

How you can help Israel



Donate. Give to any of the hundreds of non-profits helping Israel today. [JUF's Israel Emergency Campaign](#) sends 100% of all collected contributions to Israel and funds many groups providing urgent help.

Contact and express solidarity with every Israeli you know. Reach out, even to that old tour guide from your last trip there 25 years ago. And when they don't respond, send another message of love. Tell them all that is being done to try to help. Tell them they aren't alone. Such communications lift their spirits and ours.

Write letters to IDF soldiers. Send a card of support to IDF soldiers through JUF's TOV Volunteer Network. Cards will be distributed through JUF's Israel office. [Learn more here.](#)

Elevate awareness of hostages in the hands of Hamas and Islamic Jihad. They're [listed here](#). Distribute [these flyers](#).

Amplify messages of solidarity on social media. Share factual information from credible sources; share emotional stories that move you; there are many in our community offering to match personally a dollar amount for every positive comment on their pro-Israel post.

Write emails to your company and your children's teachers and school administrators. Use these templates: 1. [For Jewish employees](#) 2. [For parents writing to schools](#)

Host informal parlor meetings. Invite non-Jews (colleagues and friends) and/or for other Jews less knowledgeable about Israel. All of us are emissaries for Israel and all of us know such people. JUF can help.

Attend many of the virtual or in-person public programs on the crisis. Better yet, initiate one. Plan one for your Rotary or Kiwanis Club, Chamber of Commerce, alumni organization, or any other civic group.

Political advocacy. Elected officials pay more attention to personal communications than to mass, duplicated messages. Maintain a balance between urging action, expressing displeasure, and saying "thank you." Most of the 19-member Illinois U.S. Congressional Delegation (House and Senate), Illinois state legislators and Chicago City Aldermen and Alderwomen have been supportive. They deserve our thanks, as do all of our state's constitutional officers—Governor, Lt. Governor, State Comptroller, State Treasurer and Secretary of State—and many area mayors. [Click here to find your elected officials](#), and if you donate to politicians, make sure the candidates of your choice know how important Israel is to you.

Show your solidarity by putting up a lawn sign and wearing a blue ribbon.

The blue ribbon symbolizes support and solidarity for the safe return of the hostages taken by Hamas terrorists in Israel—learn more about the [blue ribbon campaign](#) or [order a JUF lawn sign](#).



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Support Jewish college students and Hillels.

Both your own alma mater's, and your kids' and grandkids' Hillels.

Talk to your kids.

- Check out this [resource from PJ Library](#) for tips on talking to your young kids about Israel and antisemitism.
- The American Psychological Association provides [tips for talking about war](#) for parents and teachers of middle schoolers.
- Dr. Sivan Zakai provides [language to use in initiating dialogue](#) (scroll down for middle schoolers).

Support local businesses that are donating portions of their proceeds to Israel.

Restaurants, clothing stores, small in-home retail / jewelry

Consume English-language Israeli media. Consider [Times of Israel](#). [Jerusalem Post](#). [Ynet News](#). [Ha'aretz](#). [I24TVNews](#).

Monitor American newspapers. Tell them when they got something right, and when they got something wrong. And tell the same thing to their readers via "Letters to the Editor." Don't focus only on major national or local papers. There are still plenty of specialty, neighborhood, and regional publications. Do the same with your alumni and professional magazines.

Call-in to talk radio. You don't listen to talk radio? Doesn't matter, Tens of millions of Americans do.

Are you a healthcare professional? Israel needs volunteers' now via telemedicine.

Learn more at [American Telemedicine and Tele-mental Health Initiative for Israel](#), and if you're able to go to Israel, [Medical Volunteers for Israel](#).

Pray for the Murdered, the Injured, the Missing, and the IDF. Attend communal minyans and services.

Combat and report antisemitism. Utilize the [ADL's incident report form](#).

Support your own mental health. Call [JCFS Chicago's Warm Line](#) (855-275-5237) for emotional support in English or Hebrew. If you or someone you know have a family member in the IDF, [check out this JCFS support group](#).

Buy Israeli products. [This resource](#), the brainchild of a Chicagoan, shows what can be bought where.

When the dust settles from this war: travel, travel, travel to Israel. By plane, by kayak—anyway, anyhow—get there...and bring others with you. [JUF Missions can help](#) plan the experience of a lifetime.

In all these endeavors, involve your children and grandchildren. This is perhaps the second most important action all of us can take for them. For ourselves. For Israel. Forever.

Finally, the single most important action for Israel, today, right now, is [donate](#).

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