First Aid on the Phone and the Internet

Eran Call Center – Mental First Aid
Phone Call: 1201
http://www.erin.org.il

Sahar – Internet listening and help
Anonymous chat with volunteers where you can talk about everything from 9pm to 12am every day except Friday.
https://sahar.org.il/

Support Services at Ben-Gurion University in the Negev
Psychological Service:
Phone: 08-6461088
http://in.bgu.ac.il/Dekanat/Pages/about-pserv.aspx

The University's psychological counseling services provide counseling, intervention and crisis treatment services, including personal and group psychotherapy. Psychological counseling services often refer external care providers or help them get community care.

Student Dean:
Students with medical and mental health problems are eligible and guidance.
086428810
https://in.bgu.ac.il/Dekanat/Pages/physical_limitation.aspx

In case of emergency, please contact:
Emergency Room and Psychiatric Counseling - Mental Health Clinic - Soroka Medical Center
https://hospitals.clalit.co.il/soroka/en/med-units/Pages/psychiatry-home-page.aspx
Phone: 08-6400351
Email: somr25@clalit.org.il
Sunday - Thursday 8:00 - 16:00
Location: Department of Psychiatry, Ground Floor. On Map: Building 66 in Area 6 – Blue

Additional treatment options:
- Community Clinic of the Department of Psychology- Unlimited Psychological Treatment Meetings 08-6477002
  https://www.bgucommunityclinic.com/
- Isha b'shela - Psychological treatment for men and women 08-6428369
  https://in.bgu.ac.il/humsos/womancenter/Pages/aboutishaBeshela.aspx
- Sylvia A. Brodsky Immediate Counseling Center aims to quickly respond to students who have urgent problems and crisis situations.
  https://in.bgu.ac.il/Dekanat/Pages/Crisis_intervention.aspx
- Kupal Holim – Medical Centers- Independent therapists (self-employed)

Additional services:
- Nathan - Academic Mentoring Services for Students Facing Mental Disability, for those Eligible for Rehabilitation Benefits
Contact details: nathan.bgu@gmail.com
Phone: 052-7560470

- NATAL - National Trauma Victims - natal.org.il - Helpline: -1- 800-363-363
  Information center and assistance through telephone answering - providing information, guidance and initial assistance in welfare matters - 118
- Inbal Association - Sexual Vulnerability Treatment
  http://www.yachdav.org.il/%D7%A2%D7%9E%D7%95%D7%AA%D7%AA-% D7%A2%D7%A0% D7 %91% D7%9C.html