

# Resources for Israel-Palestine

**December 2023**

## Government Resources

### **U.S. Embassy in Israel**

For U.S. citizens contacting the U.S. Embassy in Israel regarding an emergency, please visit the [website](#) or call the U.S. Embassy at **+1-833-890-9595** or **+1-606-641-0131** (or **03-519-7426** from within Israel). For emergency assistance information and security alerts, please visit [U.S. Embassy in Israel](#).

- Address: U.S. Embassy Jerusalem; 14 David Flusser, Jerusalem, Israel 9378322
- Phone: 02-630-4000 (or 011-972-2-630-4000 from the United States)
- Website: <https://il.usembassy.gov/>

For updated travel alerts and messages, including U.S. citizens checking the status of land border crossings, please visit [here](#).

For emergency preparedness information, including how to download the free Israel Defense Forces Home Front Command application to receive real-time security and safety alerts, visit the website [here](#).

### **U.S. Office of Palestinian Affairs**

For emergency contact information and emergency resource information, please visit the [U.S. Office of Palestinian Affairs](#).

- Address: U.S. Office of Palestinian Affairs; 18 Agron Road Jerusalem 9419003
- Phone: +972-2-622-7230
- Website: <https://palestinianaffairs.state.gov/>

### **Travel.State.Gov U.S. Department of State - Bureau of Consular Affairs**

The Bureau of Consular Affairs prioritizes protecting the lives and serves the interests of U.S. citizens abroad. This covers moments such as births, adoptions, medical emergencies, deaths, arrests, and disasters. In addition, they help U.S. citizens by issuing passports. To learn more about Travel advisories for Israel, the West Bank and Gaza, please visit [here](#).

- Phone: U.S. citizens can contact the nearest U.S. Embassy in an emergency: **1-888-407-4747 (U.S./Canada) or 1-202-501-4444 (overseas)**
- Website: <https://travel.state.gov/content/travel.html>

U.S. Citizen Travelers may enroll in the Smart Traveler Enrollment Program (STEP) via [Step.State.Gov](#) to receive alerts about safety conditions, to help the U.S. Embassy contact them in an emergency and to help friends/family get in touch with them in an emergency.

Prepare a contingency plan for emergency situations. Review the U.S. Department of State's [Traveler's checklist](#).

## **International Committee of the Red Cross**

### **International Committee of the Red Cross (ICRC)**

The International Committee of the Red Cross (ICRC) refers to itself as a neutral, independent, humanitarian organization. The ICRC visits detainees in Israeli and Palestinian places of detention. They also support livelihood projects throughout the occupied territories. Additional information can be found [here](#).

- Website: <https://www.icrc.org/en>

## **Mental Health**

### **SAMHSA's Disaster Distress Helpline**

SAMHSA's Disaster Distress Helpline provides free 24/7, 365-day-a-year crisis counseling and support to residents of the U.S. and its territories who are experiencing emotional

## ***Crisis & Disaster Resources***

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distress related to natural or human-caused disasters. For more information, please contact the Disaster Distress Helpline.

- Phone: (800) 985-5990
- Hours: 24 hours a day, 7 days a week
- Website: <https://www.samhsa.gov/find-help/disaster-distress-helpline>

### **NAMI**

NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. There are chapters across the United States, and they offer a variety of supportive services. You may locate your nearest NAMI chapter on the website.

- Phone: 1 (800) 950- NAMI (6264)
- Website: <https://www.nami.org/Home>

### **211 United Way**

2-1-1 connects callers to health and human services information and is available 24 hours a day, seven days a week, even during disasters. Information and resources may be provided for a variety of needs including mental health, basic needs, and disaster assistance. Dial 211 from your cell phone to speak with a trained information and referral specialist. Calls are routed to service centers based on your geographic location. You may also search online for resources or find the local number for your local 211 service center by visiting the website [here](#).

- Phone: Dial 2-1-1
- Website: <https://www.unitedway.org/> or <https://www.211.org/>

*This guide provides referrals to resources. It does not endorse or recommend the resource providers. While every effort is made to maintain current provider information, information may change without notice.*

### **Resources For Living**

The EAP is administered by Resources For Living, LLC. This material is for informational purposes only. Information is not a substitute for professional health care and is not meant to replace the advice of health care professionals. Contact a health care professional with any questions or concerns about specific health care needs.

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