



5,925

Number Of Remote
Counseling
Sessions
September 2025

Of which
134,141

157,292



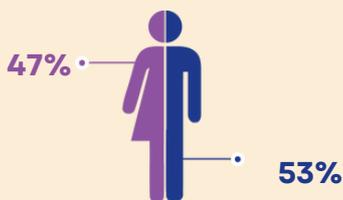
were provided for
the Gaza Strip

Total remote counseling sessions
Since OCT 7 2023

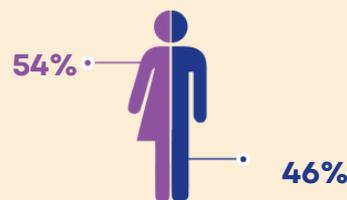
Sawa Remote Counseling Sessions - Comparing Septembers
and Trends on Suicide Ideation



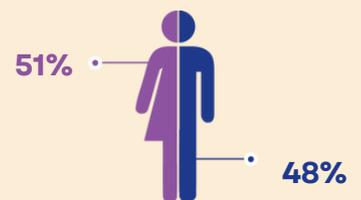
- In 2025, Sawa has made **9,550 referrals** on the helpline, for referring callers to access material aid, medical services, and face to face support.
- There were **119 sessions** related to **grief** in the month of September for Gaza.
- 179** calls were related to fear and anxiety: Callers repeated the fear of the upcoming winter, and the non-stop forced displacement.
- There were **608 venting and debriefing sessions**, showing a continuous demand from callers for MHPSS.
- There was a **52% increase** in sessions related to parents requesting support in how to deal with their children's traumas and behaviors.
- This month, sessions on **self-harm** were also higher than August by 39%, where the West Bank had 26 sessions and Gaza had 13 sessions on this topic.
- Sessions increased from August to September for the **Tubas (+4000%), Jericho (+467%), Jenin (+71%) Qaliqiliya (+185%), Tulkarim (+36%), and Salfit (+210%)**, governorates.
- There were **85 sessions** related to **suicide ideation**, a 67% increase from last month and a grim record for the helpline. Sawa underwent an online campaign in recognition of Suicide Awareness Month.
- The highest number of suicide ideation were for age groups 19-21 years, 26-35 years, and adolescents 13-18 years, from both inside and outside Palestine.
- Sawa delivered **151** remote medical consultations in September. Some of the most common symptoms discussed were: headaches, injuries, menstrual issues, and gastric related symptoms.
- Sawa newly **launched its own chat service**, where at least 20 people from across the region made contact for support.



REQUEST FOR
INFORMATION
(N=410)



MENTAL HEALTH &
PYSCHOSOCIAL SUPPORT
(N=2,555)



VIOLENCE COMMITTED BY
THE OCCUPATION
(N=2,292)

Sawa is the main reporting channel for SEA claims in Palestine. If you suspect or have experienced sexual exploitation or abuse by a humanitarian worker, call our toll-free numbers. Confidentiality and anonymity are guaranteed.

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