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NATAN

WORLDWIDE DISASTER RELIEF

CARING FOR OUR OWN: NATAN VOLUNTEERS IN ACTION



On the right, Dr. Sharon Shaul, NATAN's medical lead, on reserve duty at the site of a missile strike in Central Israel. (Her companions' faces are blurred to protect their privacy.)

[You can help. Please donate generously.](#)

We are grateful that Israel's official health system is holding strong—emergency rooms are functioning, and our own Dr. Sharon Shaul, NATAN's medical lead, is on reserve duty as an ER physician in Tel Aviv. But while medical care is covered, the emotional toll is growing.

That's where NATAN steps in.

Across the country, we provide free emotional first aid workshops to civilians reeling from trauma — those who've spent hours in shelters, fled destroyed homes, or are simply overwhelmed by too many alarms. These workshops teach simple and powerful resilience-building techniques we've used in Ukraine and Nepal -- and now, in Israel -- to help people regain a sense of control, reduce stress, and become empathic "first responders" for themselves and their communities.

NATAN's strength lies in our speed, flexibility, and extraordinary model of volunteerism. We mobilize trained professionals — psychologists, social workers, and therapists — who freely give their time and expertise to serve. This unique approach makes us agile, cost-effective, and deeply impactful where support is needed most.

Be a part of NATAN's vital mission. [Donate now](#) to help us do what we do best: Run more workshops, train more volunteers, reach more communities, as we work to restore dignity and rebuild lives.

This is our moment. [Join us](#).



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