uamentalhelp

Safe Space

Help 450 Ukrainian children cope with the stress of war

Air raid sirens during lessons, nights in shelters, families torn apart: this is school life for children in Ukraine. Safe Space brings interactive mental health "quests" into schools, where children aged 10 to 13 learn to calm their fears, talk about their feelings and ask for help. We also train their teachers to spot a child in distress.



A Safe Space psychologist launches the quest, where children move through stations on emotions, safety and asking for help.

450
children in grades 5–7

45
quest sessions in schools

15
teachers trained, with ongoing supervision

Free
one-on-one support for children who need more

The challenge

- UNICEF estimates at least 1.5 million children in Ukraine are at risk of depression, anxiety and PTSD.
- Many have spent thousands of hours in shelters, lost loved ones or fled their homes.
- Teachers are struggling too: in our 2025 survey of 479 teachers in Vinnytsia region, two in three said they need psychological support themselves.

How Safe Space works

- **A quest, not a lecture.** Led by a psychologist, children move through stations on emotions, safety, bullying and asking for help.
- **A workbook to keep** for class, home or the shelter during an air raid.
- **Teachers as allies.** Training and supervision so they can recognize and respond to distress, plus a referral map for every school.

Proven in our pilot

Kyiv region, 2025–2026

940
children reached

92.6%
understand better how to support themselves

87.9%
find it easier to talk about feelings

4.8/5
session rating





> *"I now have a recipe for when I feel scared. I made it myself."*
>
> A girl in the pilot, as told to her teacher

How your gift helps

$10
Safe Space workbooks for two children

$25
A free session with a psychologist

$275
A quest for a whole class of 30 children

$950
An in-person training for 30 teachers

Goal: $43,400

Give at **globalgiving.org/projects/safe-space-for-ukrainian-children**

UA Mental Help · uamentalhelp.org
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