



Building **RESILIENCE** of Ukrainians

TO WITHSTAND THE CONSEQUENCES
OF THE RUSSION INVASION

Human Rights
in
Mental Health

THE PROBLEM

In Ukraine, the long-term conflict and ongoing war have resulted in a significant number of **refugees**, internally **displaced persons** (IDPs) and **military volunteers** facing numerous challenges. The escalation of hostilities and fighting, strikes hitting civilian infrastructure, and major incidents are reaching levels of extreme and catastrophic severity. Gross violations against civilians, including grave violations against children, have exposed millions to **increased trauma and mental health issues**, and impacted children's wellbeing and education.

As a consequence, an estimate of **30 percent of Ukrainians** may be affected by mental health issues, with up to 15 million in need of psychosocial support and 3–4 million of those requiring direct pharmacological interventions by mental health professionals.

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over
6 MIO.
refugees have fled
Ukraine

69%
of refugee households
have immediate family
members still at risk in
Ukraine

24%
of refugees are unable
to return to Ukraine

86%
of refugee households
have at least one
urgent (probably
unmet) need



SITUATION OF UKRAINIAN REFUGEES

33%
of refugee households
report at least one
member **experiencing**
mental health or
psychosocial
problems.

BUT...
Refugee host countries
do not provide **enough**
psychological support
in Ukrainian language
and by mental health
professionals with
experience in trauma
therapy related to
conflict and war.

Meet Nataliia



*My name is Nataliia, I am 38 years old, **wife** of a loving husband, **mother** of two children and a highly specialized **medical doctor**. When my house was bombed, I decided to leave Ukraine for the safety of my children and we found refuge in Germany. My **husband stayed behind** to fulfil his duty, and is now serving with the military at the front. Three months after I left Ukraine, I felt how the adjustment to my new life and the worry for my husband started to have a toll on my mood and mental stability. I was constantly under **tension**, and I started to realize that I would not be able to continue to cope with the situation much longer. I didn't want to seek for help in Germany, I feared that the German therapists would misunderstand my worries and thoughts, the cultural differences between us are too strong.*

3.7 MIO.

million persons
internally displaced
within Ukraine.

70%

of IDPs reported having
been displaced for one
year or longer

4.5 MIO.

people had returned to
their habitual place of
residence after a
significant period of
displacement from
abroad or from
displacement within
Ukraine.



SITUATION OF RETURNEES AND
THOSE WHO STAYED

BUT...

with **over 1,000 attacks**
on Ukrainian healthcare
personnel, equipment,
and facilities, and at
least 10 percent of the
country's hospitals that
have come under direct
fire from Russian forces,
there is **no adequate
support for the
population** in the
Ukraine to overcome
their traumatic
experience, in particular
when originating from
front line communities.

Meet Andrij



*"My name is Andrij, I am 53 years old and I live in **Dnipro**. My city and the whole region are **in the middle of the frontline**, and we are regularly under attack from Russian missiles and drones. I have **witnessed** a lot of destruction, and helped many injured people after the attacks. I am usually a strong person, nothing brings me down so easily. But now, after so many months, I start having **flashbacks** of past attacks. I **can't sleep** anymore at night, and I feel constantly anxious. But I don't want to leave, my friends are here, this is my home.*

Names and pictures were changed due to privacy reasons. Picture: Marko Djurica / Reuters

over
1 MIO.

enlisted soldiers, with at least 600,000 having **frontline experience.**

Approximately 15 percent are women.

PART OF THEM

serve in places like Bakhmut, Mariinka, Vugledar where the battle is similar to the **trench war** in Northern France and Southern Belgium in 2014–2018.



SITUATION OF THE MILITARY AND
MILITARY VOLUNTEERS

at least

100,000

casualties – everyone knows a family of a deceased soldier.

BUT...

In the public mental health care system, 10% of the institutions have been destroyed or damaged to such an extent that they cannot be used, one-third of the personnel has left the country as a refugee and there is **currently no support for traumatized military** without a diagnosis.



Meet Oleksandre

*My name is Oleksandre, I am 28 years old and I am a **journalist** by profession. Since the Russian invasion, I regularly **report from the frontline**, people need to know what is happening here, how courageous our soldiers are defending our lives and how volunteers help the military and the population. A lot of people tell me their **stories**. But now, after 2 years of war, I feel that **I cannot relate to those I talk any more**. Not at the frontline, but not to my friends and family either. I just don't feel anything anymore, it is as if **I were a robot**, mechanically undertaking my work and living my life, everything is numb.*

POTENTIAL CONSEQUENCES OF UNTREATED TRAUMA

On the individual

- High stress levels, **anxiety**, **panic attacks** and **depression**
- High levels of **social distancing** from individuals with mental health conditions.
- In some cases attempted **suicide**
- Steep increase in **alcohol and drug abuse**
- Especially soldiers, due to their feroce experiences on the frontline, are more likely to commit **violent crimes**

On the family

- High **insecurity** and **constant fear** of pushing a trigger
- Steep increase in **domestic violence**, especially in families with members working at the front line
- High **divorce** rates
- Amongst children and youth: regressing mental development, **intensified behavioral problems**, school drop out

On the society

- A mental health service system that will not be able to keep up with the expected influx of patients that seek for help
- As a consequence, an increase in **unemployment**, and in the long time in **poverty**
- An exponential increase in **crime**, thus an additional high **insecurity** for the society
- A growing lack of understanding for those who suffer will lead to a **strong societal division**

THE SOLUTION

Providing **preventive interventions, trauma treatment** and **mental health care** for Ukrainian population, refugees and soldiers in their own language – accessible from everywhere: [**Samopomi.ch**](https://samopomi.ch).

The platform provides the following interventions:

- Information on and description of mental health challenges, inc. symptoms, professional literature and manuals
- Self-test to determine the likelihood of existing mental health problems
- Holistic advise for self-help in the absence of professional mental health support, inc. for children and adolescents
- 24h hotlines to talk to a mental health professional, online therapy
- Awareness raising on social media platforms for the vital importance to ask for help, and against the stigma surrounding mental health challenges

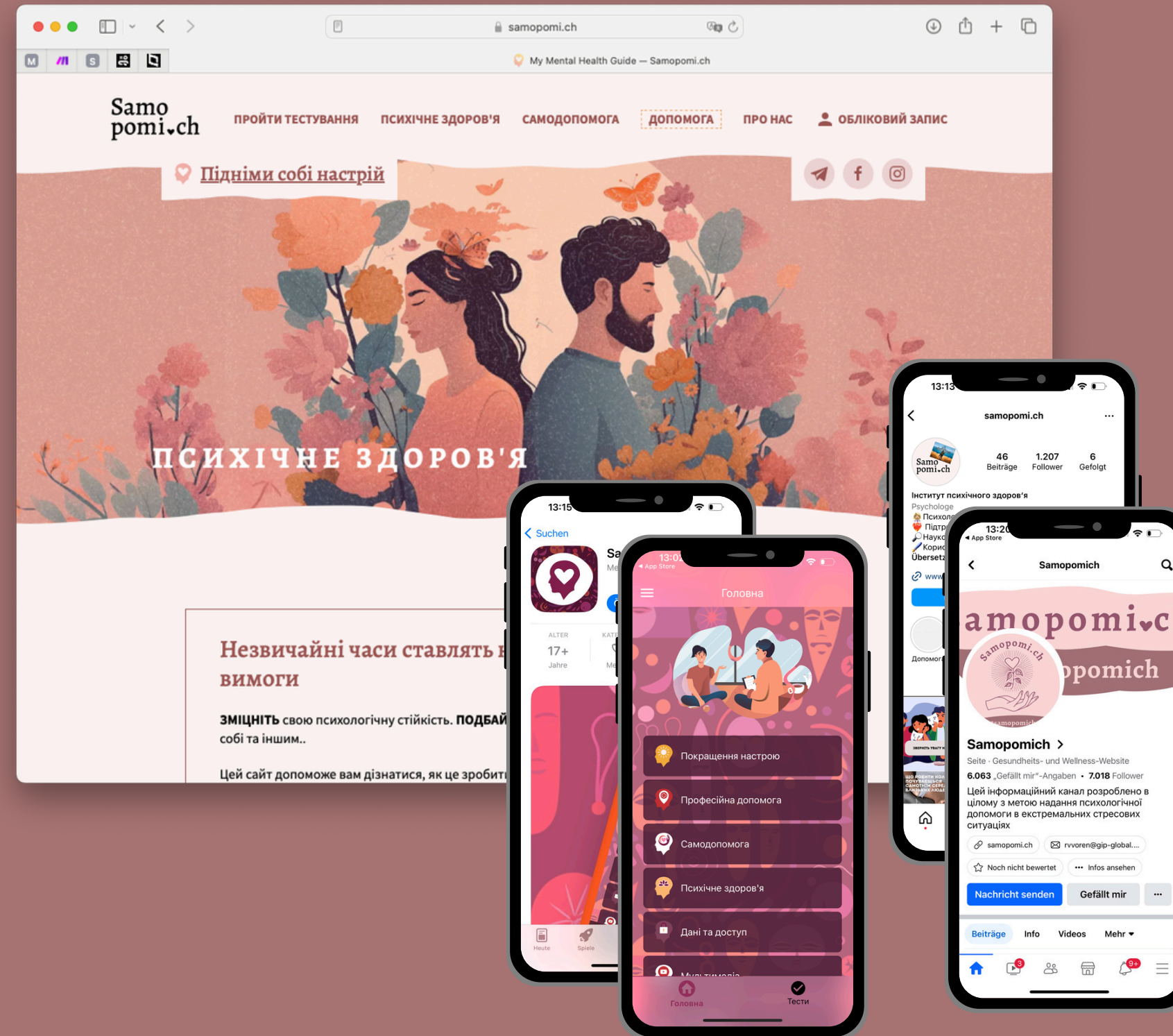


By the end of 2023, the platform has been visited over

350,000 times.

So far,

15,000 test were taken, mostly on the topic of depression and anxiety



By the end of 2023, an average of

25 consultations took place every month

Posts on Facebook, Instagram and Telegram every two days, with over

70 MIO. views on Facebook alone.



WHEN DO YOU NEED HELP: MENTAL HEALTH

List of mental health challenges, including symptoms, descriptions



SELF HELP

Tips and advice how to help yourself, how to take care of a stable mental health and how to support others

PASS THE TEST

Self-tests for mental health challenges, conceived and tested by mental health care professionals



GET HELP

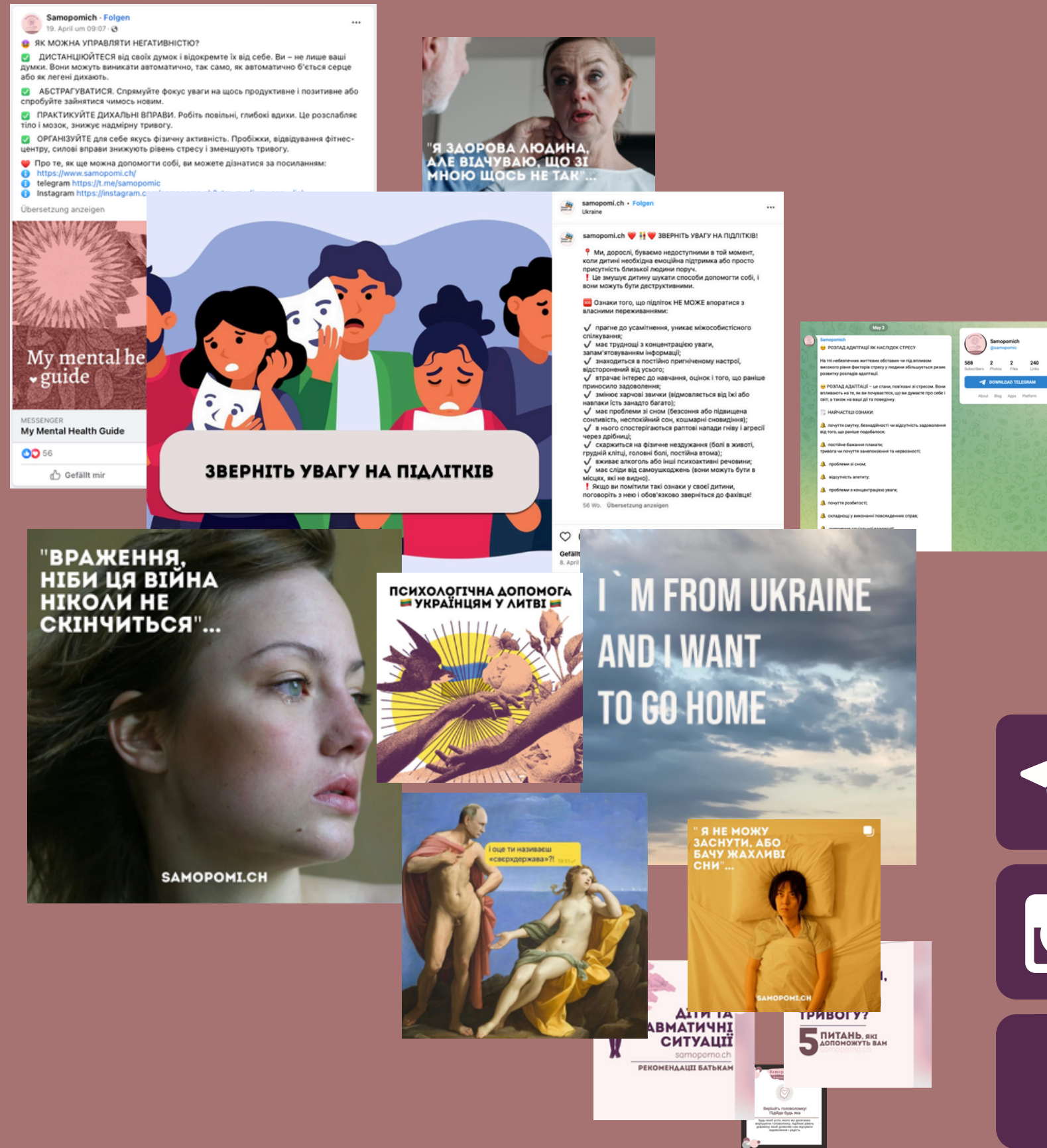
24h hotline to a mental health professional, specialised advice on trauma related to the war, specialised advice and tool for parents to help children and adolescents through the experiences of the war



Довідка і інформація - Війна в Україні

DEMYSTIFY PROBLEMS

Social media platforms
to demystify mental
health care, promoting
the added value of
getting help for one-
self and one's
surroundings



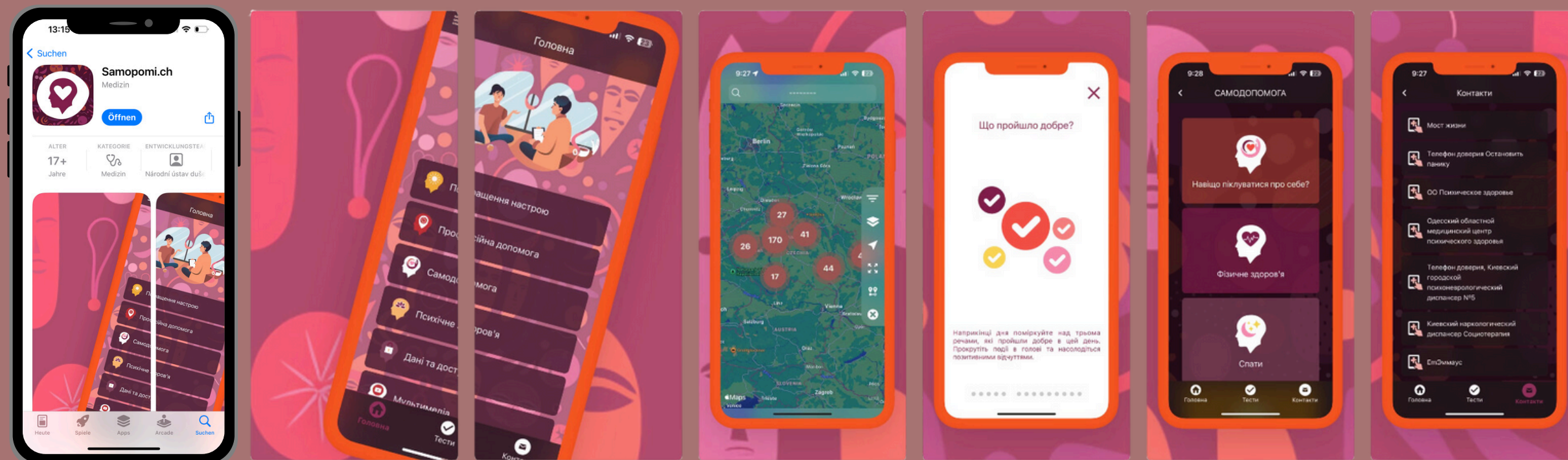
T.ME/SAMOPOMIC



SAMOPOMI.CH



SAMOPOMIC



THE MOBILE APPLICATION

Since the beginning of 2024, Samopomi.ch is available in a basic form as application for iPhones and Android phones.

How it helped

“ I enjoyed the service very much. I would like to have such a **support** every time when I see death and loss. My **anxiety has decreased** and the **flashbacks are gone**, it feels like I am becoming my old self again.” (Andrij)

“ It would be great to have a **meeting** with the Samopomi.ch consultants after each return from the deployment to front line. This will keep us **healthy!**”
(Oleksandre)

“ I am enormously grateful for the opportunity to receive **psychological help for free!** I know how expensive this service is, especially in the Western countries, but even if free of charge counselling service would be offered me in Germany I am not sure that I would go for it. The opportunity to be treated by the Ukrainian counsellor online for free was **like a life jacket.**” (Natalia)

INTROSPECTION AN OUTLOOK INTO 2024

First month of 2022

Samopomi.ch was meant to be an emergency platform that provided crisis intervention for mental health challenges related to the invasion of Russia into Ukraine.

Following

the first wave of interventions, the platform was used to build resilience, stress management techniques and coping strategies and to promote mindfulness on the individual mental health state of the Ukrainian population.

With the continuing war

FGIP has identified a fast-growing number of persons in need of trauma-informed counselling and trauma-focused treatment that goes beyond self-help and singular therapy sessions. Many of those accessing the platform and calling the hotline suffer from severe mental health challenges and benefit, whenever possible, from long-term therapy through the Samopomi.ch counsellors and therapists

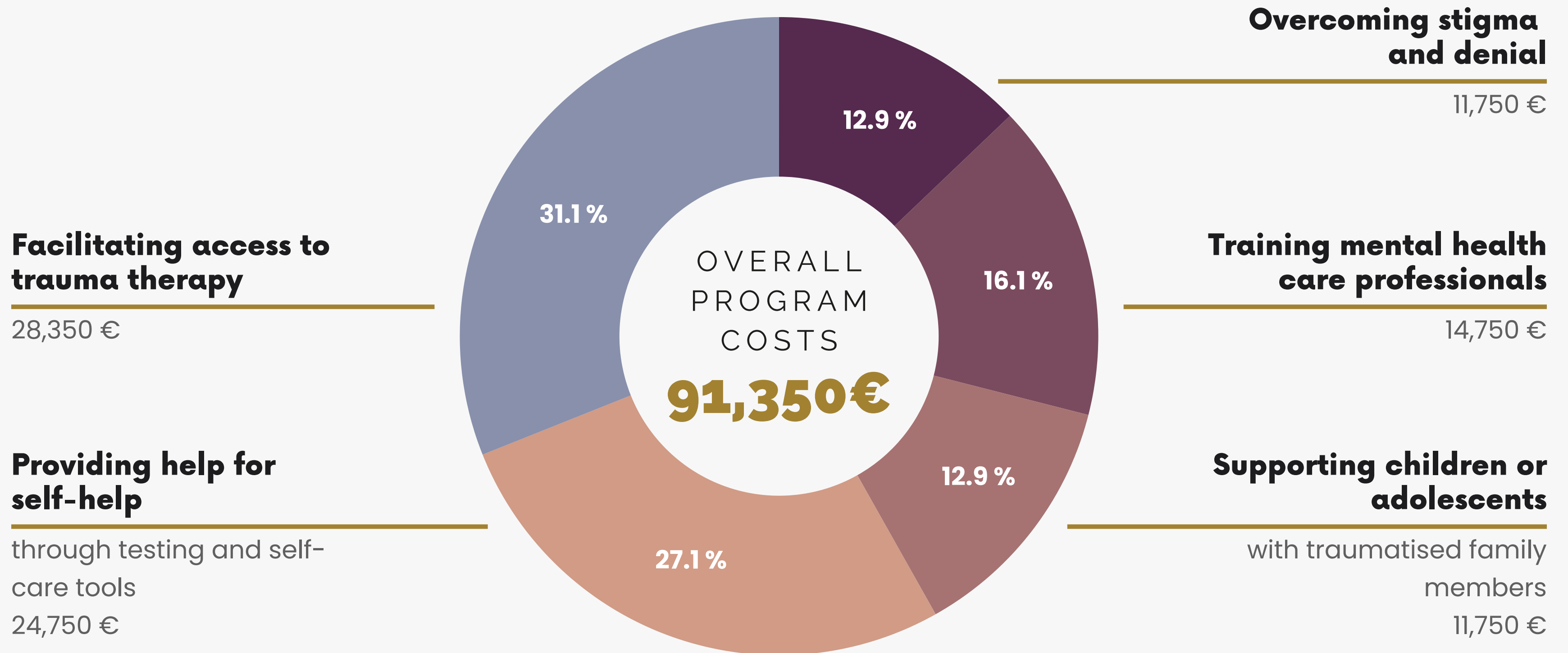
THEREFORE...

there is a strong need to expand the platform to be able to provide more persons in need with mental health care and trauma support.

PROVIDE MORE PERSONS IN NEED WITH SUPPORT

- Production, and translation of relevant leaflets, guidelines and advise to **facilitate mental health self-care** in times of conflict and war
- Translation and publication of **specific material for children** to understand mental health challenges of returning family members from the front line
- **Updating** of the rudimentary **smartphone application** of the Samopomi.ch platform to ensure better access and access to the overall platform from Android and iPhones
- Increasing the number of available **online consultations** by at least 25% (including through hiring and training of new consultants)
- Expanding the program with **updated training material** for mental health care professionals, in particular around the treatment of war-inflicted trauma.
- **Training** of Samopomi.ch **therapists**, both on best practices of e-health and online therapeutic sessions as well as on the specific traumata related to war and conflict
- **Reducing the stigma** on persons seeking mental health support through awareness raising and communication campaigns over social media, particularly targeting the Ukrainian society and Ukrainian refugee communities

NEEDS FOR 2024



YOUR SUPPORT

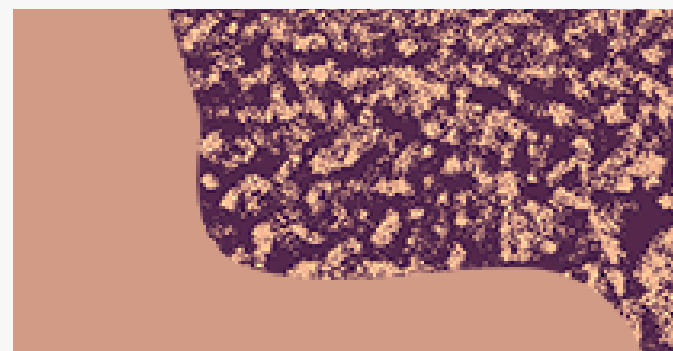
WILL PROVIDE VITAL HELP FOR
20,000 UKRAINIANS LIKE NATALIYA,
OLEKSANDRE AND ANDRIJ TO
WITHSTAND THE CONSEQUENCES OF
THE WAR.

YOU CAN HELP

Your donation will help to strengthen the resilience of Ukrainians at home and around the world.

Thank you!

[GIP-GLOBAL.ORG/SUPPORT](https://gip-global.org/support)



Our requisites

Mental Health in Human Rights - FGIP

P.O.Box 1956, 1200 BZ Hilversum, NL

Registration code 52712389

NON-VAT payer

Bank details

Account holder: Federation Global Initiative on Psychiatry

Bank: ING BANK N.V.

IBAN: NL46 INGB 0006 0707 13

BIC: INGBNL2A

Checks drawn on a US bank can be made out to "GIP-USA" and sent to our Netherlands address. Our partner GIP-USA has 501(c) status and therefore donations are tax-deductible.

via PayPal





THANK YOU



YOUR SUPPORT IS GREATLY
APPRECIATED

WHO WE ARE

Since 44 years, Human Rights in Mental Health – FGIP has been active in the promotion of **humane, ethical and effective mental health care** throughout the world.

We consider it our prime obligation to **speak out** whenever and wherever human rights abuses in mental health practice occur, and work with local partners to amend the situation and make sure the human rights violations in question are discontinued.

We continuously adapt our work to the **most pressing needs** in the mental health sector, and move away only once a profound system change has occurred or others are better placed to take up the work.



OUR PURPOSE

We use a combination of rehabilitation programs, trauma care, mental health in prisons and closed institutions in the criminal justice system and advocacy. The basis of all our work is partnership with our national members and allies. The essence of our work is based on the lived experiences of those we work for, with whom, and for whom we work to achieve a long-lasting systemic change.



We envision an enlightened services system that promotes mutually respectful partnerships between persons who receive services and those who deliver them, protects the human rights of users and the ethical autonomy of service providers, and facilitates the engagement of users, families, and all other stakeholders in advocating for and achieving improvements in the quality of care.

To promote humane, ethical, and effective mental health care throughout the world, to support a global network of individuals and organizations to develop, advocate for, and carry out the necessary reforms.



Human Rights
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Mental Health

OUR JOURNEY

FGIP IN UKRAINE

1990–1993

Establishing
Modern
Approaches to
Psychiatry

1995–2022

Promoting
Education and
Rehabilitation

2014–Present

Assessments and
Reforms

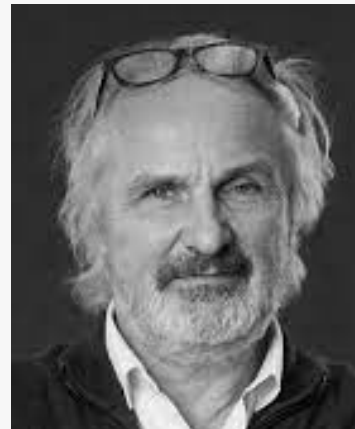
Partnerships in relation to our work in the Ukraine:

- “Global Initiative on Psychiatry Tbilisi”
- “Global Initiative on Psychiatry Ukraine”
- “Czech National Institute for Mental Health”
- “Lithuania Vilnius Mental Health Center”
- “Ukrainian Psychiatric Association”

Initial program founders:



YOUR CONTACT



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MENTALHEALTH.FGIP



HUMAN RIGHTS IN MENTAL HEALTH-FGIP



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