



14,337

Number Of Remote
Counseling
Sessions
Nov - Dec 2025

Of which
152,800

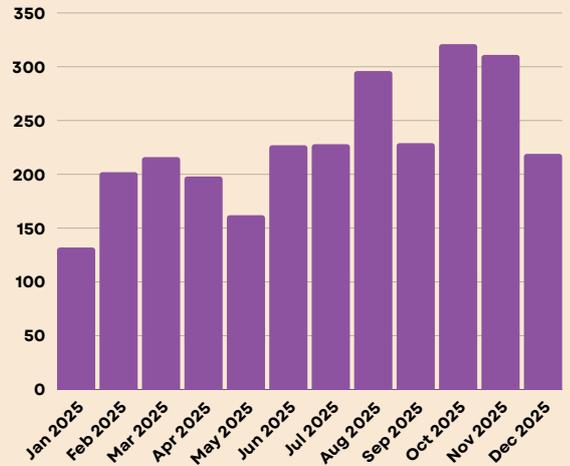
179,043



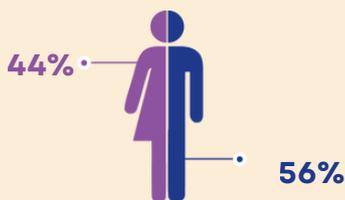
Total remote counseling sessions
Since OCT 7 2023

were provided for
the Gaza Strip

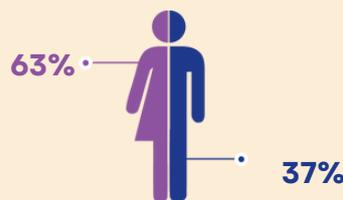
Physical Violence Sessions by Month 2025



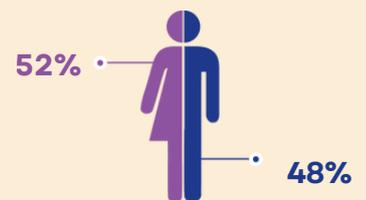
- 1 Since Oct 7 2023, Sawa has received **353,447** calls overall.
- 2 There were **148 sessions** related to **suicide ideation** these **2 months**, remaining high in frequency and severity.
- 3 Calls related to grief are becoming more complex on the helpline. There were **391 sessions** related to grief from November and December.
- 4 Sessions on **anxiety and fear** came to **401**, where people expressed their frustration at the winter rain and having no stable shelter or supplies to protect from the cold.
- 5 Venting and debriefing sessions came to be at **1,379**, showing the ongoing demand for accessible MHPSS services.
- 6 There was a **18% increase** in sessions related to parents requesting support in how to deal with their children's traumas and behaviors, compared to the 2 months before, with children displaying more frustration at role reversals with overburdened parents.
- 7 Gender-Based Violence (GBV) cases have been more severe on the helpline. In Nov-Dec, there were **522 sessions** related to physical violence, a **56%** increase compared to Jan-Feb earlier this year.
- 8 Sawa delivered **830 remote medical consultations** from **Nov-Dec**, including on symptoms related to the flu, wounds, spasms, headaches, fatigue, and questions related to pregnancy.



REQUEST FOR
INFORMATION
(N=893)



MENTAL HEALTH &
PSYCHOSOCIAL SUPPORT
(N= 5,376)



VIOLENCE COMMITTED BY
THE OCCUPATION
(N=6,390)

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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