



SURVIVAL KIT

2026



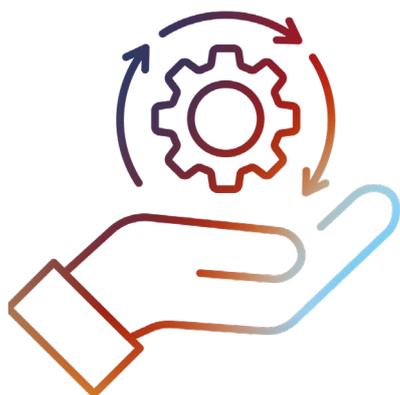
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Student Survival Kit

Navigating Uncertainty Together

The Student Survival Kit has been crafted to support USJ students as they face the current difficult situation in Lebanon. The Student 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 (ISF)	112 / 1745

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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 / 07 720 081
South Lebanon - Nabatieh	76 873 806
North Lebanon - Akkar	79 303 476 / 79 303 470
North Lebanon	06 433 120 / 79 380 421
Beirut	01 987 001 / 01 987 002 / 71 028 975
Beqaa	08 808 211 / 81 479 342
Baalbek-Hermel	71 017 261 / 81 479 343

2026 residence and housing directory

(<https://www.usj.edu.lb/sve/pdf/REPertoire-DES-RESIDENCES-ET-FOYERS.pdf>)

Schools:

<https://experience.arcgis.com/experience/af252d852fd144ad98242eba8b6d60b3/page/English?draft=true>

<https://961.maps.arcgis.com/apps/dashboards/7b4ac614c7c34a9caf4cc83e7b36f22>

Citizens who have been forced to leave their homes are invited to register through the following official link: www.mosa-relief.com

This registration will enable the authorities to facilitate contact with displaced persons and provide them with the assistance and services they need.



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 WhatsApp: 70/473 323
Student clinic – HDF	01/604 000 ext. 8181 WhatsApp: 70/473 323
Ministry of Public Health	1787 / 1214
Blood Bank	1760
Embrace: Mental health center	1564 / 81 003 870
Ministry of Public Health	1214 / 1787



ESSENTIAL SERVICES

Organization	Contact Number	Services Provided
Ahla Fawda	79 064 125	Food, blankets, clothes
Beit El Baraka	81 118 812	Food, medical support, affordable fruits and vegetables
Amel Association International	01 317 293	Healthcare, education, protection
Caritas	01 517 012	Food and basic assistance
Basmeh & Zeitooneh	70 112 034	Shelter, food, mattresses, and blankets
Anera	01 382 590	Essential supplies, water, meals
Lebanon Rental	81 062 329	Rental support
Shift Social Innovation Hub	81 578 647	Management of collective shelters
shareQ NGO	70 938 913	Food assistance
Arcenciel	03 109 672	Assistive devices, medical supplies, rehabilitation services, clothing, and hot meals
Nation Station	76 430 769	Food kits
Offre Joie	81 383 742	Shelters and food kits
FoodBlessed	81 038 801	Food and meals
Banin Charity Association	81 313 316	Medication, first aid, food, and mattresses
Lebanese Food Bank	01 510 499	Hot meals (Available only for certain schools or associations; donations are also possible.)
Animals Lebanon	01 751 678	Animal rescue and support

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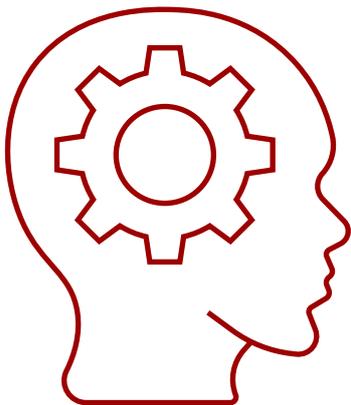
PERSONALIZED MENTAL HEALTH RESOURCES



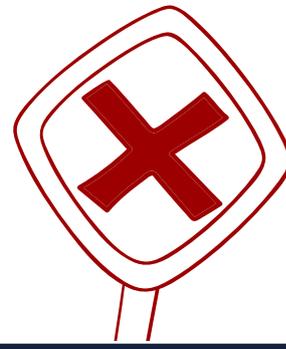
Resources	Link
Step-by-Step	https://step-by-step-program.com/en/welcome
NMHP Podcast + Self-help	https://resources.nmhp-lb.com/podcasts
4Ws Platform	https://mhis.nmhp-lb.com/#/guest/home
Lebanese Order of Psychologists	03 839 275
Abaad	81 788 178
Developmental Action without Borders - Nabaa (psychological support, gender-based violence (GBV) services, child protection, humanitarian assistance)	78 965 304
Order of Malta Lebanon (healthcare, mental health services, livelihood support, psychosocial support (PSS), food security, community well-being)	01 494 959

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DO NO HARM PRINCIPLE

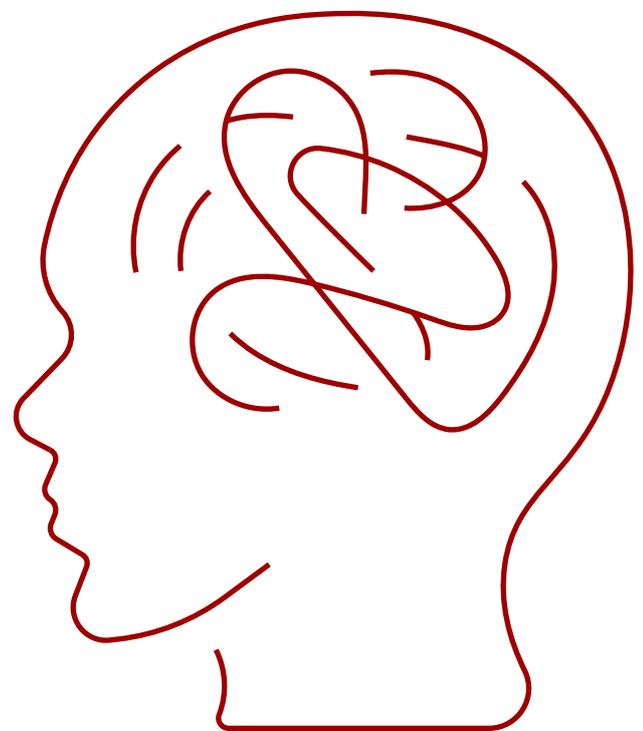


As we continue to navigate this emergency, when it comes to mental health, it is normal for people to experience distress in response to the adversities they are facing. Discussing diagnoses of PTSD or other mental health conditions at this stage would be premature. However, it is important to emphasize 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>It is important not to assume that everyone is traumatized or to unnecessarily bring up painful experiences</p>	<p>Use terminologies such as trauma and PTSD during this phase of the emergency to describe IDPs.</p>
<p>Ensure that everyone has access to safety, shelter and basic needs in dignified conditions (the 1787 hotline is available for health-related needs in shelters)</p>	<p>Overlook the importance of access to basic needs and safety for mental health, especially during this phase of the emergency.</p>
<p>Inform individuals about the reactions they may experience or observe in their children in response to the situation, and provide guidance on how to manage them MEDIA AND COMMUNICATION MATERIALS TO PRINT - Google Drive</p>	<p>Conduct universal screenings and mental health assessment for affected people.</p>
<p>Identify individuals in need of urgent mental health care and appropriately refer them using the national resources designed for this purpose</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 	
<p>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.</p>	

<p>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</p>	
<p>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</p>	
<p>Signpost national MHPSS services, information, and resources NMHP Resources (nmhp-lb.com)</p>	
<p>Reference: National Health Sector Working Group Lebanon Health Sector WHO, UNHCR & Amel</p>	

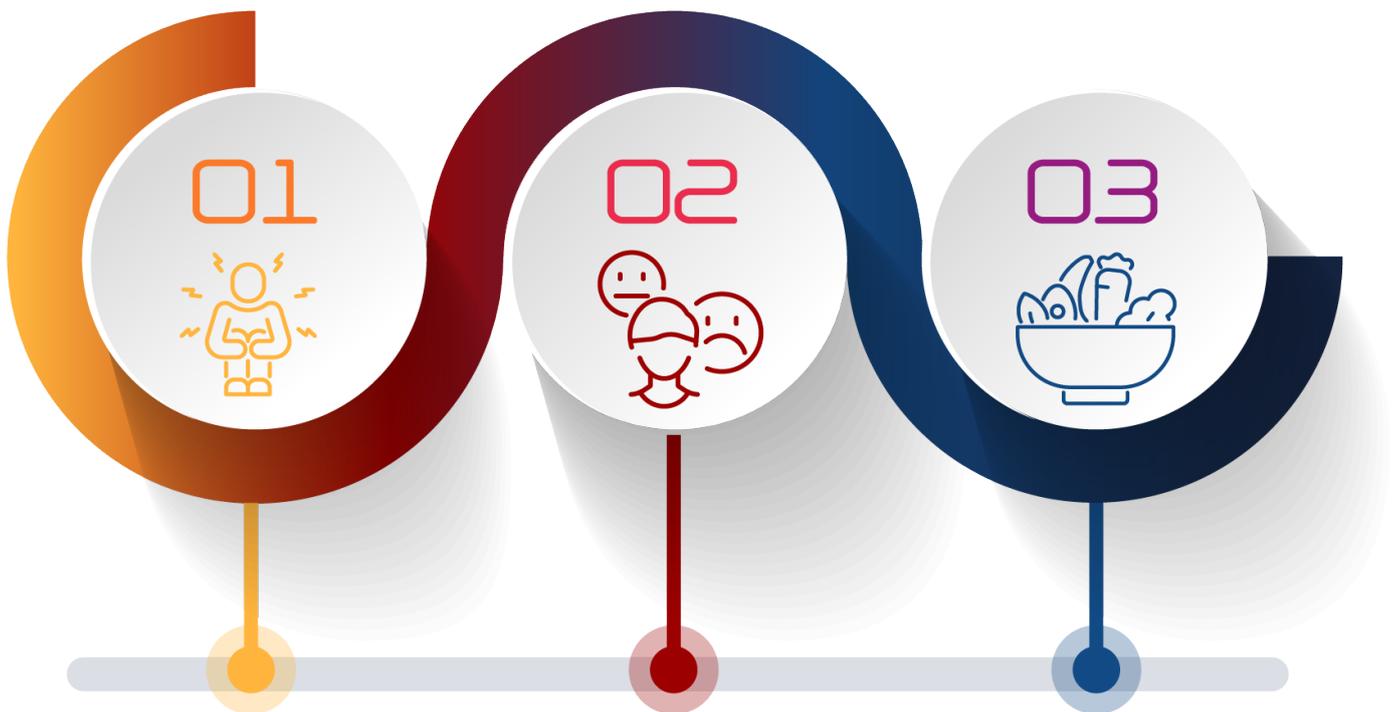


GUIDED COPING DURING WARTIME

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

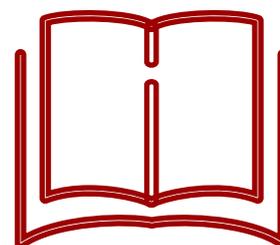
In times of war, engaging in healthy distractions helps alleviate stress, maintain emotional balance, and provide a sense of control amidst overwhelming uncertainty.



- **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 USJ Campus Ministry remains at your disposal to offer spiritual guidance. In these times of war, marked by uncertainty, anxiety, and inner fatigue, it is natural to feel overwhelmed. Being listened to and having a space to express what you are going through can become a true source of support.

Members of the USJ Campus Ministry are available to listen with care, offering a space for those who feel the need to speak, share what they are going through, or simply receive support:

- Fr. Antoine Ghazal: 71 264 178
- Fr. Elie Saliba: 71 725 439
- Fr. Fadi Jandah: 70 535 733
- Fr. Jad Chebly, SJ: 76 189 698
- Sr. Liza Kareh: 03 825 588
- Fr. Rabih Hourany, SJ: 03 586 452
- Sr. Raymonda Saadé: 71 007 861
- Fr. Tony Homsy, SJ: 76 451 966
- Fr. Walid Mallah: 70 010 056
- Fr. Zaki Sader, SJ: 03 348 486

MESSAGE FROM THE SPORTS OFFICE

The Sports Office remains available to support you.



Because we believe that sports play an essential role in the well-being of our community, especially during difficult times, the facilities at the Science and Technology Campus - Mar Roukoz remain open seven days a week, from 8:00 AM to 11:00 PM.

For assistance or further information:

Email: sports@usj.edu.lb

Instagram: [@usjsport](#) (direct message)

OPÉRATION 7^E JOUR ADVICE



In the current context, and in light of the challenges and uncertainties that many may be facing, it is important to pay attention to your safety, your personal well-being, and the continuity of your academic journey. During this period, staying informed, maintaining connections with the university community, and organizing your work can help you better manage the situation. The following recommendations are intended to support you in your daily life and provide guidance to help you maintain your balance, remain engaged in your studies, and move forward step by step despite the circumstances.

For any information or request for support related to the initiatives of *Opération 7^e jour*, students may contact their cells directly.

Coordinator's contact details:

- joe.hatem@usj.edu.lb
- o7@usj.edu.lb
- +961 1 421 000 - ext. 2309
- Medical Sciences Campus – Building A – 1st floor

FOR STUDENT CLUBS

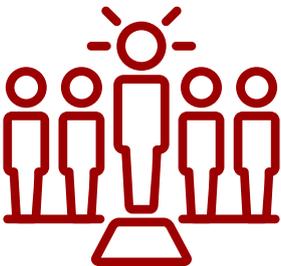
Together To Gather: The Feminist Club and the Secular Club have resumed the humanitarian initiative launched in 2024, aimed at distributing hygiene products to displaced persons through monetary donations and supermarket collection drives across all regions, with collaboration planned with various clubs. If you would like to join our efforts, please contact us at 70 010 420 or by email at clubs.sve@usj.edu.lb.

LeMSIC: In response to the emergency, a campaign has been launched to distribute hygiene kits to support families forced to leave their homes. Whether you are a member of LeMSIC or simply a medical student, your support can make a difference. You can volunteer on the ground, donate essential products, or contribute financially via OMT / Whish Money. Every contribution helps bring relief to those who need it most.

For more information: +961 76 934 858, +961 79 168 106.

7

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.

CSS and CIS: Charbel Chemaly: 81 753 840 and Charbel Fares: 70 295 384

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 and Jean-Paul Achkouti: 81 809 293

CLN: Adam Naaman: 76 595 962

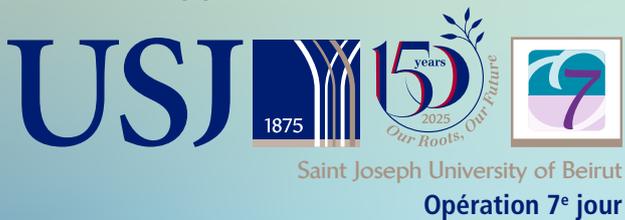
CLS: Lea Bassil: 70 709 077

CZB: Elie Sadek: 71 789 996

Student Life Office: WhatsApp: 81 207 462

Email: sve@usj.edu.lb

With the support of:



Aumônerie de l'USJ



as well as the Mental Health Committee:

