

Vitalina Ustenko

Crisis counsellor of NPA hotline, Member of Ethical Committee, Moderator of working group of the National psychological association named "Psychological Support for Pregnant Women, Young Mothers, and Women Facing Domestic Violence"

Mental health support away from home.  
Helpline for Ukrainian refugees across  
Europe

<https://help.npa-ua.org/>  
[psyvitalina@gmail.com](mailto:psyvitalina@gmail.com)  
[mama-help.org](https://mama-help.org)

## Portrait of person in need

High Level of Risk

Importance of Replenishing the Gene Pool

Lack of Support and Resources

Social Isolation and Mental Health Issues

Need for Specialized Support

# Main points on the need for MHS for Ukrainians in Europe

**Stress, Trauma and Psychological Impact**

**Separation and Isolation**

**Challenges of Adjustment**

**Barriers to Accessing Care**

**Preventing Long-Term MH Issues**

**Family and Community Well-being**

**Humanitarian and Ethical Responsibility**

# Practical work of National Psychological Association (Ukraine)

**Support Platform**

<https://help.npa-ua.org/>

# Key features

Accessibility


Professional Support

Confidentiality and Safety

Immediate Support and Redirections

Group support

## Main requests

- 
- reaction to stress,
  - social request with psychological complaints,
    - loss,
    - violence and its consequences,
      - family problems,
      - relationship problems,
    - symptoms of mental disorders,
      - parenting

# Our Recommendations for European Partners



Working with Ukrainian women in Europe  
for social workers, psychologists, volunteers

created by  
Vitalina Ustenko

# How colleagues could involve

**Collaborative Partnership and Grants**

**Providing Skilled Personnel**

**Technical and Logistical Support**

**Awareness and Outreach**

**Training and Capacity Building**

**Monitoring, Evaluation, and Feedback**

**Long-Term Sustainability Initiatives**



**Vitalina Ustenko**

**Crisis counsellor of NPA hotline, Member of Ethical  
Commite, Moderator of working group of the National  
psychological associsation named "Psychological  
Support for Pregnant Women, Young Mothers, and  
Women Facing Domestic Violence"**

**THANK YOU**

<https://help.npa-ua.org/>  
[psyvitalina@gmail.com](mailto:psyvitalina@gmail.com)  
[mama-help.org](https://mama-help.org)