

**Samopomi.ch**

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## **Supporting Ukraine with a Ukrainian-language psychological support system**

The war in Ukraine has resulted in unimaginable human suffering. Hundreds of thousands of Ukrainians have fled their homes and are trying to find safety either in the country or abroad. Others are sheltering in homes, bomb shelters or cellars, while their cities are pounded by Russian artillery. With days passing the severity of the attack is becoming worse and worse.

In response to the worsening situation, and in order to support friends, colleagues and the general population in Ukraine, the Federation Global Initiative on Psychiatry, together with several partners, is developing a platform to provide guidance to both mental health professionals and the general population how to deal with the psychological consequences of the war.

Since October 2020 FGIP and partners have been developing a safe and secure on-line psychological support program for victims of state repression. The program includes a secured website, [www.samopomo.ch](http://www.samopomo.ch), that provides information and advice how to maintain your mental health, what to do in time of distress to help yourself and also where to go in case professional help is needed. For victims of State repression in specific countries, e.g. Belarus, a list of certified consultants and supervisors from different countries is provided who are able to provide free on-line consultations.

For Ukraine, we are now developing a similar Ukrainian-language platform, that involves news channels on facebook and telegram as well as a website that will give advice how to maintain your mental health during such adverse circumstances, what to do when you are facing a mental health crisis and, as a third component, where to go for professional psychological help. The facebook and telegram channels are in the air since February 27, the website [www.samopomi.ch](http://www.samopomi.ch) should be up and running soon.

### **Our channels:**

Telegram: <https://t.me/samopomic>

facebook: <https://www.facebook.com/Samopomich-100316465941232>

For more information: [rvvoren@gip-global.org](mailto:rvvoren@gip-global.org)