



Statement – Thursday 16 November 2023

Psychological Society of Ireland concerned about the psychological wellbeing of those affected by the war in Gaza and Israel

As a profession that is singularly focused on the wellbeing of others, the Psychological Society of Ireland (PSI) is deeply disturbed by the crisis in Gaza and Israel, by the human suffering and the sustained trauma that is being experienced by innocent victims in this escalating conflict. The PSI, as representatives of the psychology community, stands in solidarity with all who are working to protect and safeguard human life and human rights, during this conflict.

The PSI is gravely concerned for the physical safety and mental health of those in the region, and of those affected by these traumatic events here in Ireland. The psychological impact of war is far reaching, for those who have families, friends, and work colleagues in the region, and for those witnessing the conflict, the violence and the humanitarian crisis reported in the media on a daily basis.

Traumatic stress reactions are normal reactions to highly stressful events such as war, and initial reactions can range from exhaustion and confusion, to sadness, anxiety, and agitation. Not everybody reacts in the same way and there is no 'right' way to respond, but there are some steps that can be taken to manage the stress and to support those who are under stress at this difficult time. The PSI and its members can provide psychological support and resources to those in need.

The PSI produced a [Psychological First Aid Resource](#) at the commencement of war in the Ukraine and a [similar resource](#) for working with refugees and displaced people more generally. A resource will be available imminently to support families, communities, and children who are affected by the war in Gaza and Israel.