



How to support Ukraine

ESTSS recommendations for mental health professionals to act against war in Ukraine

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The war in Ukraine is a major challenge for the security and safety in Europe and around the globe. War has a massive devastating effect on the lives of millions and will have a long-term negative effect. Mental health professionals are well aware of the tremendous negative impact of war on mental health. This awareness is a great burden for all mental health professionals worldwide, with a limited capacity to intervene and prevent war. However, every individual and every professional can stand with Ukraine in difficult times contribute to restoring peace.

ESTSS calls for action to stop the war and human suffering for all mental health professionals around the globe. You can support brave people in Ukraine! Even for a politically non-active person, it is impossible to stay neutral in the face of human suffering, death, and war crimes. Below are the ESTSS recommendations for actions you can consider taking in support to Ukraine.

1. Make it visible. The unified global response to the war in Ukraine is critical to stop the war and prevent further malignant developments. Join anti-war demonstrations, raise Ukrainian flags, speak up with your colleagues, families, and friends about the devastating effects of war on human lives and mental health. Politicians in Democratic societies are elected by the people. They are listening to people's opinions and seeing massive support and anti-war movement will give them the confidence to make decisions to intervene and stop the war.

2. Reach out to decision-makers. Ask your organization to make a public statement demanding peace in Ukraine if it has not been done yet. Post in on social media and send to your politicians, parliament, and government members. Often you can find the email of Parliament or Government office easy, and your letter will be forwarded to relevant committees and Governmental institutions. Send statements and emails to both Ruling parties and Opposition parties leaders. The decision in democratic societies is often a compromise among multiple opinions, but often the voice of experts is highly important. That will support decision-making for support to Ukraine and stopping war.

3. Consider Pro bono contribution. Mental health professionals have unique knowledge and a set of skills that can help traumatized vulnerable populations, such as refugees from Ukraine. You can have a single weekly or bi-weekly supervision or therapy session, or deliver a workshop for staff working with refugees or internally displaced populations. And that would be a significant help in the crisis. Please contact your local organizations, such as Red Cross, or international organizations, such as ESTSS if you are willing to contribute.

4. Donate to charity. There are multiple organizations, such as Red Cross as well as UN agencies which are helping refugees. Shelters, food, cloth transportation, and other needs of refugees cost a lot. Please consider donating to a charity that is helping refugees from Ukraine. Even a small donation of several Euros matters, as it can buy food to survive a day of those fleeing from war.

About ESTSS. European Society for Traumatic Stress Studies (ESTSS) is the largest pan-European network of mental health professionals with expertise on trauma and stress. For almost three decades ESTSS is dedicated to promoting the sharing of knowledge and experience about all aspects of psychotraumatology. Contact us at secretariat@estss.org. Website: www.estss.org Follow ESTSS on Twitter: [@ESTSSnews](https://twitter.com/ESTSSnews)