



11,641

Number Of Remote
Counseling
Sessions
October 2025

Of which
144,072

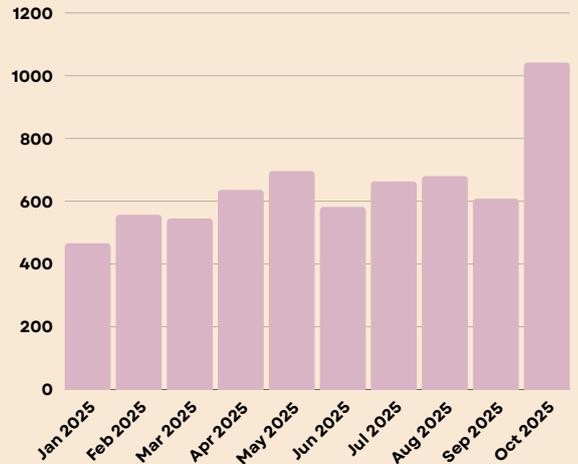
168,933



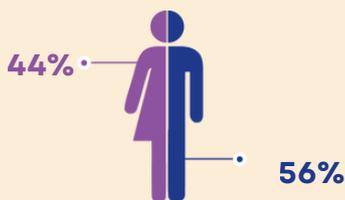
Total remote counseling sessions
Since OCT 7 2023

were provided for
the Gaza Strip

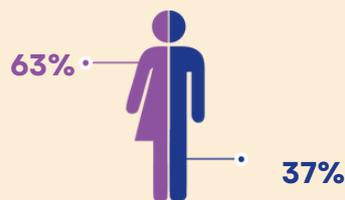
Psychological First Aid Sessions by Month 2025



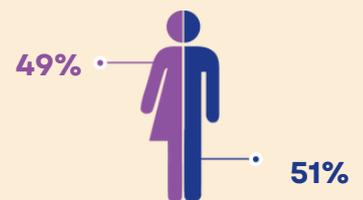
- 1 After the ceasefire call made in October, calls on the helpline began increasing again, with a 96% increase in counseling sessions compared to September.
- 2 Since Oct 7 2023, Sawa has answered 204,198 calls overall.
- 3 In 2025, Sawa has made **11,468 referrals** on the helpline, for referring callers to access material aid, medical services, and face to face support.
- 4 There were **272 sessions** related to grief in October, a **129% increase** compared with September.
- 5 There were also **increases in anxiety and fear (+54%) and venting and debriefing (+73%)**, where not only were Psychological First Aid sessions on the helpline the most they were this year, but also that the cases felt heavier and more complex: the demand for MHPSS is clear.
- 6 There was a **50% increase** in sessions related to parents requesting support in how to deal with their children's traumas and behaviors, compared to September.
- 7 Sessions increased from September to October for the **Tubas (+314%), Jerusalem (+200%), and Nablus (+43%), Jenin (+11%)** governorates.
- 8 There were 62 **sessions** related to **suicide ideation this month**, remaining high in frequency and severity and with 55% from Gaza, and 31% from the West Bank.
- 9 Sawa delivered 367 remote medical consultations in October, a **143% increase** compared to last month.



REQUEST FOR
INFORMATION
(N=688)



MENTAL HEALTH &
PSYCHOSOCIAL SUPPORT
(N=3,738)



VIOLENCE COMMITTED BY
THE OCCUPATION
(N=5,906)

