

“WAR NEAR US”: impact on Mental Health and societal proactive coping

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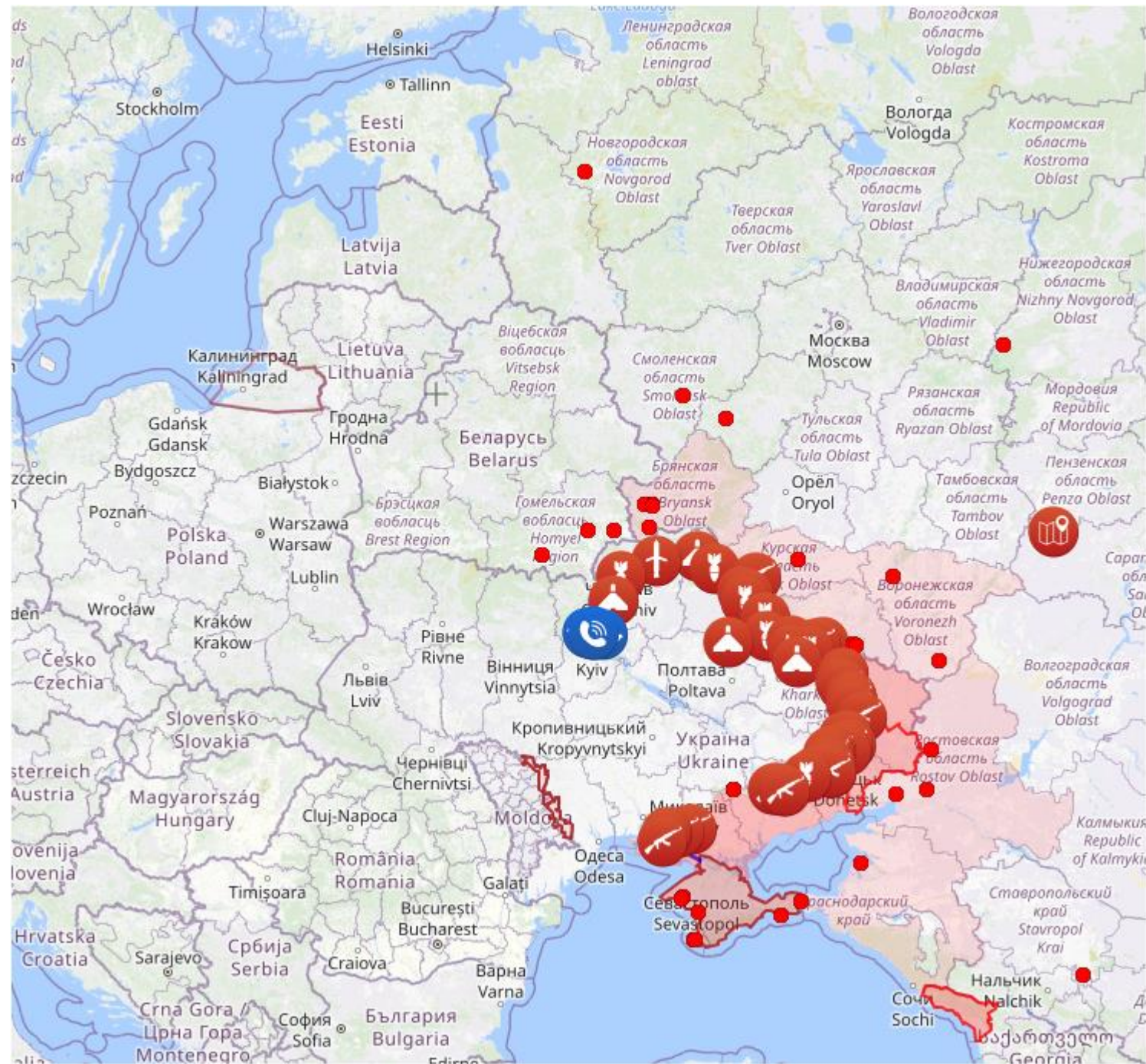
Lithuanian Riflemen's Union



#EUHPP LIVE WEBINAR

**Mental health at the time of war in Ukraine:
challenges and initiatives**

WAR NEAR US



WAR REFUGEES FROM UKRAINE: STATISTICS	2024-09-16 – 2024-10-01	At all
Ukrainian citizens and their family members registered in MIGRIS (as of 25 February 2022), of which	527	89 861
Minors	41	27 032
Unaccompanied minors	2	515



KRESTON UKRAINE

The war in Ukraine.

Two nations are fighting, but the whole world will feel the aftermath

Nov 2021
Satellite images showed Russian forces stationed near Ukraine.

Feb 21 2022
Putin formally recognised independence of 2 pro-Russia regions in Ukraine (Donetsk and Luhansk).

Feb 24 2022
Putin announced special military campaign against Ukraine. Russian troops invade Ukraine.
Explosions in Kyiv, Kharkiv, Mariupol.
Zelenskyy declared martial law and general mobilisation of Ukrainian males aged 18 to 60.
Chernobyl nuclear power plant captured by Russian forces.

Feb 28 2022
First round of peace talks between Ukraine and Russia officials on the border of Belarus and Ukraine disbanded after no agreement reached.

Mar 4 2022
Russian forces captured Zaporizhzhia nuclear power plant.

Mar 2 2022
Russian forces captured first city, Kherson.
UN GA condemned Russia for invasion of Ukraine and demanded immediate withdrawal.

Mar 31 2022
Russian troops withdrew from Chernobyl nuclear power plant due to "acute radiation sickness".

Apr 3 2022
After Russian troops withdrew from Bucha, images surfaced of civilian massacre left behind.

Apr 5 2022
Zelenskyy accuses Russia of "genocide" and "war crimes". Russia denied and claimed that killings were "staged".

Apr 7 2022
UN GA expelled Russia from UN HRC.

Apr 12 2022
Up to 20000 civilian deaths reported in Mariupol.

Apr 15 2022
Moskva TV said invasion begun.

Apr 19 2022
Second phase of Russia's invasion begins - centred around eastern Ukraine.

Apr 22 2022
Ukrainian officials acknowledged that Russia has taken control of 42 small towns and villages in Eastern Ukraine.

Apr 21 2022
Mass graves discovered near Mariupol. Ukrainian officials accuse Russian soldiers of attempting to hide civilian deaths.

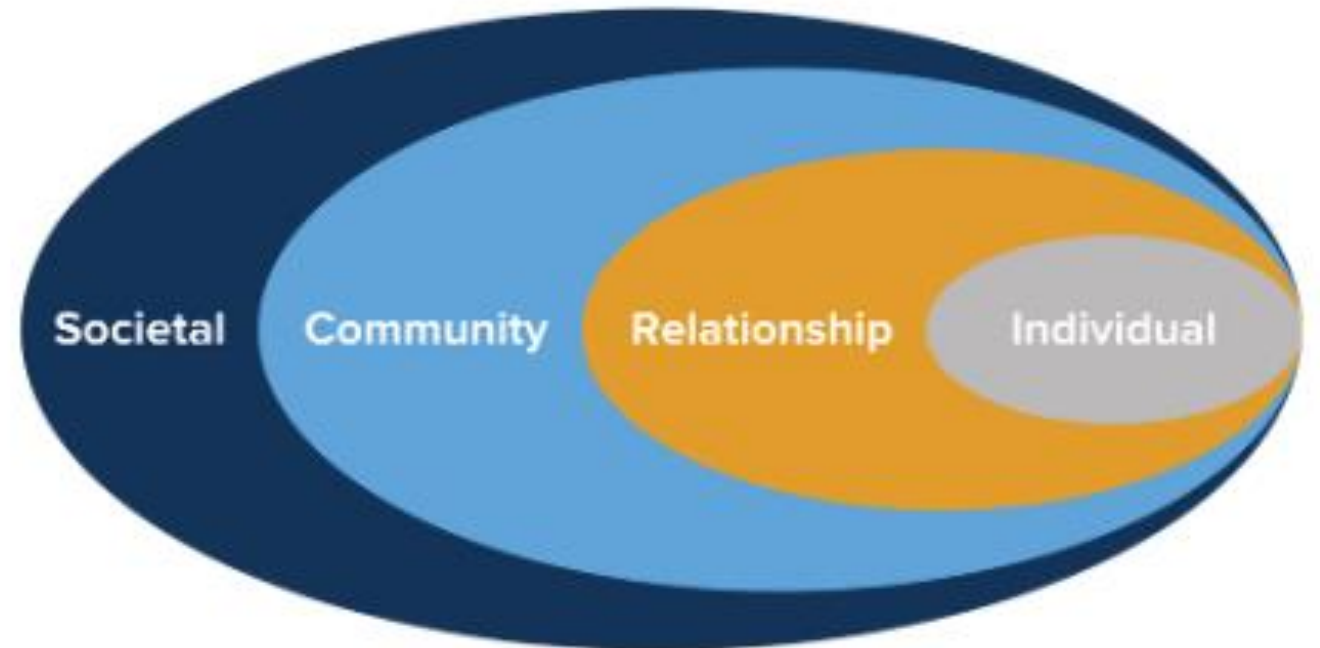
Mar 28 2022
90% of residential buildings and 90% of hospitals in Mariupol damaged due to Russian shelling. 30000 people from Mariupol reportedly deported to Russia.

Chronology of events before and during Russia-Ukraine war in 2021 and 2022. *UN GA* United Nations General Assembly, *UN HRC* United Nations Human Rights Council.

From fear, anxiety, dissociation to active coping

What can be done at

- personal,
- family,
- community,
- societal and national levels





Laisvės TV
maždaug prieš 2 m.



BAYRAKTAR JUST DID IT.

#bayraktarasUkrainai

WE DID IT!

€ 5 005 174 €



Paramos akcija iš Luhansko
i Dnipro pasitraukusiems
žmonėms

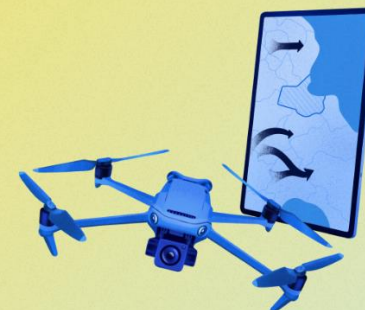
Lietuvos Caritas
LT25 7300 0101 1512 5026
Parama Ukrainai



Mūsų širdys ir
rankos - Ukrainai



We equip
soldiers and
volunteers



with supplies that
help Ukraine win



Linkėjimai iš Lietuvos!



672

dronai Ukrainai

Send your
money into
battle



Call to make a €5 donation here in
Lithuania
1482

Your wallet is your weapon in Ukraine



Lithuanian Association of Psychologists

It unites Lithuanian psychologists, represents them in Lithuania and Europe, actively participates in solving society's social and mental health problems, organizes services for psychologists

- **What can we do as a community of psychologists?**

➤ **Be active, raising important, sensitive issues at international level.**

E. g. Russian Psychological Society established a division of the Society in the occupied territory of Ukraine in October 2023. *Sergei Shoigu* – who was the Minister of Defence of Russia and currently is the Secretary of the Security Council of Russia – is a honorary member of Russian Psychological Society! International Criminal Court in Hague issued an arrest warrant to Sergei Shoigu for alleged international crimes, war crimes and crimes against humanity. A person who is suspected of war crimes and crimes against humanity is honored by Russian Psychological Society.



In July 2024, Lithuanian Psychological Association wrote an official request to the General Assembly of IUPsyS (International Union of Psychological Science) to expell the Russian Psychological Society from international organisation.

➤ **Organise help**

E. g.

- Project together with NGO "Sociainiai partneriai,, and Ukrainian Psychological Association to provide psychological support to women victims of violence in Ukraine.
- Rotary International Foundation co-funded Project "Psychological Support for Ukrainian Refugee Families"

➤ **Cooperate**

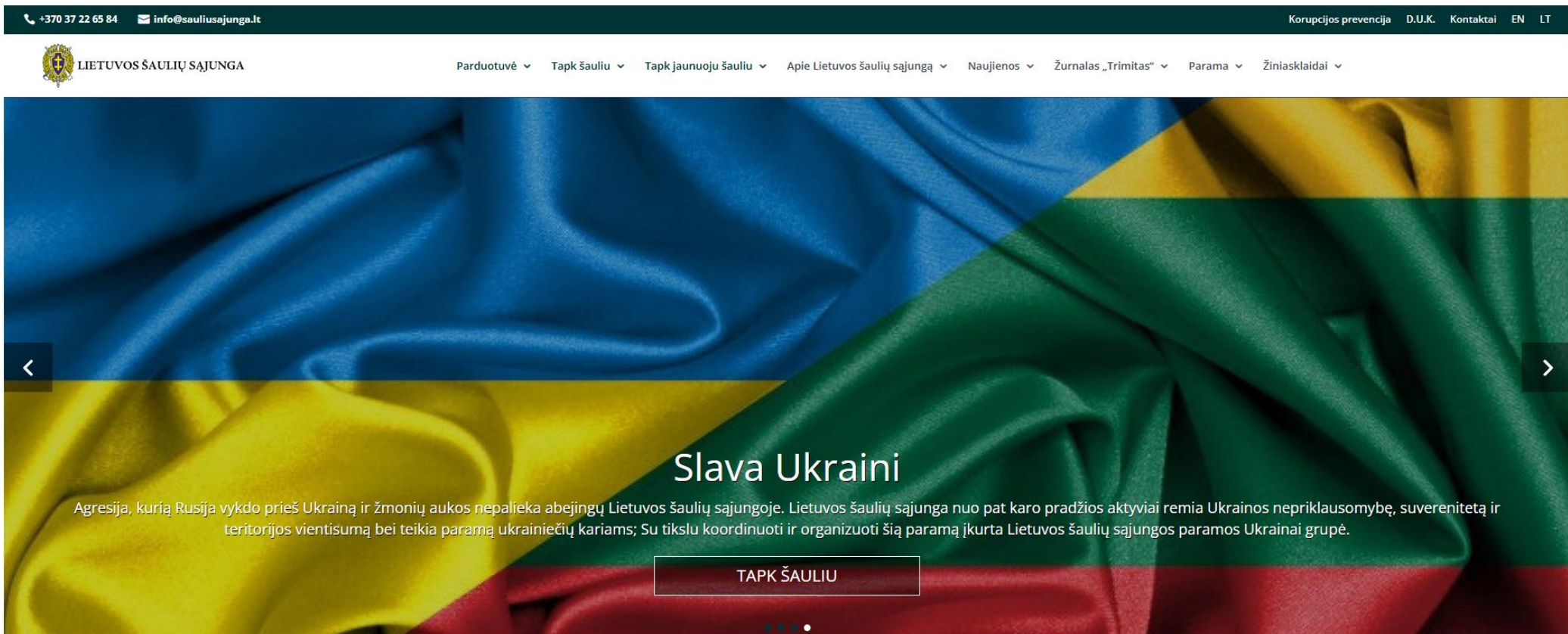
E. g. Colaboration agreement with the Lithuanian Riflemen's Union



Aina Adomaitytė, President of the Lithuanian Psychological Association, and the Commander of the Lithuanian Riflemen's Union sign a colaboration agreement.

The Lithuanian Riflemen's Union (LRU, [Lithuanian](#): *Lietuvos šaulių sąjunga*)

<https://www.sauliusajunga.lt/>



LRU is a paramilitary non-profit voluntary state-sponsored organization that unites people who dedicate their time to the defence and strengthening of the Homeland.

In peacetime, it prepares Lithuania's citizens for armed and unarmed resistance, ensures public safety and defends Lithuania's integrity and independence. In wartime it would support the Lithuanian Armed Forces with its fighting units, and use other units to ensure internal stability and defend critical infrastructure.



Different activities,
skills, assistance



<https://lt72.lt/>

KNOWLEDGE PROTECTS



**JEI KRIZĖ
ARBA
KARAS:**

KAIP ELGTIS

Informacinis leidinys, skirtas visiems Lietuvos gyventojams



Šeimos planas
Pasiruošk netikėtoms situacijoms šiaurien - apsaugok save ir artimuosius rytoj

Mūsų susitikimo vieta: (čia susitikime atsitikus nelaimėi)
Adresas: _____
Įsimintini objektai aplink: _____

Patikimas kontaktinis asmuo: (gyvenantis toliau nuo mūsų namų)
Adresas: _____
Įsimintini objektai aplink: _____
Telefono nr.: _____

Mūsų artimieji:
(susitarkime kaip ir kada susitikime, kaip derinsime veiksmus)

Vardas: _____
Vieta: _____
Tel.nr.: _____

Vardas: _____
Vieta: _____
Tel.nr.: _____

Vardas: _____
Vieta: _____
Tel.nr.: _____

Daugiau informacijos galite rasti: www.LT72.lt



Emergency grab and go bag



Information

Family evacuation plan

In a crisis or war. What to do?
An information for all Lithuanian citizens



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European
Commission

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