



MH4U



## PROFESSIONAL INITIATIVE FOR PSYCHOSOCIAL SUPPORT OF VICTIMS OF WAR

The **GFA BRIDGES** project in Ukraine was implemented between August 2022 and July 2023. Since the escalation of the war in Ukraine, civilians have experienced various atrocities by occupying Russian military. Thousands of cases of war crimes are being investigated. Since the start of the war on February 24, 2022, many people have experienced sexual violence, including rape, by Russian soldiers. Survivors of sexual violence need psychological, medical and legal assistance, but for a variety of reasons, few people seek specialized help. Victims are traumatized, feel shame, and face stigma. There is a lack of public access to information, such as a platform providing guidance and contacts, and psychosocial support services are insufficient in number and quality.

This first activity, which included the translation of the Reconsolidation of Traumatic Memories protocol and the production of appropriate training materials, will expand the network of qualified psychotherapists who will meet the eligibility criteria. In the future, the training program will be conducted by Ukrainian master trainers and monitored by an international quality control group that will attend the training sessions.

The second component aimed to increase public visibility and access to relevant information through the creation of a web-based portal: <https://www.mh4u.in.ua/dali-ye/>

The online platform for survivors of sexual violence provides information on legal, psychological and medical support. It also enables individuals to seek evidence-based online and offline psychological counselling and therapy through the Mental Health Navigator call center. The launch of the website was linked to an awareness and anti-stigma campaign implemented by the Swiss government-funded Mental Health Program.

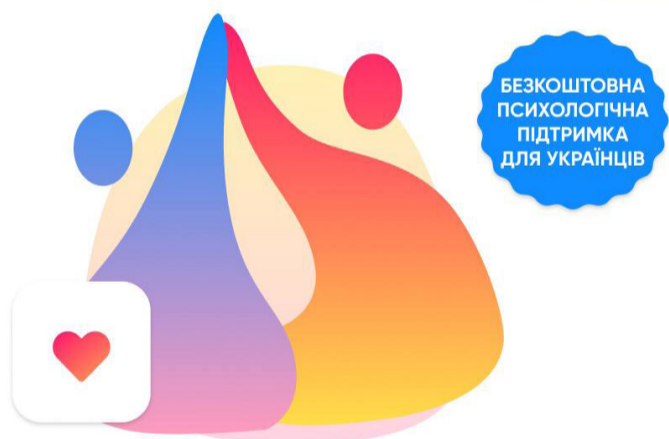
**PHASE 2:** with limited financial resources were supported to increase access to psychotherapy sessions for survivors of sexual violence. Patients who met the eligibility criteria received free therapy sessions through the call center.

A total of 494 (85% ♀; 15%♂) traumatized victims attended an average of three sessions and achieved a **90% reduction** in symptoms, according to the accompanying scientific research.

The continuously updated website will continue to promote this important pilot project and attract more funding.



УКРАЇНСЬКА ONLINE ПЛАТФОРМА ПСИХОЛОГІЧНОЇ ПІДТРИМКИ



ВИ ЗАЙМАЙТЕСЬ СОБОЮ, А МИ ПОДБАЄМО ПРО ОПЛАТУ ПСИХОЛОГА



WWW.UCARE.ME

ЗАЛИШИ ЗАЯВКУ

GFA is implementing the **Mental Health Program for Ukraine (MH4U)**, which has been funded by Swiss Development Cooperation since 2019. This program provides an excellent foundation for GFA's support to survivors of sexual violence in war-affected regions of Ukraine.

The **GFA BRIDGES** project, with a total amount of **EUR 41,807**, was implemented in two phases:

**PHASE 1:** In order to increase the quality and quantity of trained psychotherapists for survivors of sexual violence, in the first phase a total of 76 Ukrainian professionals were trained in a protocol called Reconsolidation of Traumatic Memories, a drug-free, non-traumatizing, cognitive reimagining-treatment for post-traumatic stress disorder.

Learn more about the **Mental Health navigator:**

<https://ucare.me>

Youtube channel

[www.youtube.com/@mh4u627](http://www.youtube.com/@mh4u627)

