



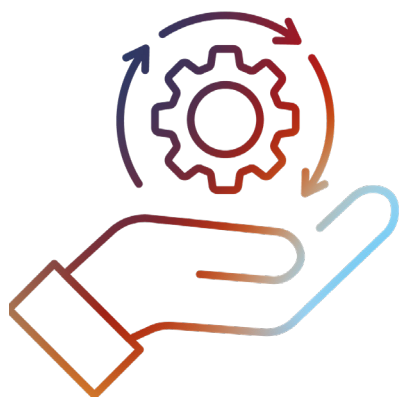
SURVIVAL KIT 2024



Survival Kit

Navigating Uncertainty Together

The *Survival Kit* has been thoughtfully crafted to support USJ students as they face the current difficult situation in Lebanon. In times of uncertainty, resilience becomes our greatest asset. Understanding that each individual is facing unique hardships, we aim to provide practical tools for emotional well-being. **The Survival Kit** emphasizes resilience, offering hotlines, coping strategies, self-care practices, and community resources to help every student find the support they need.



1

HOTLINES



Services	Contact Number
Lebanese Red Cross	140
Fire Brigade	175
Lebanese Civil Defense	125
Ministry of Public Health (MoPH)	1787
Internal Security Forces	1745

2

SHELTERS, HEALTH AND BASIC NEEDS



SHELTERS

Region	Contact Number
Mount Lebanon	05 924 225 / 81 033 910
South Lebanon	81 072 619 / 03 732 656 / 97 752 709
South Lebanon - Nabatieh	76 873 806
North Lebanon - Akkar	79 303 476 / 79 303 470
North Lebanon	06 433 121
Beirut	01 987 001 / 81 075 453
Beqaa	08 808 211 / 81 479 342

You can check this document for more information about [residence and housing directory](https://etudiant.usj.edu.lb/docs/RepertoireResidences.pdf) (<https://etudiant.usj.edu.lb/docs/RepertoireResidences.pdf>)

MENTAL AND PHYSICAL HEALTH



Counseling Office - USJ	01/421 000 ext. 5132 -sap@usj.edu.lb
Family Medicine Center - HDF	01/604 000 ext. 8181 WA: 70/473 323
Student clinic - HDF	01/604 000 ext. 8181 WA: 70/473 323
URDA: Health Services for displaced Lebanese	1787
Embrace	1564
Ministry of Public Health	1214



ESSENTIAL SERVICES

Organization	Contact Number	Services Provided
Norwegian Refugee Council (NRC)	(WA) 216 005 70	Shelter kits, hygiene kits
Ahla Fawda	211 355 01	Food, blankets, clothes
Tari2ouna El Sama	109 804 70	Daily meals
Terre des Hommes – Lausanne	637 616 81	Hygiene kits for displaced girls and women
Beit El Baraka	812 118 81	Food, medical support, affordable groceries
Nusaned	640 140 71	Shelter, economic empowerment
Solidarity Lebanon	626 523 04	Food packages, medical aid
Amel Association International	293 317 01	Healthcare, education, protection
Caritas	767 499 01	Food assistance, shelter, medical care
DAFA	688 862 81	Mattresses and clothes

3

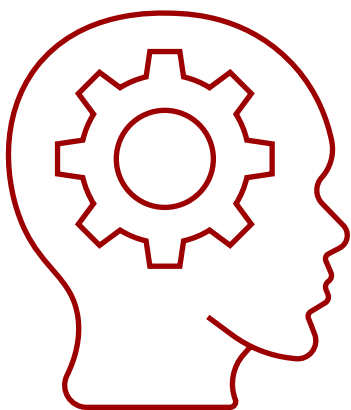
PERSONALIZED MENTAL HEALTH RESOURCES



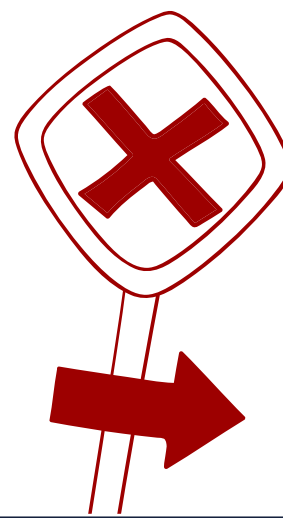
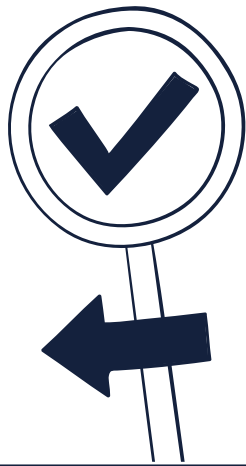
Resources	Link
Step-by-Step	https://step-by-step-program.com/en/welcome
NMHP Podcast + Self-help	https://resources.nmhp-lb.com/podcasts
4Ws Platform	https://mhis.nmhp-lb.com/#/guest/home
Lebanese Order of Psychologists	275 839 03
Abaad	820 283 71

4

DO NO HARM PRINCIPLE



In the coming 4 weeks, as we continue to navigate this emergency, when it comes to mental health, it is normal for people to experience distress in response to the adversities they are facing. Discussing diagnoses of PTSD or other mental health conditions at this stage would be premature. It is important to emphasize that massive universal screenings for mental health conditions right now are not useful and can even be harmful.



To Do	Not to Do X
<p>Emphasize the importance of avoiding assumptions that everyone is traumatized and of pathologizing and re-traumatization</p>	<p>Use terminologies such as trauma and PTSD during this phase of the emergency to describe IDPs.</p>
<p>Support access to safety, shelter and basic needs in a dignified manner (1787 hotline can be contacted for health needs in shelters)</p>	<p>Fail to emphasize that access to basic needs and safety is the primary and key intervention for people's mental health, especially during this phase of the emergency.</p>
<p>Inform people of expected reactions that they can notice on themselves and their children in response to what is happening and help them with some tips on how to manage them and other relevant information MEDIA AND COMMUNICATION MATERIALS TO PRINT - Google Drive</p>	<p>Conduct universal screenings and mental health assessment for affected people.</p>
<p>Safe identification and referral for people in need of urgent mental health conditions using the national safe identification and referral material. You may relay with us for the key messaging.</p>	<p>Hasty diagnoses of mental health conditions, including PTSD, without taking into consideration the normal and expected distress reactions to adversity at this stage.</p>
<p>Disseminate information on available services for mental health:</p> <ol style="list-style-type: none"> 1. LifeLine 1564: The national hotline for psychological support and suicide prevention, managed by the National Mental Health Program in collaboration with Embrace (available 24/7). 2. Step-by-Step Program: A confidential and free psychological support program that helps in dealing with depression and anxiety. You can download the app via this link: http://step-by-step-program.com 3. Self-Help + Podcast: Five episodes of practical exercises to deal with psychological stress. You can listen to the podcast through this link: https://resources.nmhp-lb.com/podcasts 4. 4Ws Platform: A list of mental health and psychosocial support services available in Lebanon. You can access the list through this link: https://mhis.nmhp-lb.com/#/guest/home 	

Identify and support people who are already on psychotropic medication and ensure continuous supply through the proper channels established by the Ministry of Public Health through the Primary Healthcare Centers and relevant PSUs. (a detailed SOP for this is under preparation)	
Conduct individual and support group sessions for people who might be in need of it to individuals in the shelters using evidence-based intervention such as SH+ and PM+ by facilitators trained and certified in the provision of these interventions	
Coordinate with the MHPSS TF and the CP Working group to agree on appropriate PSS intervention activities in shelters for the different groups before initiating activities	
Signpost national MHPSS services, information, and resources NMHP Resources (nmhp-lb.com)	
Reference: National Health Sector Working Group Lebanon Health Sector WHO, UNHCR & Amel	

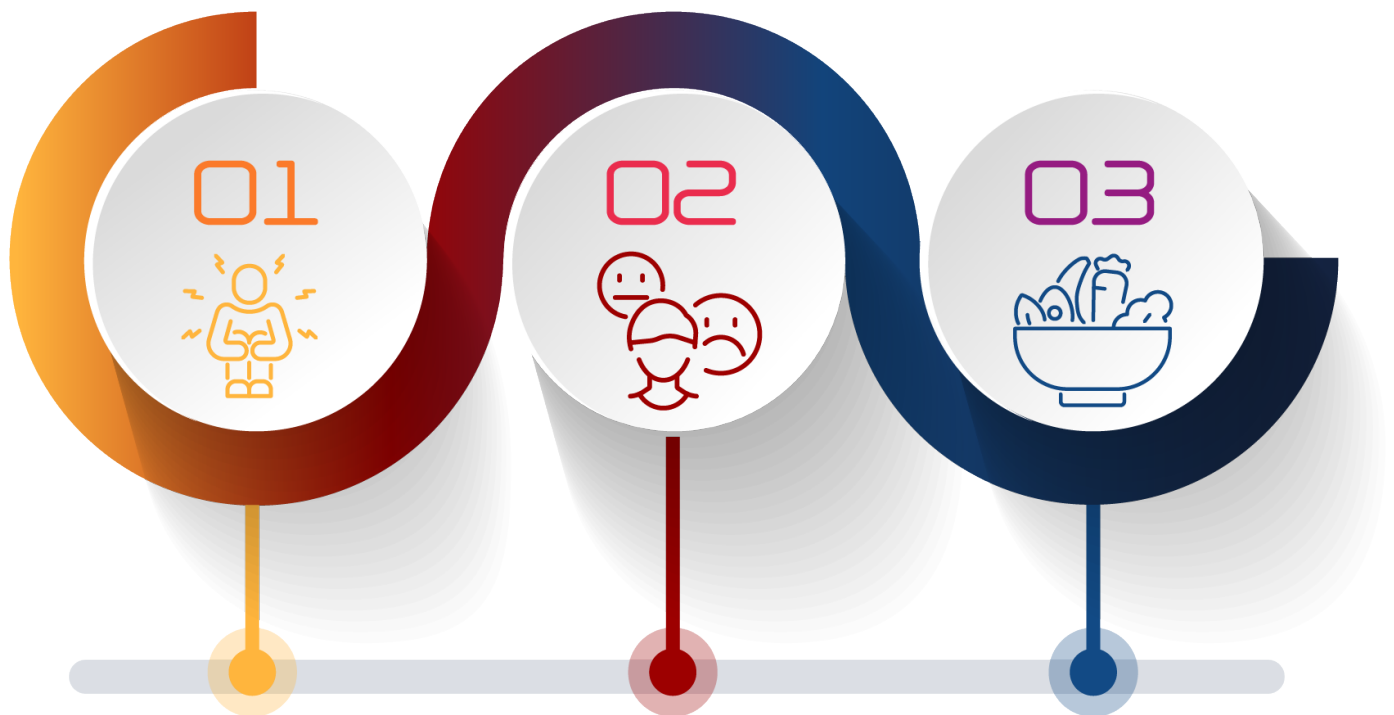


GUIDED COPING DURING WARTIME

In times of crisis, prioritizing emotional well-being is crucial. Here are effective coping techniques tailored for navigating the challenges of wartime. These strategies aim to help you manage your emotions, stay grounded, and maintain connections with others.

ACKNOWLEDGE YOUR EMOTIONS

Experiencing a range of emotions during difficult times is normal. Many reports indicate that challenging circumstances can lead to heightened anxiety and panic attacks. Recognizing and acknowledging these emotions is the first step to effectively managing them.



FEAR AND ANXIETY

During crises, fear and anxiety can spike due to uncertainty about safety and the future. Acknowledging these feelings can help normalize them and reduce their intensity. Accepting your emotional state allows for better processing, rather than suppression.

NUMBNESS

Disconnection from emotions can be a protective response to trauma. Understanding that numbness is a common reaction can help you feel less isolated and encourage you to engage with your feelings over time.

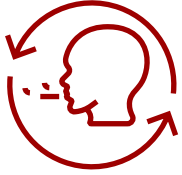
EMOTIONAL EATING

Stress can trigger emotional eating as a means of coping. By acknowledging this pattern, you can work towards healthier coping strategies, focusing on nutrition and self-care.

USE GROUNDING TECHNIQUES

Grounding techniques are practical methods that help bring your focus back to the present moment. Many individuals experience increased anxiety and panic attacks during crises, making grounding techniques particularly beneficial.

1- BREATHING EXERCISES



- Inhale deeply for a count of four.
- Hold your breath for four seconds.
- Exhale slowly for a count of four.
- Repeat this cycle several times.

Why it Helps: Deep breathing activates the body's relaxation response, reducing feelings of panic and anxiety by slowing the heart rate and lowering blood pressure.

2- MEMORY AND SENSES



- Sit in a relaxed position and close your eyes.
- Imagine being in a place where you feel safe (e.g., a favorite vacation spot).
- Engage your five senses:
 - **Sight:** Visualize colors and shapes.
 - **Sound:** Listen for imagined sounds from that place.
 - **Smell:** Recall the scents associated with it.
 - **Touch:** Feel the textures in your mind.
 - **Taste:** Think of comforting flavors.

Why it Helps: Engaging your senses can distract from distressing thoughts and promote a sense of safety and calm.

3- CATEGORIZATION



- Choose two things you love (e.g., a pet, a favorite book).
- Describe them in detail, focusing on their attributes.
- Breathe deeply as you articulate your thoughts.

Why it Helps: This exercise helps organize thoughts and emotions, making them feel more manageable during overwhelming times.

CONNECT WITH OTHERS

Isolation can amplify feelings of distress. Reaching out and connecting with others is essential for emotional support.



1- REACH OUT FOR SUPPORT: Contact friends and family, even if it's through online platforms. Sharing your thoughts and feelings can provide relief and strengthen bonds.

Why it Helps: Social support is linked to lower levels of stress and anxiety. Knowing you are not alone can provide significant comfort.



2- JOIN ONLINE COMMUNITIES: Engage with groups or forums where you can share experiences and support one another.

Why it Helps: Online communities can create a sense of belonging and validation, helping to alleviate feelings of isolation.

STAY INFORMED, BUT LIMIT MEDIA CONSUMPTION

While staying updated is important, constant exposure to distressing news can worsen anxiety and lead to panic.



1- SET BOUNDARIES: Designate specific times for checking news updates to stay informed without becoming overwhelmed.

Why it Helps: Limiting media consumption can reduce anxiety levels, allowing you to focus on other activities that promote well-being.



2- CHOOSE RELIABLE SOURCES: Follow trusted news outlets to ensure you receive accurate information.

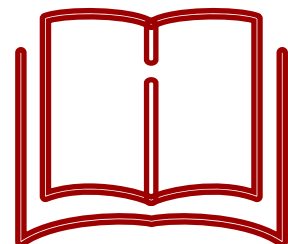
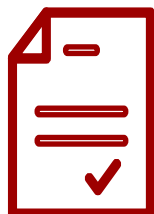
Why it Helps: Accessing verified information helps minimize misinformation and provides a clearer understanding of the situation.

DISTRACT YOURSELF

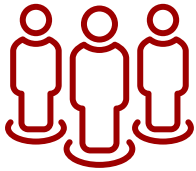
In times of war, engaging in healthy distractions helps alleviate stress, maintain emotional balance, and provide a sense of control amidst overwhelming uncertainty.



- **Listen to music** – Create calming or uplifting playlists.
- **Exercise** – Engage in activities like yoga, walking, or home workouts.
- **Read a book** – Escape into a novel or learn from nonfiction.
- **Art and crafting** – Try painting, drawing, knitting, or DIY projects.
- **Watch movies or series** – Choose comforting or inspirational films and shows.
- **Meditation or deep breathing** – Practice mindfulness to calm your mind.
- **Cooking or baking** – Experiment with new recipes or make comfort food.
- **Puzzles and brain games** – Solve crosswords, Sudoku, or jigsaw puzzles.
- **Journaling** – Write down your thoughts, feelings, or creative ideas.
- **Gardening** – Tend to plants or grow a small indoor garden.
- **Play a musical instrument** – Practice or learn something new.
- **Call or video chat with friends** – Stay connected with loved ones.
- **Learn something new** – Try an online course or tutorial on a topic of interest.
- **Volunteer or help others** – Support community initiatives or engage in online volunteering.



MENTAL SUPPORT



FORMAL THERAPY

- Consult the SAP
- Check Mental Guide for [formal therapy](#) if needed

SPIRITUAL SUPPORT

The Campus Ministry offers spiritual guidance during these times of uncertainty and anxiety. It's natural to feel overwhelmed. Sharing your thoughts can help ease some of the stress. Don't hesitate to reach out to the individuals listed below – they have dedicated their time and energy to listen to those who need to vent:

- Father Antoine Ghazal 71-264178
- Sister Raymonda Saade 71-007861
- Sister Liza Kareh 03-825588
- Father Elie Saliba 71-725439
- Father Fadi Jandah 70-535733
- Father Waleed Mallah 70-010056

MESSAGE FROM THE SPORTS OFFICE

Dear Students,

During these challenging times, we strongly recommend that you stay far from unsafe areas. Avoid getting caught up in rumors or unreliable news on social media. Instead, focus on staying active in safe locations. You can go for walks, hike, or bike if the opportunity is available.



If possible, consider joining a martial arts class or engaging in racket sports such as tennis, padel, squash, badminton, or table tennis. Swimming is also a great option. These activities can boost your confidence and self-esteem.

For those who play team sports like basketball, volleyball, football/futsal, or handball, you can still work on individual training to improve your technique, even if your team isn't practicing right now. You can also visit the gym or join any available fitness classes to maintain your physical condition.

And if you're having trouble finding anything nearby, we're here to support you. Don't hesitate to give us a call for assistance.

For information: sports@usj.edu.lb

OPÉRATION 7^e JOUR AND SUPPORT FOR THE DISPLACED

To carry out the *Opération 7^e Jour* initiative in response to the war in Lebanon, the Steering Committee has called upon USJ students and the university community to help families being hosted by the Jesuit Fathers' Reception Center.

The phases of the project are as follows:

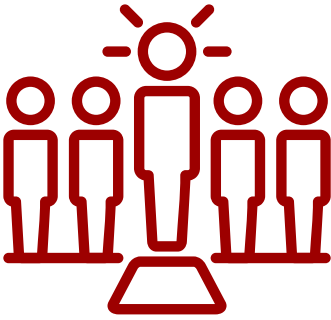
1. Donation collection at the Medical Sciences Campus
2. Organizing donations: Sorting clothes, food supplies, and toys for children
3. Logistics: Assisting with coordinating deliveries and organizing storage spaces
4. Support and assistance: Interaction and workshops run by O7 teams based on the beneficiaries' needs to provide them with moral and practical support.

Together, we can bring hope and help to those in need.

For information, donations, or registration: O7@usj.edu.lb



STUDENT COUNCIL, RESPONDING TO STUDENT NEEDS



We are aware of the difficult situation the country is going through and the burden it may have on your hearts and minds. We are here to listen and are ready to offer our support. Don't hesitate to reach out to us, whatever your needs are.

Now, more than ever, is the time to show solidarity. We stand by your side and will do everything in our power to support you.

CSS and CIS: Emile Najm: 03 244 496

CSM and HDF: Samir Ghafari: 70 063 556 and Camilio Samneh: 78 945 434

CSH: Hala Dalloul: 76 053 999

CST: Tony Abdelsater: 76 357 760

CLN: José Makhlof: 76 028 787

CLS: Kamal Hanna: 81 640 787

CZB: Christ Trad: 71 564 242

Student Life Office: WhatsApp: 81 207 462

Email: sve@usj.edu.lb

With the support of:



Université Saint-Joseph de Beyrouth
Opération 7^e jour



Aumônerie de l'USJ



as well as the comity of mental health:



Université Saint-Joseph de Beyrouth
Faculté de médecine
Institut supérieur de santé publique



Université Saint-Joseph de Beyrouth
Service d'aide psychologique