



Humanity in action 2025: A year in review



ICRC

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2025: A year in review

Contents

6	Message from the Director-General	7	Who we are	8	How you helped in 2025
10	Where you helped in 2025	13	Our protection mandate		
14	Detainees	16	Displaced people	18	Restoring family links
20	In focus Israel and the occupied territories	22	Red Cross Field Hospital	25	Weapon contamination

Economic security  26	Water and habitat  29	
Health  30	Mental health and psychosocial support  33	Physical rehabilitation  34
Spotlight Afghanistan's forgotten crisis  36	Who you helped in 2025 38	In their own words 40
Meet our staff 42	Thanks to you 	

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Message from the Director-General

The year 2025 marked a profound turning point for the humanitarian sector, and for the ICRC in particular. We were confronted with a convergence of crises: a sharp rise in armed conflicts worldwide, now exceeding 130, and a corresponding surge in humanitarian needs, fuelled by the erosion of respect for international humanitarian law. In too many contexts, these rules have been stretched, applied selectively, or simply ignored. And even as needs magnified, the global funding landscape shrunk significantly.

Relations among states have become more confrontational. Conflict is no longer treated as a last resort. Deeply troubling narratives dehumanizing the “other” are being spread, further altering the environment. Such narratives are not new, but their resurgence is dangerous. They serve to justify violence, to normalize atrocities, and, in their aftermath, to give rise once more to the familiar refrain of “never again.” We have witnessed this cycle before. And, as always, it is the most vulnerable people who are bearing the heaviest burden.

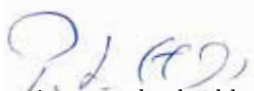
It was in this context that we carried out our work in 2025. Faced with these challenges, we returned to the essence of what defines us as humanitarians: the principle of humanity – not one that waits for others to act, but one that steps forward, resolute and decisive, to prevent and alleviate suffering, even in the darkest of times. This is humanity in action.

Thanks to your steadfast support, we upheld our mandate. Guided by our Institutional Strategy, we reinforced the centrality of protection by further promoting international humanitarian law and responding to emergencies of growing scale and complexity. At the same time, we continued to invest in becoming more efficient and effective, so as to better serve those in need.

Your support has, for example, enabled us to continue to engage with parties to conflict to uphold the basic rules of international humanitarian law; to act as a neutral intermediary in some of the most challenging environments; to deliver life-saving assistance and medical care; and to reconnect families separated by armed conflict and other violence. We have continued to work in protracted conflicts where generations have known little but violence and loss.

In 2026, we are counting on your continued partnership. Together, we must ensure that humanity is never silenced or sidelined – that it remains a force strong enough to guide action, restore dignity and sustain hope.

Together, we will continue to be humanity in action.


Pierre Kraehenbuehl
Director-General

Who we are

A unique humanitarian organization

The International Committee of the Red Cross (ICRC) has been on the front line for humanity since 1863, working to preserve human dignity and relieve human suffering whenever war or armed violence strikes.

Present in over 90 countries worldwide, we act resolutely to provide humanitarian assistance to whoever needs it most, regardless of race, religion, gender or politics. In collaboration with our Red Cross and Red Crescent partners around the world, we do everything we can to deliver life-saving aid across front lines, reconnect families and locate missing people. We also seek access to detainees to monitor their treatment and help improve their living conditions.

We actively engage with the authorities and armed forces on all sides, urging them to fulfil their duty under the Geneva Conventions to protect those who don’t fight from harm, including in the digital sphere. We hold sensitive discussions, often bilaterally and in confidence, aiming to prevent further harm and help all sides better comply with international humanitarian law.

In the darkest of times, we stand up for our shared humanity by promoting the rules of war and rallying the world to call on those with the authority to do so to enforce them effectively.

The success of these efforts would not be possible without the generosity of donors like you.

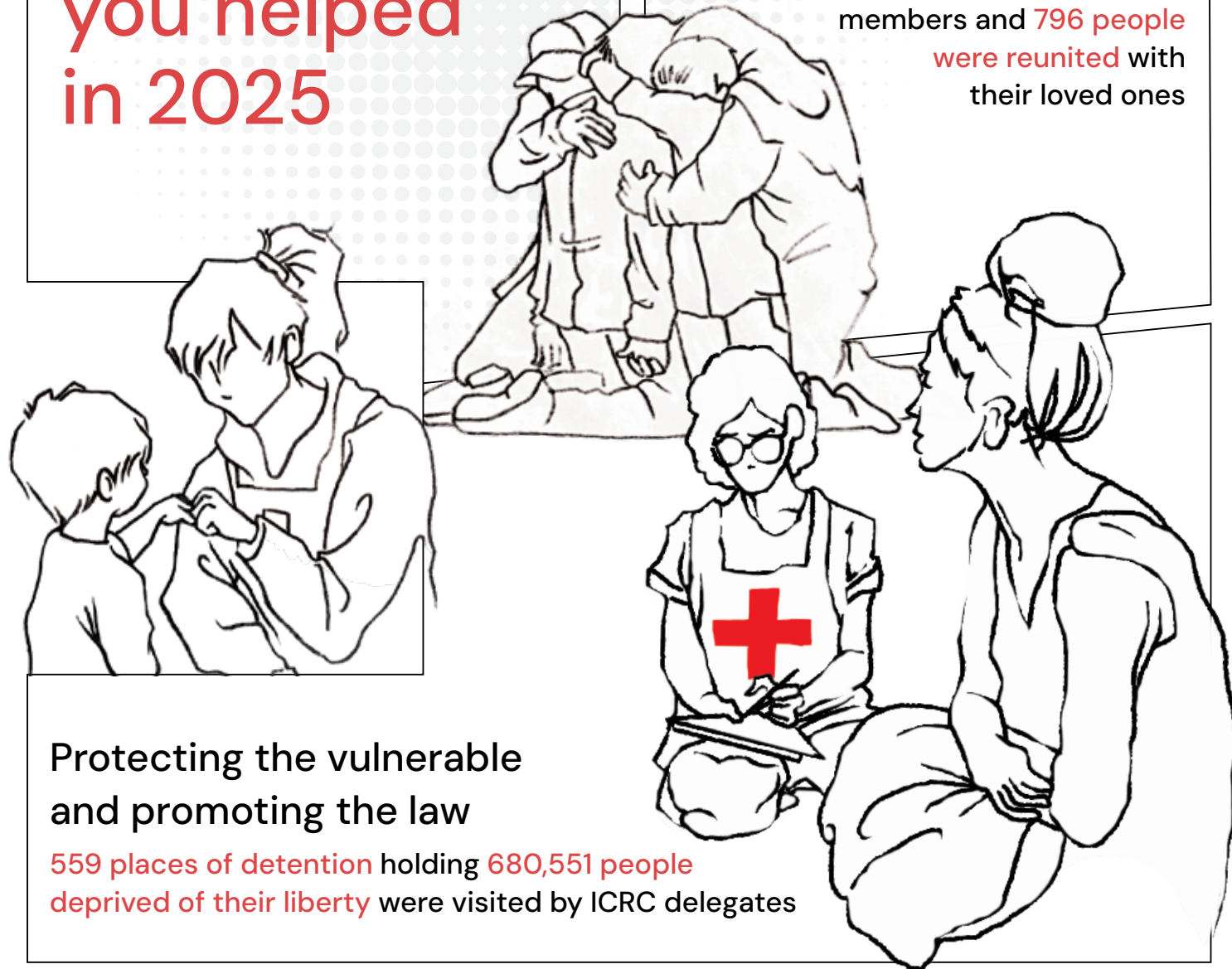
In the following pages, you will see the extraordinary impact of your support in 2025. Together, we were able to address the needs of millions of people affected by armed conflict and other violence in over 100 countries. Your compassion and commitment enable us to continue this work. Together, we embody humanity in action.



How you helped in 2025

Restoring family links

1,464,251 phone calls were facilitated between family members and 796 people were reunited with their loved ones



Protecting the vulnerable and promoting the law

559 places of detention holding 680,551 people deprived of their liberty were visited by ICRC delegates

Health care 654 health centres, where 8,468,436 curative consultations took place, were supported by ICRC staff



Mental health and psychosocial support

446,629 people received mental health services and psychosocial support



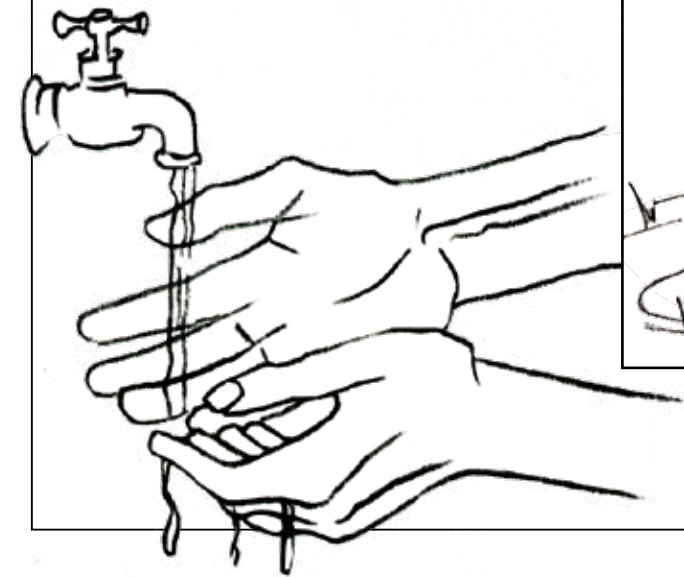
Physical rehabilitation

265,589 people received support through 224 physical rehabilitation structures



Water and habitat

33,309,116 people gained access to clean water, proper sanitary facilities or other assistance to improve their living conditions



Economic security

3,041,859 people received food and 4,620,883 people received support for food production



Where you helped in 2025



93 delegations and missions
15,342 staff members

Sfr* 1.72 billion expenditure for field operations

88% implementation rate

6.5% of every donation was used at headquarters

93.5% of every donation went to field operations

* Swiss franc



Field expenditure in 2025



Note: 2025 field expenditure by region is in millions of Swiss francs.
The percentage given below the regional total is the percentage of overall expenditure by region.



Our protection mandate

Protecting people from the suffering of war is the purpose behind everything we do at the ICRC. As a neutral and impartial organization, we safeguard those people not participating in armed conflict by advocating for their rights under the Geneva Conventions and insisting that all parties to a conflict comply with international humanitarian law.

Our unique mandate allows us to maintain a constant presence where civilians are most at risk. Through direct and confidential dialogue with armed forces and law enforcement, we address humanitarian concerns and advocate for safety in areas others cannot reach. We work to minimize all manner of risks that people face from armed conflict, for example by defending the rights of detainees, searching for missing people and safeguarding civilian infrastructure.

We are there during the fighting, advocating for those near the front lines, but not only then – our efforts extend far beyond. As active hostilities subside, we help communities rebuild and equip themselves to better cope in the long term. Our work, often carried out in partnership with National Red Cross and Red Crescent Societies, helps people overcome the lasting effects of conflict and become more resilient.

We take a multidisciplinary approach to address the complex legacy of war directly: our assistance teams restore or maintain people's access to health care and other essential services; our weapons specialists work to clear explosive remnants of war; our economic security experts help families overcome the financial hardships they may face as a result of conflict; our tracing staff help reunite separated families.

In addition, by training authorities and building local capacity, we ensure that defending human dignity remains a priority long after a conflict has faded from the headlines. **Ultimately, our protection mandate ensures that the humanitarian impact we have is not just temporary relief, but an enduring investment in the stability and future of conflict-affected communities.**

Detainees

Even in conflicts, treating detainees humanely is a non-negotiable legal standard. International humanitarian law sets out specific rules regarding treatment, living conditions and family contact. The ICRC serves as a neutral intermediary, conducting regular, independent visits to places of detention to monitor detainees' well-being and foster dialogue with authorities. By addressing systemic issues, such as access to health care, clean water and judicial guarantees, we help prevent ill-treatment and ensure international humanitarian and human rights standards are upheld. **Our consistent presence helps ensure that human dignity is maintained even in the most challenging situations.**



2025 highlights

47,576 people deprived of liberty received support to access sufficient and **nutritious food**

117,962 people deprived of liberty received **assistance** to improve their **living conditions**

Who you helped

In Somalia, decades of conflict and drought have made detainees among the most vulnerable and easily forgotten members of society. The sense of isolation can be particularly acute during the month of Ramadan. To ensure detainees did not feel abandoned, the ICRC gave them parcels of dates, milk and biscuits, provided essential supplies for their kitchens, and gave them goats so they could share in the traditional meals of the season. Thanks to your support, we reached 5,000 detainees across 16 locations. This gesture of humanity ensured that even behind bars, they felt remembered and respected.

The ICRC's humanitarian work in Somalia extends beyond Ramadan. Since 1977, we have visited detention centres year-round to monitor living conditions and ensure that detainees are being treated in accordance with both Somali law and international standards. **By maintaining this consistent, neutral presence, we act as a guardian of human dignity, upholding our commitment that no one gets left behind.**



Displaced people

Armed conflict forces many people to flee their homes, leaving behind their belongings, livelihoods and support systems. Even when they remain within their own country, they often struggle to meet basic needs. One major challenge is the loss of official documents in the chaos, which can limit access to essential services like health care and education.

Displaced people may also face unsafe conditions, tensions with host communities, sexual violence and pressure to return to areas that remain dangerous. International humanitarian law provides safeguards to protect people from forced displacement and to ensure they are protected throughout their journey.

To address people's urgent needs, the ICRC provides food, essential supplies and cash assistance. Our teams also work to reconnect separated family members and support efforts to resolve documentation issues. **By advocating for the rights of displaced people and working to ease tensions with host communities, we help ensure that being displaced does not result in a total loss of dignity or access to fundamental rights.**



2025 highlights

We **improved** the **living conditions** of **1,508,405 internally displaced people**

Who you helped

Firdous and her children fled Nifasha Camp in Al Fasher, Sudan, after enduring relentless shelling that forced them to hide in trenches for hours. When the camp was attacked, they fled with nothing, surviving on diluted peanut porridge. Along the way, armed groups robbed them of their remaining belongings.

Now in Tawila, they live in makeshift shelters made of thin cloth offering little protection from extreme heat. Without adequate food, clean water or basic household essentials, the children frequently fall ill.

Thanks to your support, the ICRC, together with the Sudanese Red Crescent, provided cash assistance to 10,000 families in Tawila in 2025 and is preparing to reach another 12,000 households or roughly 72,000 people.

Restoring family links

Families can become separated in seconds – during conflict, along migration routes or after disasters. Addressing the silent suffering of those left waiting and searching is a priority for the ICRC.

For over 160 years, we have worked to keep families together in times of crisis. This mission is led by our Central Tracing Agency, a permanent hub that coordinates the search for missing people. We leverage the power of the worldwide Restoring Family Links (RFL) network, collaborating with National Red Cross and Red Crescent Societies in nearly every country. This unique partnership allows us to trace people across borders, prevent separations, and reunite those torn apart by crisis.



2025 highlights

1,464,251 phone calls were facilitated between family members

73,181 Red Cross messages were delivered

28,693 individuals located through **successful tracing efforts**

Who you helped

In July 2023, eight-year-old Akumbila Mafille was separated from her mother, Christine, during a violent attack in the Democratic Republic of the Congo. They fled in opposite directions and Akumbila spent over a year moving between villages. Christine feared the worst: “My heart was not at peace. I thought she had been killed.”

Through the RFL network, the ICRC and Red Cross volunteers tracked down Akumbila. This vital partnership allowed teams to cross front lines, register her for tracing, and provide a protective host family until she could finally be reunited with her mother.

Akumbila is just one of thousands of children separated by conflict. Your support empowers the ICRC to navigate remote regions and front lines, ensuring families are not left to carry the burden of not knowing.

Israel and the occupied territories



In the world's most volatile conflict zones, where territorial control can be fragmented and heavily contested, lines of conflict are more than just borders; they are barriers that dictate survival, trapping civilians and cutting them off from loved ones. For the ICRC, these barriers represent the core of our mission.

Our operations within Israel and the occupied territories throughout 2025 demonstrate the importance of the ICRC's role as a neutral intermediary. In January and October 2025, the ICRC facilitated two operations to release and transfer hostages and detainees between Israel and Gaza, the culmination of months of quiet diplomacy. Since October 2023, the ICRC has facilitated the transfer of 192 hostages and 3,474 detainees as part of ceasefire agreements. These operations illustrate how our unique role can change lives when parties reach an agreement.

Our neutral and impartial stance grants us the access necessary to help protect people from the suffering of war. The ICRC remains one of the few organizations able to reach all sides of a front line – whether to facilitate the return of the deceased, support families searching for missing relatives, or repair essential water and electricity systems. Furthermore, our presence allows us to advise authorities and armed groups on their obligations under international humanitarian law, ensuring human dignity remains a priority.

Remaining present requires us to maintain dialogue and establish trust. It also depends on flexible, predictable support from donors, which allows us to stay active in dangerous environments and respond quickly when violence escalates.

In 2026, the ICRC is continuing to assist people affected by violence in Israel and the occupied territories, and in Sudan, Ukraine, Yemen and elsewhere. We will engage with all parties to facilitate safe transfers, family reunifications, medical evacuations and the dignified return of the deceased. Whenever there is a diplomatic breakthrough, we will be ready to spring into action, thanks to support from donors like you.

Red Cross Field Hospital

In a place where almost all hospitals had been destroyed or closed, our unique access and ability to engage with all sides of the conflict gave us the stability and secured us the permissions to build and operate the Red Cross Field Hospital in Rafah to respond to the escalating humanitarian crisis in Gaza.

The ICRC brought together more than a dozen National Red Cross and Red Crescent Societies, including the Palestine Red Crescent Society, under one medical response. Designed as a rapid response facility for mass casualty incidents and general emergency health care, the hospital provides comprehensive surgical, medical, paediatric and obstetric care, which are supported by clear admission guidelines and robust clinical support services. Specialized cases exceeding the hospital's operational scope are systematically referred to tertiary medical centres through a collaborative agreement with Gaza's Ministry of Health.

During some of the toughest phases of the conflict, the Red Cross Field Hospital has been the only fully functioning hospital in Gaza. Despite facing immense pressure and operational threats, our teams work tirelessly to save lives. As the crisis evolves, the hospital remains a steadfast lifeline for those most in need, demonstrating the practical power of the ICRC's neutral mandate.

Since May 2024, the hospital has carried out:

130,978 consultations with steady monthly increases

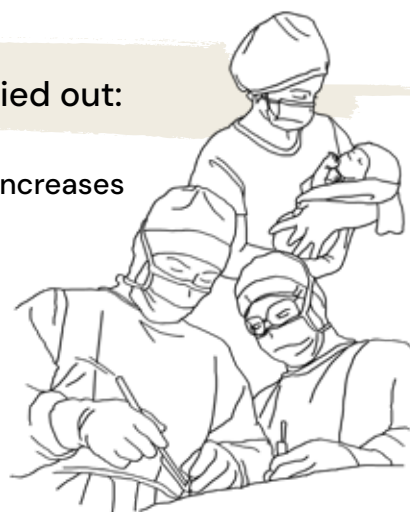
7,373 surgical procedures – including **general surgery (64%)**, **debridement (25%)**, and **orthopaedics (5%)**

566 deliveries

3,299 hospital admissions

2,073 individual psychological support sessions and **187 group sessions**

10,001 physiotherapy sessions



Weapon contamination

During war and long after the fighting stops, civilians remain at risk from weapon contamination: unexploded bombs, landmines and hazardous materials do more than threaten lives; they block reconstruction, prevent farming, and stop children from going to school. Mitigating these risks is one of the key ways that the ICRC helps protect people from the suffering of war, ensuring that families can live and move around without fear.

The ICRC takes a multidisciplinary approach that combines life-saving risk education and information analysis with expert clearance to remove immediate threats. We also invest in building the capacity of local authorities and National Societies, ensuring they have the expertise to manage contamination long-term. **By clearing the path for recovery, we protect civilians from the lasting effects of conflict and ensure that the foundations of a community can be safely rebuilt.**

2025 highlights

25,351 victims of mines or explosive remnants of war benefited from services at physical rehabilitation centres

The **ICRC** worked with the **United Nations** and **non-governmental organizations** to further develop and **strengthen international mine action standards and coordination**



Who you helped

The students of Al-Rawda Al-Muhammadiya Primary School in Iraq face an ongoing deadly threat from the remnants of the armed conflicts from 2014 to 2017. Many of the children had fled their homes but have now returned to neighbourhoods in Ramadi littered with the explosive remnants of war.

To prevent further tragedies, ICRC teams conducted awareness-raising sessions to teach students to recognize dangerous objects and report them immediately. Each student also received stationery items. This initiative ensures that, even in weapon-contaminated environments, children have the knowledge and practical skills needed to stay safe and pursue their education.



Economic security

In conflict zones, the destruction of infrastructure and markets can leave millions of people unable to afford food and other essentials. The ICRC's economic security programmes bridge the gap between crisis and recovery. We provide life-saving relief to the most vulnerable while also giving families tools to move beyond aid dependency toward long-term self-sufficiency.

Through grants, vocational training and essential tools, we help local producers restore their livelihoods and become the centre of their own resilience. These programmes do more than provide a meal – they protect dignity and prevent negative coping strategies, such as selling critical assets, pulling children out of school, or joining armed groups. **By investing in a community's capacity to support itself, we help people rebuild and secure a dignified, sustainable future.**



2025 highlights

2,308,695 civilians received support from the ICRC to **improve their living conditions**

3,041,859 civilians received **food and/or cash or vouchers** to buy food

8,204 civilians benefited from **capacity-building initiatives** that improved their livelihoods or employment opportunities

Who you helped

For Lubov Mykhailivna, a pensioner living in a conflict-affected area in Ukraine, recovery began with a business plan. While immediate relief was vital, long-term dignity came from her ability to provide for herself.

Through one of the ICRC's microeconomic initiatives, Lubov was able to invest in 50 chickens and piglets. Her first batch of chicks has already been raised and sold, allowing her to reinvest the proceeds into her small-scale enterprise.

The ICRC is helping others like Lubov in Ukraine to start or restore their businesses so that they too can generate their own income and rebuild their livelihoods.



Water and habitat

Safe water and a liveable environment are more than basic needs – they are fundamental rights protected under international humanitarian law. The ICRC’s water and habitat programmes restore water, sanitation and power to bridge the gap between immediate survival and long-term stability. By maintaining these services, we prevent disease and help communities remain intact during conflict.

Given the added threat of climate change, we use sustainable, energy-saving technologies to build communities’ resilience, bolstered by our partnership with National Red Cross and Red Crescent Societies, whose local volunteers help maintain water networks and distribute emergency shelters in remote areas. **By investing in both people and infrastructure, the ICRC moves beyond temporary aid, ensuring that the foundations of human life and dignity will remain protected.**

2025 highlights

33,309,116 people, including **221,897 people deprived of their liberty**, gained access to **clean water**, proper **sanitary facilities** or other assistance to improve their living conditions



Who you helped

With infrastructure destroyed by conflict, families in Mocímboa da Praia District, Mozambique, faced a dire choice: drink unsafe water or endure seven-hour treks to find it. This burden was hindering their recovery from the trauma of war.

To provide relief and ensure a steady supply of safe water, the ICRC installed six solar-powered and handpump boreholes, now providing clean drinking water to 9,000 people across 14 distribution points. To ensure their long-term sustainability, we have trained local water committees to manage these systems independently. Alongside the Mozambique Red Cross Society, we also delivered essential household items to 3,000 vulnerable families.

Your support is helping us to reach more people in the region, ensuring they no longer risk exhaustion or disease for the most basic human right: clean water.

Health

War does more than cause injury; it devastates entire health-care systems, depriving millions of access to life-saving treatment. By ensuring safe access to medical care, we safeguard the right to life.

The ICRC was founded on the desire to care for the sick and wounded, which remains a key way that we alleviate the suffering of war. War surgery is a fundamental part of our work, but the ICRC also strengthens the foundations of local care by investing in the people and systems already on the ground. By bolstering primary care, providing specialized training to local doctors, and introducing mental health services, we ensure that essential care continues long after a crisis. This approach transforms emergency relief into long-term stability for the communities affected by conflict.



2025 highlights

- 1,323 health centres and hospitals received medical supplies and other support
- 300,117 people were admitted for surgical treatment
- 738,333 antenatal consultations were carried out

Who you helped

A silent crisis is unfolding in Ethiopia’s Oromia Region: conflict has isolated communities and disrupted access to basic health care, all-too-often making treatable conditions life-threatening.

For Asiya Abdela, a farmer expecting her sixth child, the impact is personal. When the local clinic closed for nearly two years due to violence, people were forced to carry the critically ill or injured across dangerous front lines. “In the past, we suffered a lot,” she says. “Many pregnant women died because of the lack of medicine.”

The ICRC has helped restore the Gunfi Health Centre, keeping it operational despite ongoing security risks. “Now we are receiving proper health services,” Asiya says. **By providing essential supplies for primary health care and maternity services, the ICRC helps ensure that even in remote areas, families can get the care they need.**





Mental health and psychosocial support

The invisible wounds of armed conflict are often the most enduring. For many, the trauma of loss, displacement and violence creates a silent barrier preventing them from rebuilding their lives.

The ICRC’s mental health and psychosocial support programmes help break down those barriers through a wide range of activities, from psychiatric care to community awareness-raising. Central to our strategy is cooperation with our Red Cross and Red Crescent partners: by providing technical mentoring to National Societies, we empower local experts to deliver culturally appropriate care. This dual approach – combining direct clinical intervention with local capacity-building – ensures that survivors and their families can receive sustainable support.

2025 highlights

446,629 people, including 4,259 people with missing family members, received mental health and psychosocial support

3,468 people benefited from training in mental health and psychosocial support



Who you helped

In Syria’s Al-Hol camp, nine-year-old Sujud had become a shadow of herself. Traumatized by conflict and displacement, she was withdrawn, prone to intense outbursts and plagued by night terrors. Her mother felt helpless as Sujud stopped eating with the family and retreated into isolation.

Sujud’s recovery began at Al-Hol Hospital, where the ICRC mentors and trains psychologists from the Syrian Arab Red Crescent. Through consistent sessions with a Red Crescent psychologist, Sujud underwent a profound transformation. Her fear subsided, her emotional state stabilized, and she began to engage with the world again.

Today, the change is visible in every part of her life: she eats with her family, plays with friends and helps her mother with household chores. “I can hardly believe how much she has changed – from an angry, withdrawn child to a calm, normal one,” her mother says.

The ICRC helps heal the invisible wounds of war as well, so that children like Sujud can rejoin the path to a healthy future.

Physical rehabilitation

In conflict zones, the end of a medical emergency is often the start of a lifelong challenge. Without specialized care, survivors who have lost a limb or have other permanent injuries face a future of social isolation and economic dependency. Our physical rehabilitation services safeguard not just survivors' lives, but also their right to live independently and with dignity.

By providing prosthetics and physiotherapy, we help people restore their mobility, allowing them to return to school, work and community life. Beyond equipment, we also build local capacity by training technicians and strengthening health-care systems. This ensures that even after a crisis has resolved, the community retains the foundations for self-reliance and empowering individuals to reclaim their place in society.



2025 highlights

265,589 people benefited from **physical rehabilitation services** supported by the ICRC

21,342 prostheses were delivered, and **1,115,282 physiotherapy sessions** took place

Who you helped

Eighteen-year-old Abass was caught in an ambush by a militia on a bus he was traveling in the Central African Republic. "They set the vehicle on fire and started shooting," he recalls. Abass witnessed other passengers being killed in the chaos, and he suffered severe gunshot wounds to both legs. After the militia left, he was rushed to the hospital and treated for his injuries, which eventually required a thigh-level amputation.

After months of relying on crutches, Abass arrived at the ICRC Physical Rehabilitation Centre in Bangui. Within days, he transitioned to a specialized prosthesis. Despite the trauma of his past, his outlook remains remarkably positive: "It's not very difficult, and I'm adapting well to it," he says.

Abass' progress demonstrates the life-changing impact of physical rehabilitation: guiding trauma and injury toward restored mobility and a new future.



Afghanistan's forgotten crisis



While the world's attention has shifted to newer emergencies, the human toll of the crisis in Afghanistan continues to mount. For many, persistent physical danger is the backdrop of their daily lives. Civilians are still being wounded and killed in hostilities and sporadic attacks by armed groups. Even in areas where active fighting has slowed, the ground remains a literal minefield – improvised explosive devices and explosive remnants of war continue to wound and maim people every day.

This danger is compounded by a paralyzed economy. With the country's assets frozen and banking restrictions stalling aid, public services like health care and clean water supply are breaking down. For the average household, food and fuel are now unaffordable luxuries, and the ability to maintain a stable livelihood has disappeared.

In this fragile state, natural disasters like earthquakes are the final straw for people who have already exhausted their savings and strength. These hardships are worsened by frequent climate shocks, such as harsh winters, floods and droughts, which plunge families deeper into a cycle of poverty.

The ICRC works with the Afghan Red Crescent Society to address these layers of crisis. We advocate for civilians to be protected while sustaining the nation's health care and physical rehabilitation services so that those injured by explosives can receive treatment. By providing cash and clean water, we help families survive the harsh economic climate. Our neutral stance allows us to work with authorities to improve living conditions for detainees and strengthen forensic capacities so that the dead are handled with dignity. Crucially, we also reconnect families separated by conflict, detention, or migration.

Through this multidisciplinary approach, the ICRC bolsters the essential services that keep society functioning and ensures that the invisible victims of armed conflict are not forgotten.

Who you helped in 2025

Sediqa's story

After losing her husband in the conflict in Afghanistan, Sediqa's life became a daily struggle for her family's survival. As a widow and the sole provider for five children, she found herself trapped in a cycle of extreme poverty in Kabul – struggling to meet even their most basic needs amid a collapsing economy. “With winter approaching, we can't afford materials to heat our rented room,” she explained. “We burn trash just to stay warm.” Despite Sediqa's severe high blood pressure, she and her children weave carpets to sell. In three months, they earn a meagre 5,000 afghanis (about 70 US dollars) to cover rent, food and medicine for the six of them. Sediqa's reality is an example of how the scars of conflict continue to haunt families long after the front lines have shifted.



M. Masoud Samimi/ICRC



Shukrullah's story

Shukrullah Zeerak was a teenager in 1992 when a landmine changed his life forever. Losing his leg below the knee was an unspeakable hardship, but his recovery at an ICRC surgical hospital, where people with disabilities led the teams, sparked a new ambition.

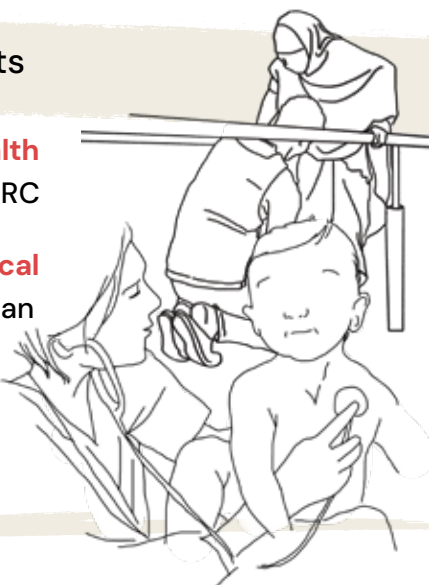
Today, Shukrullah is a physiotherapy supervisor at the ICRC Physical Rehabilitation Centre, thanks to a scholarship that helped him turn his experience into expertise. He now guides others through the same pain he once endured. “Nobody can feel them as I feel them,” he says. In Afghanistan's compounding crisis, Shukrullah is more than a clinician; he is living proof that with the right investment, survivors can become the backbone of their community's recovery.

Afghanistan 2025 highlights

1,268,343 people, mostly women and children, received **primary health care** at Afghan Red Crescent Society clinics supported by the ICRC

218,824 patients were assisted in **7 ICRC-supported physical rehabilitation centres** in Afghanistan

775,000 people living in urban areas received **access to clean drinking water** owing to revamped infrastructure and installation of new water meters provided by the ICRC



In their own words

We received a lot of help – hygiene kits, food packages and briquettes. Just take a pack to the stove, and it gives good heat. And thank you for the irrigation system, we wouldn't have been able to afford it ourselves. It waters our cucumbers and tomatoes very well. We're very grateful to the ICRC.

Nina Ivanivna, in Kharkiv Region, Ukraine

When I arrived in Chad, I felt like I had lost everything in the world. I had lost hope. Then someone told me that international phone calls were available. At first my calls didn't go through, but they encouraged me to keep trying. One day the call finally got connected, and I heard my children's voices. Finally, I knew they were safe. It felt like life had meaning again.

Ahmed Hamid Ishaq Ali, a refugee who was separated from his children owing to the conflict in Al-Geneina, Sudan

Without the ICRC's support, I wouldn't have been able to walk again. They restored my hope.

Omar Aziz Muhammed Amin, who received a prosthetic limb and extensive rehabilitation after stepping on a hidden landmine in Erbil, Iraq

My child had been sick for two months but we didn't have money for a hospital or treatment. But when I came here, they welcomed me. They gave my child medicine and milk regularly. Thank God, he is doing well now. Before, he was so weak I didn't think he would survive.

Marwo Abdikarim Abdirahman, who brought her son to an ICRC-supported stabilization centre in Kismayo, Somalia

The ICRC came to our area and offered training courses. At first, I knew nothing about metalwork. Now I've learned it, and I can start my own project and benefit from it. Before, my situation was really tough. But now I can open a business and support myself and my family.

Mohammed, who joined the ICRC's vocational training programme in Al Anbar, Iraq

Playing basketball fills me with pride. I feel truly fortunate that, even in today's challenging conditions, the ICRC has created a safe and supportive space for people with disabilities like me. This initiative allows us to come together in a warm and inclusive environment, engage in physical activity, and improve our health and well-being. It's not just a game for us, it's therapy, empowerment and hope.

Mohamdullah Ahmedi, a member of the National Wheelchair Basketball team in Afghanistan and an ICRC basketball trainer



Meet our staff



Alexia Bonato
Team leader, Promoting International Humanitarian Law. Bogota, Colombia

The bilateral and humanitarian dialogue with weapon bearers, made possible by the ICRC's unique mandate, drives me forward. In an increasingly complex world, I deeply value the steps taken by armed actors that can lead to behavioural change and a better understanding of the need to protect civilians.

Meaningful achievements – such as building enough trust with non-state armed groups for them to seek guidance on their military operations to ensure respect for IHL, or presenting a missing person case on Monday and being able to bring them home by Thursday – are vital. Every positive action taken by parties to a conflict is a victory for the principle of humanity and a reason to keep going.

Having extensive humanitarian experience, I joined the ICRC doubting strict confidentiality could maximize impact for the most vulnerable and neglected detainees, where change seems nearly impossible from afar and where the nature of conflicts makes them the least accessible individuals. Yet in such hopeless situations, I have seen our intervention prove most meaningful. Engaging with warring parties to uphold humane treatment amid uncertainty is a uniquely profound experience very few people expect to have in their lifetime. Witnessing its result – seeing hope re-emerge on detainees' faces when helping to reconnect them with their families or improving their conditions – adds yet another deeply rewarding dimension which I know for a fact will remain in my memory.



Sami Al-Subaihi
Detainee-welfare delegate. Hasakah, Syria

I have witnessed how vital the ICRC's presence is in restoring well-being and dignity to refugees, especially where mental health services are extremely limited. At transit sites, families arrive after traumatic journeys, often uncertain about missing loved ones. Providing early mental health and psychosocial support helps restore safety and stability.

Through psychoeducation and guidance, we help families care for unaccompanied children, understand trauma and create environments where children can begin recovery. We also support women and girls, many of them survivors of sexual violence, carrying heavy emotional burdens after displacement and loss. Witnessing their resilience emerge when given appropriate support is profoundly moving, and observing this progress continually reinforces my commitment to the ICRC's mission.



Maria Stephanie Loiseau
Mental Health and psychosocial support delegate. Adré, Chad



Abdulrafiu Lawal
Adviser to the Head of office. Damaturu, Nigeria

The impact of the ICRC's work that continues to reinforce my commitment is seeing how our assistance brings relief to people who have lost everything to conflict. I remember a woman in north-eastern Nigeria who lost her husband and two sons. After receiving cash assistance for livestock, she told us it felt like someone who had trekked for more than ten kilometres under the scorching desert sun suddenly being given chilled water to quench their thirst. Moments like this keep me going.

My motivation remains being able to make a difference in the lives of affected people every day, giving them hope that tomorrow will be better.

Thanks to you

The stories of survival, recovery and growth told here represent just a fraction of what was achieved in 2025. **These moments of hope and resilience – and many more like them – were only possible because of supporters like you.** 93.5% of every donation to the ICRC goes directly to field operations, with the rest used to support those operations.

Thanks to your partnership – and the lasting impact of legacy donations – we are able to uphold the ICRC's commitment to providing the most effective and appropriate humanitarian services to people in need around the world. If you would like to learn more about our work or about including the ICRC in your will, please feel free to contact your ICRC focal point.

We thank you.



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