

Organizers of the project:

NGO “Universal Peace Federation”
Ukraine chapter,
“Institute of Professional
Supervision”, Department of
General and Medical Psychology
O.O. Bogomolets National Medical
University,
Department of Psychology,
Volyn National University named
after Lesya Ukrainka,
“National Psychological
Association”

Project Summary:

The project focuses on psychological help for 100 000 Ukrainians. In the situation of military aggression by the Russian Federation and under the pressure of the humanitarian catastrophe taking place in Ukraine, specialists in clinical psychology, psychoanalysts, crisis psychologists, and University professors joined efforts to help fellow citizens in this difficult time of war.

Safe Space to Talk



**Psychological Help
for 100 000
Ukrainians
in a time of crisis**

What is the issue, problem, or challenge?

On the night of February 24, Russia openly launched a full-scale war against Ukraine, attacking Kyiv and several other cities with missiles. Russia's military offensive on Ukraine forced 3 million people to leave the country searching for security, protection, and assistance in less than 17 days of the war. The psychological state of Ukrainians is not very stable now. They are in abnormal circumstances. Such instability is a normal reaction to abnormal circumstances. Emotional fluctuations during the war are typical. The question is how people act and return ourselves to a normal state. And later on, experts expect that thousands of people will appear with posttraumatic stress disorder (PTSD), and all of them need qualified help.

How will this solve the problem?

- We provide the organization of psychological assistance to the civilian population, volunteers, refugees, militiamen of territorial units, children, and adolescents. We respond promptly to requests for help through an extensive network of our professional connections based on professional organizations, public associations, and university environments. We continuously provide free assistance in refugee assistance centers, shelters, our own counseling centers, universities, and dormitories.
- We provide training in crisis psychology for both professionals in the form of specialization and the general public, equipping the population with basic knowledge to overcome the consequences of the traumatic impact of destructive factors of war.
- We provide supervisory support to working clinical and crisis psychologists who work with victims - civilians and employees of transport, social and communal, and other organizations.

Potential Long-Term Impact

We will be able to help 100,000 Ukrainians. Also, early psychological help will help prevent the onset of PTSD. Using our network among practical psychologists' scientific specialists, we will train even more psychotherapists to help people in emergencies. In the future, these specialists will help people in the hotbeds of natural disasters in other countries.