

Donate

- ❑ Donate to the [Red Cross](#), [UNICEF](#), [Doctors without borders](#), [UNCHR](#), [WHO](#) or [Giro555](#). All of these organizations provide mental health support (next to other support) in Ukraine and refugee camps in surrounding countries
- ❑ [The Association of Psychiatrists in Ukraine is asking](#) fellow countries to send psychopharmaca and medical supplies to continue the care for people with mental health problems in Ukraine. Do you have spare medications and supplies that you can share? Email to vhemmelder@denederlandseggz.nl
- ❑ Dutch-Ukrainian mental health collaboration [Soft Tulip](#) is collecting volunteers, materials and funds to provide safe conditions for people living in institutions and to support their partner organizations in Ukraine. Donations can be made to Stichting SOFT tulip, Den Haag IBAN: NL32FVLB0699610001. Email info@softtulipforukraine.nl to coordinate help.
- ❑ Donate to the Ukrainian [Voices of Children Foundation](#) they provide emergency assistance to affected children and families from all over Ukraine and assist in the evacuation process.
- ❑ Donate to the [Federation Global Initiative on Psychiatry](#) (FGIP), they provide their partner organisations in Ukraine with support where necessary, a psychological aid program, and self-help program.
- ❑ [The CARE Network](#) collects funds to help their members in Ukraine. IBAN: NL76INGB0000555432, Stichting The CARE Network

Volunteer

- ❑ [The Skin-Platform for Mental Health Foundation](#) (кожа) provides free mental health support to Ukrainians in Ukraine and in refugee camps in Bulgaria, with the help of interpretation volunteers. Volunteer psychologists/psychiatrists are welcome to sign up by sending an email to irina@koja-bg.org.
- ❑ A similar initiative in Holland called [Wereldpsychologen](#) is also looking for volunteer psychologists and translators. Email to WereldPsychologen@gmail.com.

Do you know of any other initiatives that we should share?
Email vhemmelder@denederlandseggz.nl

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Resources

- ❑ For anyone helping people in Poland: the Polish organisation [Fundacja Czułowiek](#) made an interactive map showing where mental health services are available for Ukrainian refugees. Find the map [here](#).
- ❑ [MHPSS](#) made an inventory of all available resources to help Ukrainians struggling with mental health problems. Many of the resources are in Ukrainian. See [here](#).
- ❑ [FGIP](#) has also invested in a Ukrainian language psychological help platform, which provides information and advice on how to maintain your mental health, and where to go in case professional help is needed. See [here](#).
- ❑ [Teenergizer](#) provides an online direct helpline for young Ukrainians
- ❑ For Dutch mental health services providing support to refugees: these health care costs are covered by the CAK. See [here](#).