



You're Not Alone

Standing together with ESRA

You're not alone. We're all in this together and ESRA is here for you. During these worrying times we invite you to take advantage of ESRA's services, so that together we will be better able to meet any challenge.

For updated information about Coronavirus see the Ministry of Health website (in English) click [here](#)

Hoping you all stay healthy and safe.
The ESRA Family



Non-Profit & Public Institution No. 580037455

Befrienders

Helping those who need a friend, find one, providing a listening ear and assistance. Find a friend or volunteer to be one.

Sandra 054 422 4066
Mary Shea 053 255 1508
Glenis 054 7734392

Professional Counselling

Support for dealing with stress. Talk to a professional for general emotional support.

Susan 052 698 9088
Cecily 050 373 1302

Welfare

ESRA's Welfare Fund offers financial support for those in crisis (per fund criteria). To apply, fill in the [application form here](#).

Online Technical Support

Help dealing with difficulties in connecting online, social media, Google search, WhatsApp, etc.

Leslie Rose 054 574 6990
leslierosetech@gmail.com

General Assistance

For any other assistance or support, please contact us at: 09 950 8371
herzliyaoffice@esra.org.il

www.esra.org.il