

Samopomich

♥ #samopomich

Providing a comprehensive mental health and psychosocial aid to the Ukrainian population

The Ukrainian-language **Samopomich** program was developed immediately after the start of the Russian invasion of Ukraine by the **Federation Global Initiative on Psychiatry (FGIP)** together with the **Czech National Institute of Mental Health** and provides a multi-faceted platform to help Ukraine deal with the psychological consequences of the war. The mental health and psychosocial support program includes a website with a wide variety of resources, that are further transmitted via social media help-lines (Facebook, telegram, Instagram). The program is managed by an international team of mental health experts with specific trauma-related expertise, and was developed in collaboration with several Ukrainian and foreign organizations.

As part of our work we offer quality counselling to First Line Responders, e.g. medical and paramedic staff working in emergency settings & military hospitals, firefighters and rescue workers, mental health specialists, persons working for human rights organizations, journalists, and others who are directly confronted with the traumatic experiences caused by the war.

A team of specially trained mental health professionals offer on-line and off-line sessions for counselling to persons who experience problems such as as

- sleep disturbances
- hypervigilance, alertness
- distressing re-experiencing memories
- anxiety and panic attacks
- low mood, hopelessness
- emotional dysregulation
- emotional numbness
- fears
- feelings of guilt
- loss of concentration, etc.

The service is free of charge for the client, and is accessible through referral organizations that are participating in our program. On average our services are limited to 6-7 sessions. One of our referral organizations is the **Ukrainian Psychiatric Association**.

Within the scope of our program we offer the service to mental health personnel that have been working in or close to the war zone and have been particularly affected by these experiences.

Since August 1, 2022, we offer free of charge psychological counselling in Ukrainian language to the war-affected journalists and media professionals, with support of the Norwegian Union of Journalists.

FGIP invites media organizations to disseminate information about this opportunity to their referral networks and partners.

For more information, please contact Julia Pievskaya:

+380 50 305 91 69 or pievskaya@gmail.com