



WEIZMANN מכון
SCHOOL OF
SCIENCE למדע ::::

Dear Students and Postdocs,

In times like these, it's natural to feel overwhelmed. To support your well-being, we've put together a list of easy-to-use apps and websites that offer simple, practical tools for managing stress and anxiety.

We invite you to explore the daily exercises and tools and to discover what works best for you. We hope these resources will bring you some calm and relief.

If you are facing a specific difficulty or personal challenge, please don't hesitate to reach out - by email or phone. We're here for you.

Sending strength to you and your families,

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Explore, Breathe, Strengthen

Soly Emotional Health

An innovative platform combining trauma resilience AI with compassionate care, for everyday emotional support.

→ [Soly App](#)

Simple and Effective Relaxation

A concise YouTube guide with calming, proven self-relaxation techniques.

→ [Watch the video](#)

Helping Children Cope

Emergency-focused tools from NATAL for supporting kids in stressful situations.

→ [Resources for Children](#)

Vivid – Personal Growth, Every Day

A flexible app offering practical tools for daily calmness and long-term emotional growth.

→ [Explore Vivid](#)

Well-being Hotlines for Emotional Distress

ERAN- Emotional First Aid

Emotional Support 24/7 in times of anxiety, distress, or any emotional crisis:

- *3201
- WhatsApp: 0528451201

NATAL- Emotional Support (specialists in Trauma and war-related distress)

- Emotional Support assistance 24/7
- 1-800-363-363

MAKSHIVIM – International Hotline

Emotional Support assistance 24/7

079-5913596, *3596

National Resilience Open Hotline

Anxiety stress-related assistance in National emergencies

*5486