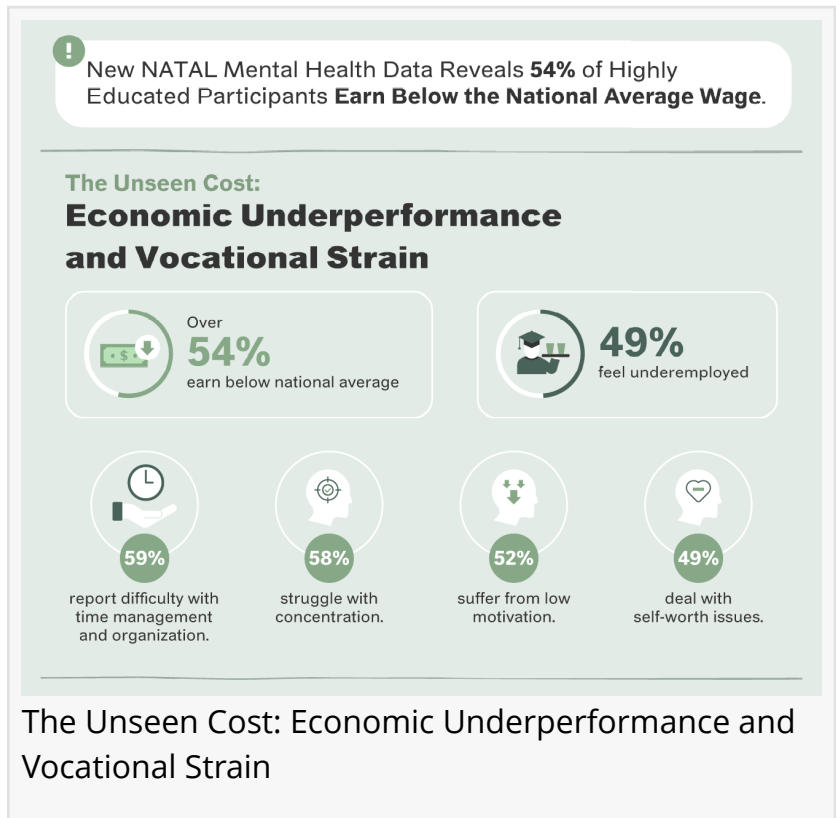


# AFN: NATAL Mental Health Data Reveals 54% of Highly Educated Participants Earn Below the National Average Wage

*A new study underscores the deep and pervasive impact of trauma on highly educated workers.*

NEW YORK, NY, UNITED STATES, May 27, 2025 /EINPresswire.com/ -- [American Friends of NATAL](#) has released new data from [NATAL](#), the Israel Trauma and Resiliency Center, that underscores the deep and pervasive impact of trauma on highly educated members of Israeli society in the wake of ongoing conflict. The findings, collected by NATAL's Research and Development Unit, highlight the urgent need for expanded mental health support and vocational interventions, particularly for reserve soldiers and civilians directly affected by violence and rocket fire.



## The Unseen Cost: Economic Underperformance and Vocational Strain

Among highly educated individuals, nearly half of participants in NATAL's vocational coaching program hold higher education degrees, and the economic fallout of trauma is profound:

- Over 54% earn below the national average wage.
- 49.3% say their jobs do not reflect their actual abilities.

Vocational challenges mirror emotional ones. At the outset of coaching:

- 58.6% report difficulty with time management and organization.
- 57.5% struggle with concentration.
- 51.5% suffer from low motivation.
- 48.6% deal with self-worth issues.

"These statistics represent how the lives and futures of Israelis are being shaped and derailed by trauma. The burden is emotional and psychological, and also physical, economic, and social. It impacts families, communities, and the country at large," said Maayan Aviv, CEO of American Friends of NATAL.

### Widespread Trauma Exposure and Lasting Consequences

According to NATAL, 55% of individuals reaching out for help reported direct exposure to traumatic events, including physical, visual, or auditory experiences of violence. Nearly half (48%) reported exposure to rocket fire, illustrating the intensity and regularity of threat in everyday life for many Israelis.

This constant exposure to danger is taking a measurable toll on public health. Among those who contacted NATAL over the past 18 months:

- 65% reported poor physical and mental health.
- Over 60% experienced moderate impairment in daily functioning.
- 64% were at risk of developing depression, while 68% were at risk for PTSD, with prevalent symptoms such as hyperarousal and chronic sleep disturbances.
- 55.8% were at risk of developing an anxiety disorder.

### The Weight on Israel's Reserve Forces and Civilians

Among those who seek support from NATAL, a striking 70% are reserve soldiers, with 30% civilians, a powerful reflection of how deeply trauma affects both those on the frontlines and those at home. Of those reaching out, 80% are men, suggesting a significant gendered aspect to trauma exposure and help-seeking behaviors.

### About the Data

Since October 7, 2023, more than 86,000 individuals have reached out to NATAL's support services. As part of our data collection efforts, 2,140 trauma assessment surveys were completed, of which 1,774 were deemed valid for analysis. The majority of these were submitted

### Widespread Trauma Exposure



**55%**

reported direct physical, visual, and/or auditory exposure to traumatic events.



**48%**

reported exposure to rocket fire.

over the past 18 months:



**65%** reported poor physical and mental health.



**64%**

at risk of developing **depression**.



**68%**

were at risk for **PTSD**.



**56%**

at risk of developing an **anxiety disorder**.



**+60%**

experienced moderate impairment in **daily functioning**.

### Widespread Trauma Exposure and Lasting Consequences

### Demographics of Trauma



**70%**

are reserve soldiers.



**30%**

are civilians.



**80%** are men.

### About the Data

This data is based on **1,774 valid trauma assessments** collected by NATAL since October 2023.



Trauma affects both those on the frontlines and those at home.



The burden is emotional and psychological, and also physical, economic, and social. It impacts families, communities, and the country at large,"

*Maayan Aviv, CEO of  
American Friends of NATAL*

by reservists (70%) and civilians (30%) receiving care through emergency mental health protocols.

#### About American Friends of NATAL

American Friends of NATAL (AFN) is dedicated to supporting and strengthening NATAL's life-changing work, providing critical assistance to Israelis coping with trauma, primarily caused by terrorism and war. In the U.S., AFN builds awareness, fosters partnerships, and unites a community of supporters committed to ensuring the resilience, health, and well-being of Israel, now and for

generations to come.

#### About NATAL

NATAL - Israel Trauma and Resiliency Center is a non-profit organization dedicated to helping individuals and communities in Israel cope with the psychological effects of war and terror. Founded in 1998, NATAL provides a multidisciplinary approach to trauma treatment, focusing on building resilience and providing support to those affected by conflict and other traumatic events.

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