.
- The Stigma Index**
For the second consecutive year, we released the Stigma Index as part of our ongoing efforts to counter harmful discourse and to reduce the use of stigmatizing terms related to mental health.
- The Zero Project 2023**
In recognition of our Maof Program, we received the prestigious Zero Project Award for the development of our entrepreneurship program for those struggling with mental health who wish to establish, develop or maintain a business.
- Survey**
We conducted a survey on the mental health status of adolescents and young people.
- Dialogue Program**
We successfully conducted two training cycles for people with psychosocial disabilities who are trained to share their personal journeys in overcoming mental health crises with the general public.

Enosh by Numbers



Conferences

**Professional
Conferences** dealing
with Dual Diagnosis

730 participants

Milam - Family Support and Counseling Centers

Family members conference

Lectures and seminars

400 participants

2260 participants

Partnerships

