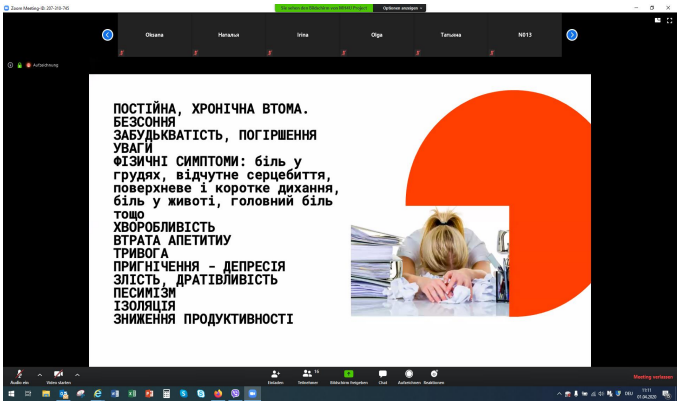
MENTAL HEALTH FOR UKRAINE

Special report on COVID-19 response - 16/04/2020

A pandemic is not only a challenge for our physical health but also for our mental health. We are experiencing times of fear, severe constraints and uncertainty. The Mental Health for Ukraine (MH4U) project, supported by the Embassy of Switzerland in Ukraine, has responded to this situation by developing resources for the Ukrainian citizens and health professionals that help them to better cope with the psychological stress that comes with the pandemic.



On-line education

The project has reached **1172** health care providers and citizens through webinars to help them manage stress. We developed **11** guidance documents on psychological support for health care and social care professionals and made them available on the MH4U website. A series of online courses are under development.

Psychoeducation through facebook

Regular Facebook messages with practical advice how to deal with qurantine have reached more than **70.000** people per post

Psychological helplines

The MH4U projects supports the ´telephone of confidence 1558´ with trained psychologists who can provide psychological first aid 24/7. During the first 10 days, **189** people used the service. Later, we published a list of helpline survices for various target groups and regions.

MH4U project is implemented by

- GFA Consulting Group GmbH
- Implemental Worldwide CIC
- University Hospital of Psychiatry Zurich
- Ukrainian Catholic university

... and many other trusted partners

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