



LEBANON NEWSLETTER

MAY 2026

“When we look at the situation here in Lebanon at this time, I think many of the people are just trying to survive. Many of them have lost their buildings, their jobs, their mental health has deteriorated. There's a lot of unknown.

People have been displaced, they've lost their livelihoods, which resulted in them really in a dire situation for help and assistance.

ADRA is trying to look at the most vulnerable and provide support to them in what they actually need. Whether it is food, shelter or water, we need to address those critical areas that they are needing support in.

Some of the priorities we have here in ADRA Lebanon, is first provide some stability in the lives of those that we are seeking to help. This means initially, we provide food and water and a shelter, place for shelter, but we don't want to leave them just there. We want to move them along into something that they can return to normalcy in life. That means providing them with skills so that they can find a job, helping them with some of the other needs that they may have in establishing a more permanent lifestyle for themselves.

There are many ways you can support. First and foremost, I would encourage you to pray for ADRA Lebanon. Pray for our staff, the operations that we are undertaking. It is not easy. Some may want to provide financial support. Your support to ADRA is very much appreciated. I want to thank you on behalf of ADRA Lebanon for that support that you are providing us.”



*Stephen Cooper, ADRA Lebanon
Country Director*



J. Chahine, Monte Verde shelter, Lebanon

LOVE IN THE MIDST OF CRISIS

“Since I was 16 years old, we have been crying over wars, and we are still living through them. The forms of war changed, the weapons changed, but war remains war.

I want to tell people who are suffering from war, from economic hardship, and from everything happening: look for God’s grace in the middle of all this evil. God loves us. He created us because He loves us. He does not want evil for us. If something painful happens, perhaps it is because something better is waiting for us than the life we were used to. So let us search for what is better: peace, reconciliation, and harmony with one another and with the world around us.”

How to Help

More than 1 million people have been displaced following the escalation of conflict in Lebanon in March 2026. ADRA is responding by providing food and hygiene supplies to internally displaced people living in formal and informal shelters.

Join ADRA's response and help provide hope and dignity to families affected by the crisis.

DONATE

Their Stories

In May 2026, the ADRA Lebanon team visited shelters across the city to assess the needs of internally displaced people. Residents shared their journeys from their homes to the places where they found refuge and support.

LEAVING TO SURVIVE

“There was bombing near us, then near my house. We left and went away. There was shelling close to our home and our neighborhood.

My grandchildren suffered greatly. Their studies were affected, and they could not continue properly.

War is very hard. The sound of weapons and explosions is terrifying. Everything is difficult.”

God provides, but we still need money to survive. We are five people, and life is difficult. Honestly, just being displaced and needing money for everything. Even buying simple things has become difficult. I used to work in the south, but now everything stopped.”



Noor, Bekaa shelter, Lebanon

Education in Times of War

The impact of war extends far beyond physical displacement. For many children, it also means exposure to violence, emotional distress, and interruptions to their education.

Through ADRA Lebanon's Retention Support Program implemented in Baalbek in 2026, 280 children from war-affected families received online courses in languages, mathematics, and sciences helping them continue learning despite the challenges they were facing.

To address the psychological impact of conflict, ADRA integrated psychosocial support (PSS) sessions into the school activities. Sawsan Dergham, one of the teachers, witnessed the positive impact of PSS on her students.

“Jad, one of my students, used to come very early to school, but he was afraid of being there. After I observed him every day while he studied, I noticed that he was being exposed to violence and abuse”, she remembered. The PSS sessions not only helped Jad cope with his trauma, but also revived his interest in school. “I always tried to get closer to him through PSS sessions, and eventually he began to love coming to school. He would often say, I love to study. I want to become something important when I grow up”, Sawsan explained.

Through its education projects, ADRA Lebanon aims to provide children with the opportunity to learn and thrive, even in difficult circumstances.



Students in Baalbek received psychological support to cope with war trauma



Sawsan Dergham, teacher in ADRA Retention Support Program



With ADRA e-cards, IDPs can buy food and hygiene items they need most

Emergency Response

ADRA continues to respond to the crisis in Lebanon. Through the BRIDGE project, funded by Canadian Foodgrains Bank, it will provide food e-vouchers to 4,925 internally displaced people (IDPs). With support from PolishAid, ADRA will implement an additional food assistance project, reaching 1,565 IDPs.

