



As we all navigate the difficult circumstances brought on by COVID-19, our thoughts are with you and your loved ones.

In times of national emergencies, NATAL feels the duty to respond, and is currently offering additional support to those struggling with anxiety and stress related to the pandemic.

NATAL's Helpline opened its lines to serve all Israelis experience stress and anxiety related to the virus.

NATAL's Clinical Unit is providing treatment online, and NATAL's Multidisciplinary Studies Center has transitioned to virtual learning.

NATAL is disseminating materials to help the public remain calm, including tips and relaxation exercises for families and individuals in isolation or quarantine.

**Click here to watch an interactive video for kids from NATAL's Safe Place**

NATAL created a webpage (in English),  
**"Creating Your Safe Place: Coping with the COVID-19 Outbreak".**  
which will be continually updated by NATAL's Community Resilience Unit.

Recognizing this is a global crisis, NATAL is offering to provide webinars to support to our friends and community partners worldwide.

**NATAL Webinars: Stress, COVID-19 and Everything In-Between**  
*Dealing with Stress & Anxiety, The Emotional impact, Tools for Coping*

Webinars are provided for parents, community leaders,  
educators and frontline responders.

Led by NATAL's experts in the field of emergency response and resilience.

If NATAL's webinars may be of service to your community, please be in touch with AFN's Executive Director, Jaime Seltzer at [jaime@afnatal.org](mailto:jaime@afnatal.org) or 646-481-0481.

Sending our thoughts and prayers to you, your families and everyone around the world.

