

## Living with the Fear of Loss

### Story of H.B, a 15-year-old female child

The 15-year-old, H.B (initials of her name), female child who lives in a 4-member family. During her childhood, at the age of 6, she witnessed the death of her older brother in the escalation in 2014. Since then, she has been suffering from several chronic issues including PTSD, bedwetting, and psychological distress. This child received psychosocial support sessions at Atfaluna where she was detected to be needing an advanced intervention due to her severe symptoms. She was referred to receive case management services and individual counseling. Despite her extreme condition, the specialists were able to help her strengthen her resilience and coping mechanisms through relaxation techniques, Catharsis, and Cognitive Behavioral Therapy. She then was referred benefit from medical services. These interventions have been highly beneficial in reducing her stress and improving her wellbeing.



During the current Israel escalation (May 2023), the child is being contacted by Atfaluna daily to check up on her psychological condition, as part of the Inclusive Emergency Intervention we provide. Unfortunately, we found out that she is going through a very serious breakdown as she encountered another tragic death this Friday 12th of May 2023 as her cousin was killed by an Israeli airstrike. Atfaluna's team of psychosocial specialists immediately stepped in to provide Psychological First Aid. She is being provided with the needed counseling and adaptation techniques to maintain her mental stability. Her caregivers are also receiving psychosocial support to assist in her recovery.