



# Conflict in the Middle East

## March 6, 2026

### Government and Official Resources

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- **U.S. Department of State – Travel Advisories & Updates**  
[Travel](#)  
Provides official travel warnings, safety information, and updates on conflicts abroad.
- **USAID (United States Agency for International Development)**  
[U.S. Agency for International Development](#)  
Offers information on humanitarian assistance and development programs in conflict regions.

### Humanitarian Organizations

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- **American Red Cross**  
[American Red Cross | Help Those Affected by Disasters](#)  
Provides disaster relief and humanitarian aid; may have specific campaigns related to Middle Eastern crises.
- **International Rescue Committee (IRC)**  
[International Rescue Committee | International Rescue Committee \(IRC\)](#)  
Supports refugees and displaced persons from conflict zones, including the Middle East.
- **Doctors Without Borders (Médecins Sans Frontières)**  
[Home | Doctors Without Borders - USA](#)  
Provides medical aid in conflict-affected areas.
- **Jewish Federations of North America**  
[Home Page | The Jewish Federations of North America](#)  
Provides support and humanitarian aid related to Middle Eastern conflicts.

### Resources for Military Families

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**Military OneSource – Counseling for Service Members and their Families**  
(800) 342-9647  
[Military Counseling for Stress | Military OneSource](#)

**American Red Cross – Veteran Services**  
(877) 272-7337  
[Services for Veterans | American Red Cross | Veterans Assistance](#)

### Helpful Articles and Resources

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- **National Institute of Mental Health**  
“Coping with Traumatic Events”  
[NIMH » Coping With Traumatic Events \(nih.gov\)](#)
- **Centers for Disease Control and Prevention (CDC)**  
“Coping with a Traumatic Event”  
[Coping with a Disaster or Traumatic Event Factsheet | Natural Disasters | CDC](#)
- **UNICEF (United National Children’s Fund)**  
“How to Talk to Your Children about Conflict and War”  
[How to talk to your children about conflict and war | UNICEF Parenting](#)
- **American Academy of Child & Adolescent Psychiatry**  
[Disaster and Trauma Resource Center \(aacap.org\)](#)
- **American Psychological Association**  
“How to Cope When Loved Ones are in War Zones”  
[How to cope when loved ones are in war zones](#)
- **UNICEF USA**  
“5 Tips for Dealing with Uncertainty in Times of War”  
[5 Tips for Dealing with Uncertainty in Times of War | UNICEF USA](#)

## **United Way/211 Information and Referrals Lines**

These information and referral lines may know of additional resources currently providing assistance, such as food pantries, clothing closets, emergency shelters, and agencies offering financial assistance. Please call and provide your zip code and demographic information in order to receive referrals.

Please call 211 or visit the website below to identify your local 211  
[Your Local 211 | United Way 211](#)

## **National Suicide Prevention Lifeline**

(800) 273-8255  
[988 Suicide & Crisis Lifeline - Call. Text. Chat. \(988lifeline.org\)](#)

## **Substance Abuse & Mental Health Services Administration Disaster Distress Helpline**

(800) 985-5990

National mental health helpline that is available to those who have experienced a natural or human caused disaster. The helpline is available 24 hours per day, 7 days per week. The counselors can provide support and referrals to local resources.

## **Suggestions for Meditation and Breathing Apps**

- Calm - Available for iOS and Android
- UCLA Mindful - Available for iOS and Android
- Smiling Mind - Available for iOS and Android

## **Free Help Line**

Optum, a leading health and behavioral health services company, is offering a free emotional-support help line.

The toll-free number, 866-447-3573, will be open Monday-Friday, 8am-8pm Central Time. The service is free of charge and open to anyone. Specially trained Optum mental health specialists help people manage their stress and anxiety so they can continue to address their everyday needs. Callers may also receive referrals to community resources to help them with specific concerns, including financial and legal matters.

Along with the toll-free help line, emotional-support resources and information are available online at: <https://www.liveandworkwell.com>.

*The resources provided in this document are intended solely for informational purposes related to disaster preparedness and response. We are not affiliated with, endorsed by, or connected to any political party or organization. Users are advised to exercise their own discretion and judgment when utilizing these resources.*