



Circles of Hope

supporting the second circle of
victims, healing our shared future

So That Our Collective Story will be one of Hope and Healing

The impact of October 7th reshaped life across Israel. Many suffered direct losses - lives were upended, homes destroyed, security shattered. But there is another circle: those who loved and cared for the victims, those who stand beside them, and those who carry silent scars. **7 Plus - Circles of Hope** was established to stand with these invisible survivors, offering accessible, long-term psychological care and resilience-building.

Who We Are

7 Plus is a nationwide non-profit organization, founded in the aftermath of October 7th to address the mental-health crisis arising from war and terror. We established a broad network of certified private-practice therapists across Israel offering subsidized, high-quality care.

Our foundational belief: emotional recovery is not a sprint - it's a long-distance journey, and the whole nation must walk it together

What We Do

Comprehensive Mental-Health Services

- Subsidized, long-term one-on-one therapy for individuals affected directly or indirectly by trauma
- Treatment guided by structured clinical assessment, ongoing evaluation, and personalized care plans
- Family therapy and multi-professional interventions designed to support entire households - children and adults alike

Support & Training for Therapists

- Ongoing professional supervision, clinical mentoring, and continuing education to uphold treatment quality
- Creating a robust therapeutic community to avoid professional burnout and secondary trauma among care providers

Who We Support

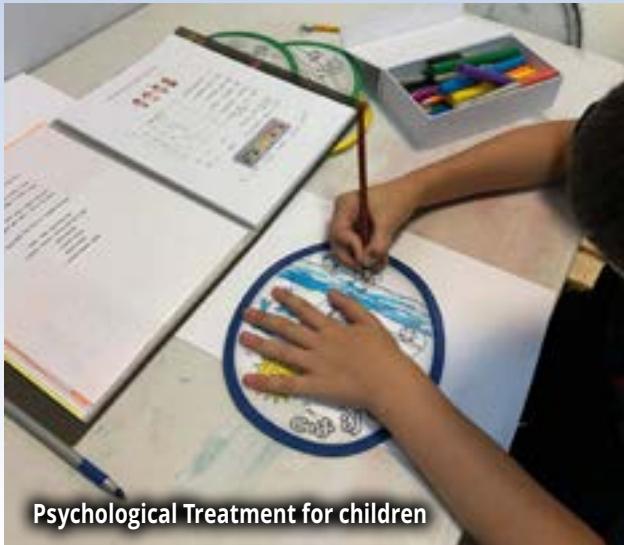
- Extended family members and friends of soldiers, hostages, wounded and fallen
- Residents of the Gaza-border area and northern communities
- Mental-health professionals overwhelmed by collective trauma
- Soldiers and reservists bearing invisible emotional burdens
- Children and adolescents experiencing war-related distress or anxiety
- Parents and grandparents coping with the emotional fallout of war



Taking part in a municipal emergency hotline
during a missile attack



Rapid Response Team during a missile strike
incident in Ramat-Gan



Numbers of Hope



1,000

Patients
(all ages)



1,000

Therapists
in the
network



35%

Reduction
in anxiety,
depression & PTSD



198

Cities
& communities



17

Supervision
& training
groups

Our Two Main Areas of Action

1. Patients – Psychological Treatment

- **Therapy sessions** at a nominal cost, subsidized by 7 Plus, consisting of minimal patient participation and an agreed therapist discount
- **Treatment tailored** to the patient's needs, using intake questionnaires and a structured needs-assessment conversation
- **Nationwide accessibility** - locating an available therapist close to where the patient lives, anywhere in Israel

2. Therapists – A Professional Home

- **Professional training and supervision** - professional development and personal support, both one-time and ongoing
- **Facilitating patient-therapist connections and supporting the therapeutic relationship** - including ongoing assessment and professional feedback
- **Establishing sustainable supportive therapist communities** - designed to prevent burnout and secondary trauma

Patients Share

S., a mother of a 9-year-old in distress

"A friend saw a post and encouraged me to reach out. The psychologist guided us to find calm moments and talk with my child about what was worrying him. We gave him responsibilities during missile attacks and learned calming techniques we use together when needed. **At least the war inside our home has ended.**"

R. 31, cousin of a hostage held in Gaza

"It took me months to realize that I, too, was not okay. Today I understand that therapy is the only place where I feel allowed to talk about myself – about what I have been carrying since his abduction."



A support group for army reservists' wives



A patient in Sderot

Programs of Hope

Leaders of Recovery

An innovative rehabilitation program for soldiers coping with post-traumatic stress, loss, and moral-identity injury. Participants receive focused trauma-informed individual therapy alongside a group process that promotes trauma-aware leadership. Over several months, the group engages in shared therapeutic experiences and innovative practices. Upon completion, participants return to their communities and continue their own recovery through roles of mentorship, leadership, and peer support for others coping with trauma. The program is accompanied by research aimed at developing a scalable, evidence-based recovery model.

Ministry of Defense Partnership

Individual, couple, and family therapy for eligible rehabilitation cases: veterans, family members of injured soldiers and security forces, and bereaved families

in partnership with the Rehabilitation Department and the Families & Commemoration Division at the Ministry of Defense.

Iron Shield

Identification, psychological treatment, and parenting guidance for partners of reservists experiencing significant emotional difficulties related to reserve service and the ongoing reality.

Implemented in collaboration with key reservist-family partners and philanthropic supporters.

Anxiety Protocol

A state-developed protocol designed to provide rapid, effective mental-health support to victims of hostile acts who experienced a traumatic event, even before formal recognition – to reduce the risk of long-term harm. 7 Plus provides hundreds of treatments through private clinics nationwide, enabling convenient access and high-quality conditions.

in partnership with the Israel Trauma Coalition and the Community Stress Prevention Center

Emergency Response Team

More than 80 volunteer therapists are on emergency standby to deliver rapid first-response care in crisis zones. They are trained in psychological first aid and can deploy within a short time from the first impacts. Since October 7th – and intensified during Operation "Rising Lion" – teams provided initial support

- to evacuated communities;
- in Majdal Shams following the missile attack on a sports field;
- in missile impact zones across Israel;
- and to victims of antisemitic attacks worldwide.

Support for Volunteers and Caregivers

A resilience-strengthening program for volunteers assisting in war-affected populations since October 7th. The program includes individual therapy, processing groups for volunteers exposed to wartime trauma through their service, and training for coordinators and managers

in partnership with the Manof Foundation of Israel's National Insurance Institute.



Some destruction is visible from the outside, while some emotional fractures remain hidden from view



A rapid response team during a missile attack at a nursing home in Ness Ziona

Our Team

7 Plus was founded by **Shlomi Oman** and **Michal Newborn** – social entrepreneurs and mental health professionals driven by a clear, under-addressed need that emerged after October 7th. The founders bring experience in trauma care, building resilience communities, and leading national-scale initiatives in times of emergency. Our professional team includes senior experts in trauma, loss, and resilience, ensuring clinical excellence, organizational stability, and long-term impact.



Shlomi Oman

Founder & CEO; international business leader and social entrepreneur in humanitarian support for war-affected populations.



Michal Newborn

Co-Founder; Director of Clinical Services; clinical psychologist and senior trauma supervisor; formerly head of the clinical unit in the IDF's LIBA Unit.



Prof. Eva Gilboa-Schechtman

Clinical Advisor for Treatment Quality



Dr. Claudia Kogan

Director of Training and Professional Development



Leah Rozenbach

Senior Supervisor and Steering Team Member



Dr. Nira Kaplanski

Programs Director



Or Shemesh

Clinical Manager

Awards and Recognition

Miss Fix the Universe

(Bank Hapoalim and the Israel Women's Lobby) – recognizing our vision, professionalism, and deep commitment to 'invisible' war-affected populations.

Zionist Action Award

honoring groundbreaking social initiatives that strengthened Israeli society through mutual responsibility and Zionism.

Commendation from the Parliamentary Caucus for Mental Health and Suicide Prevention

recognizing our special contribution through volunteer activation and dedicated national service.

Key Partners

- Israel's National Insurance Institute
- Mifal HaPais (The National Lottery)
- Mashabim Center
- The Jewish Agency for Israel
- Anchor for Reservist Families
- The Reservist Families Forum
- The Israel Trauma Coalition
- Philanthropic foundations and family foundations

Contact



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Donations



<https://my.israelgives.org/en/members/7Plus>