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Dear Friends,

Behind every donation is a person, and behind every person is their own reason for choosing to help. I am reminded of this every day in my work. When an exceptionally generous donation comes in, I pick up the phone and call the donor. To others, I write a few personal lines tailored to them and to the cause they have chosen to support. I want to thank them and let them know how much we truly appreciate their decision to help.

Through these phone calls and messages, I am constantly reminded of **how many different stories can lie behind a single donation**. Some people support a place they know because they have lived there, travelled there, or have family or friends there. Others have never been to Ukraine or Moldova and do not know the families who lost their homes in the disaster in Venezuela. Yet they still choose to help. Simply because they care about what happens to another human being, even if they have never met them.

And that is one of the most powerful aspects of my work. There may be thousands of miles between a donor and a person in need. **They may live completely different lives and never meet in person**. Yet, at a certain moment, **a connection is formed between them**: one person finds themselves facing hardship, and another decides they should not have to face it alone.



Stanislava Rollová

Public Relations Officer, Caritas Czech Republic

STORIES FROM CARITAS AROUND THE WORLD



Vital mental health care in Gaza

According to Sawa, which runs a crisis helpline in Gaza with support from Caritas Czech Republic, [an increasing number of people in the Gaza Strip are experiencing suicidal thoughts](#). While addressing basic needs remains essential, **psychological support is becoming ever more important** in helping people cope with the challenges of living in prolonged uncertainty.



Caritas responds in Nepal

The **flash floods** that struck Nepal in August **claimed more than a thousand lives and left others without homes**. Humanitarian teams from Caritas Nepal are working in the affected areas, providing food, safe drinking water, essential supplies and equipment. [We are also supporting the response from Czechia through the Caritas for Nepal appeal](#).



"Caritas is like my parent"

That is how Nyandwi from Zambia describes the support he received from Caritas Czech Republic. His story, together with those of Leya and Joseph, shows just **how important it is to support local farmers** as droughts and extreme weather become increasingly common. Thanks to new skills and knowledge, [they are adapting to changing climate conditions and securing a livelihood for their families.](#)



Venezuela in crisis

Following the earthquakes that struck in June, Caritas Venezuela has been supporting people who lost homes and loved ones. **The disaster struck a country already struggling with a political, economic, and humanitarian crisis.** [We take a brief look at the situation in Venezuela:](#) how a former oil powerhouse became an authoritarian regime, and why nearly eight million people have left the country.



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