

Громадська організація
Інститут психосоматики
і травматерапії



Ukraine. Mental health care in a war situation and future perspectives



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Ukraine

“Soviet legacy + Ongoing collective trauma”

- Lack of psychosocial support at all levels
- Exclusively medical (drug-oriented) model of mental health care
- High level of institutionalization
- low community level activity
- High level of stigma for everything that starts with «psycho...»
- social injustice=poor quality of life - the habit of surviving, not living

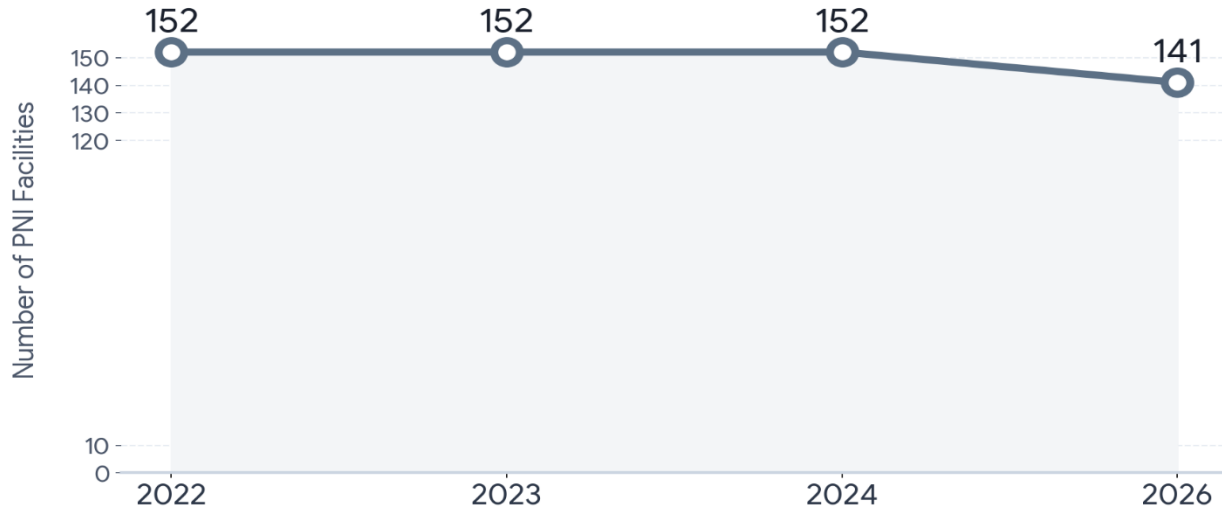
- Mental health and psychosocial support are crucial for all social and demographic groups
- More than 70% of Ukrainians experienced stress or severe anxiety (according to the Ministry of Health)
- 15 million Ukrainians need or will need psychological support in the future



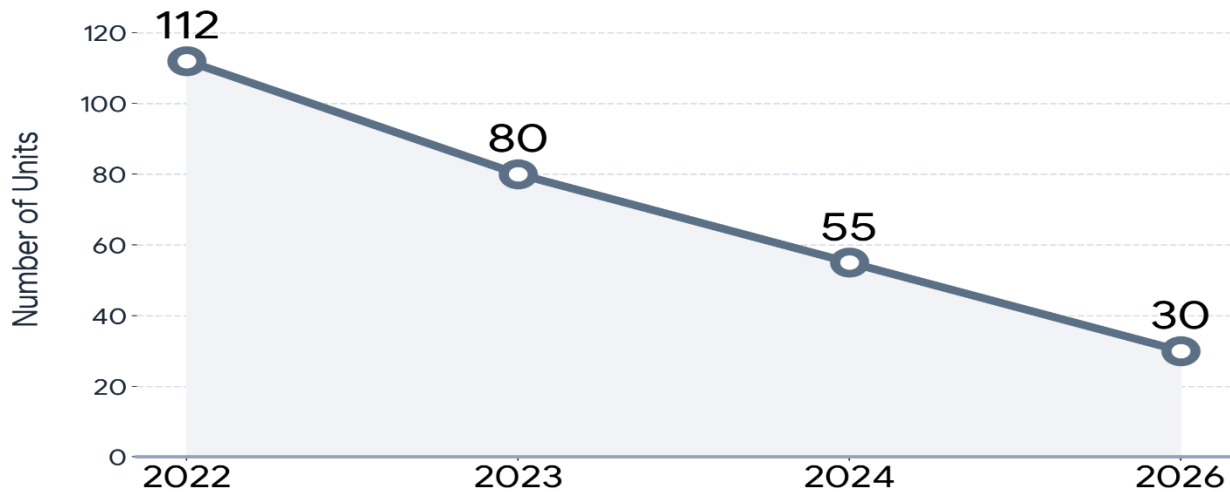
Trends in the mental health sector from 2022 to 2026, structured with data and statistics



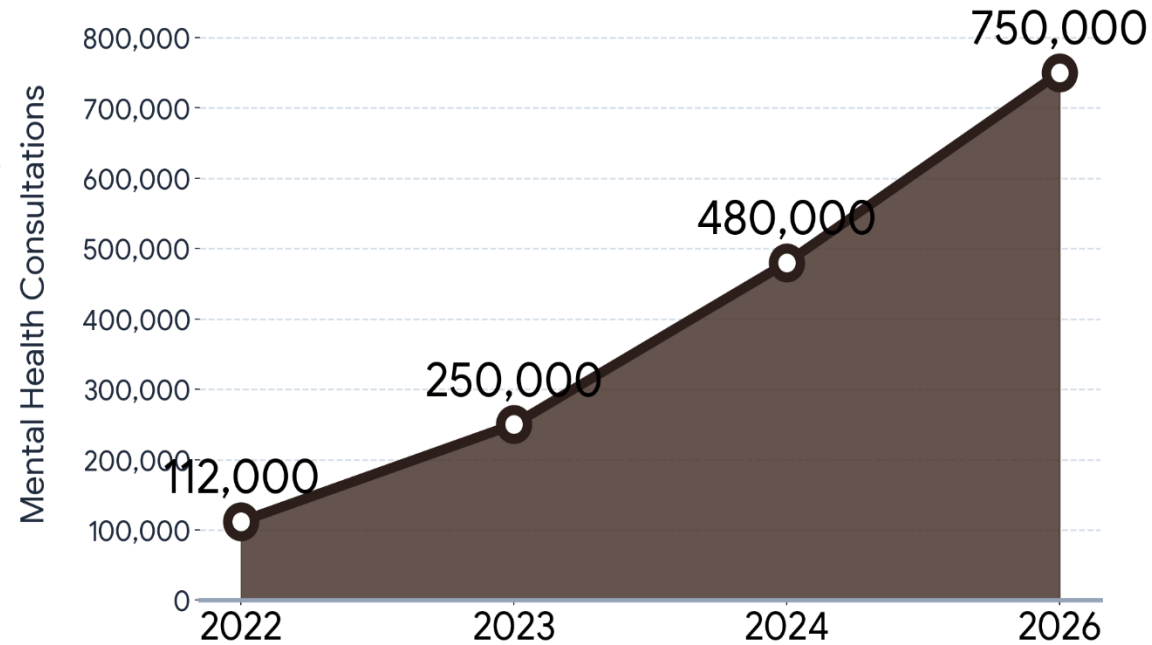
Psychoneurological Internats (PNI) Facility Counts



Psychiatric Hospital Units Reduction



Mental Health Help-Seeking Trend

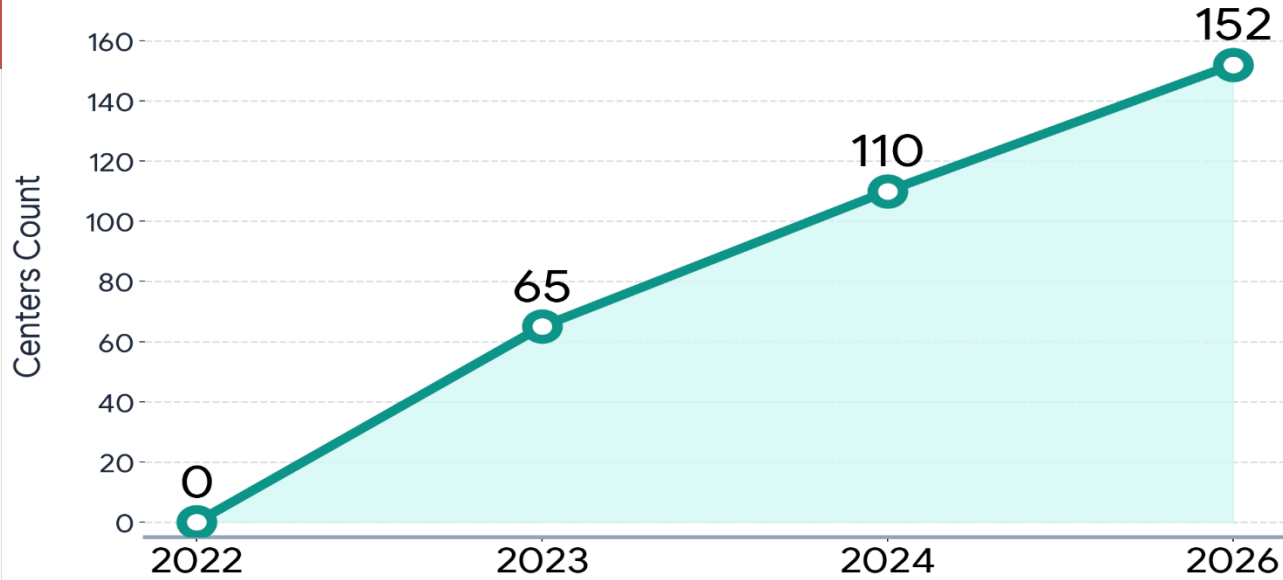




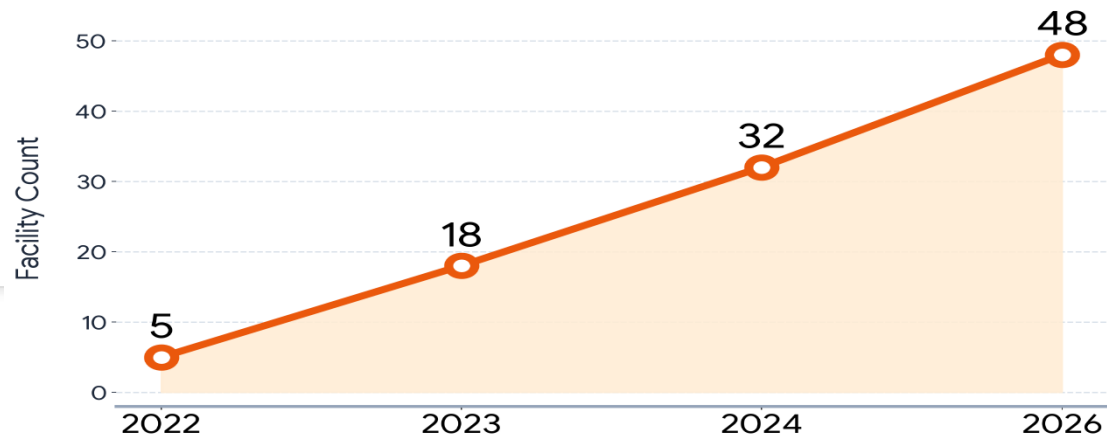
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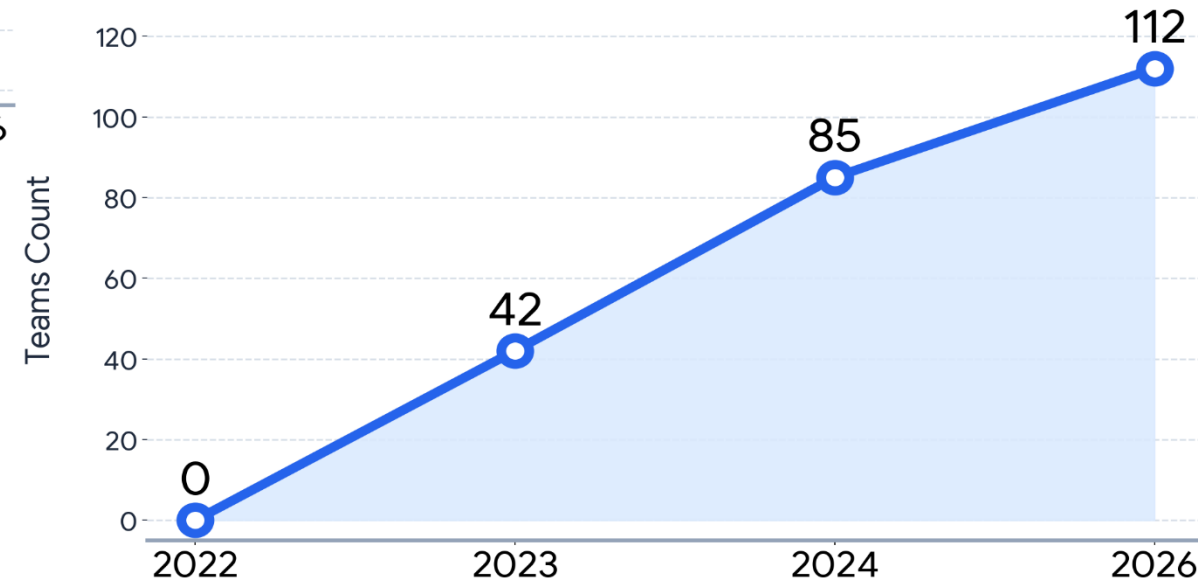
Mental Health Centers Network



Supported Housing Development



Mobile Mental Health Teams





time of change is the chance for Ukraine



БУЛО



СТАЛО

MENTAL HEALTH AND PSYCHOSOCIAL SUPPORT SYSTEM OF UKRAINE

A TARGET MODEL 2.0



HOW ARE U?
HOW ARE U?
HOW ARE U?

Coordination Center
for Mental Health
of the Ministry of Health of Ukraine

NGO
HOW ARE U?

winds of change



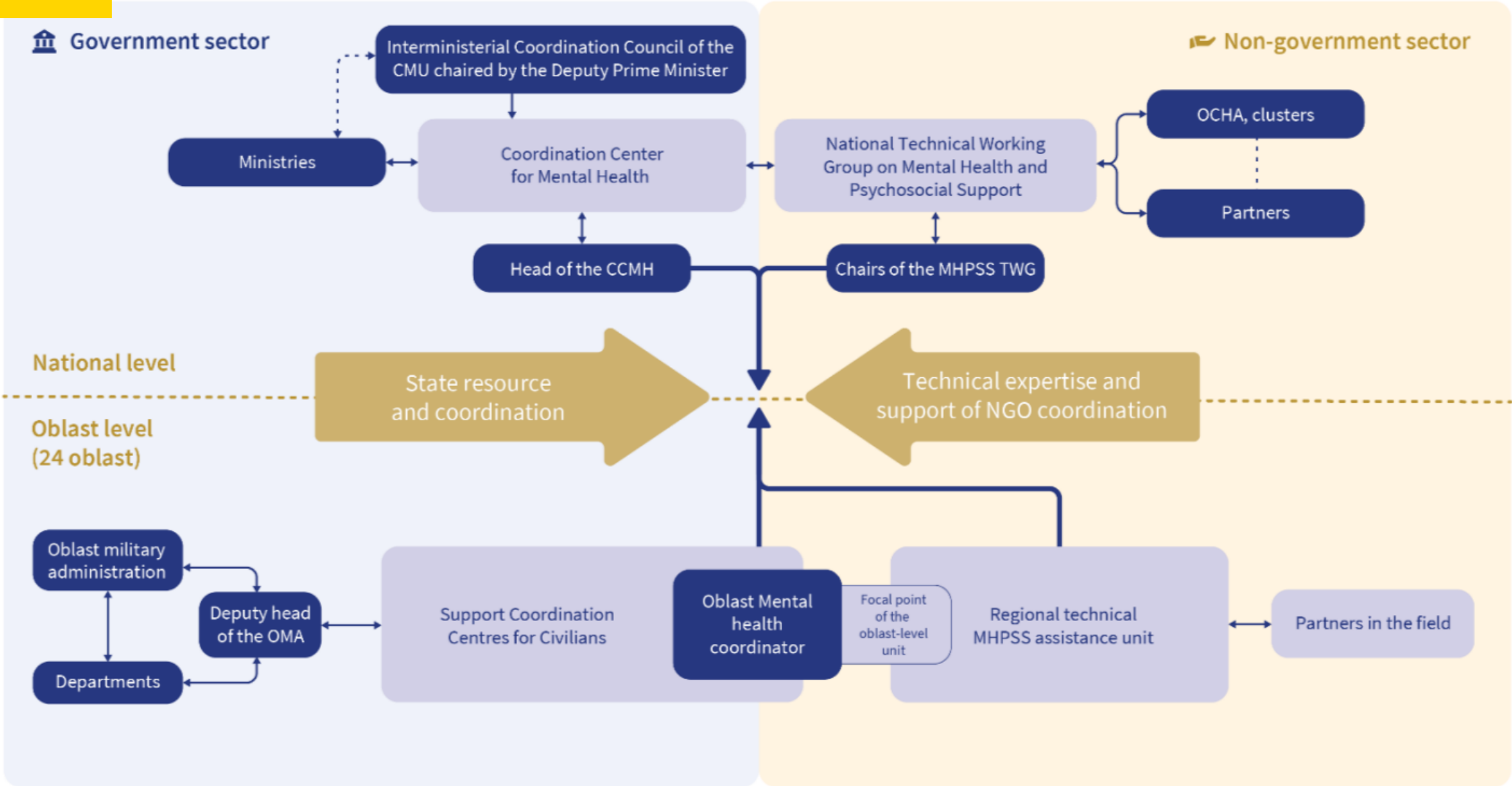
Olena Zelenska
First Lady of Ukraine

Initiator of the All-Ukrainian Mental
Health Program "How Are U?"





Mental health and psychosocial support system will include government and non-government sectors





Topic

Social workers providing support

Adults

Children and their legal representatives

GBV victims

Frontline responders, volunteers, and community leaders

Improving the skills of legal representatives for the development of children in distress

Teachers and other pedagogical staff

Staff providing support to legal representatives of children and to pedagogical staff

Officials and other staff doing their job

Labor inspectors and occupational health specialists

1

2

3

4

5

6

7

8

9

10

1. Understanding MHPSS and Employee Well-Being

1.1. Identification and response to distress; professional burnout	X	X	X	X		X	X	X	X
1.2. Identification of persons who need additional MHPSS services (knowing when and how to refer)	X	X	X	X		X	X	X	X
1.3. Self-awareness and self-help for stress	X	X	X	X	X	X	X	X	X
1.4. Peer-to-Peer support	X	X	X	X			X	X	X

2. Communication skills and basic psychosocial support skills

2.1. Engagement, raising concerns, and building relationships	X	X	X	X		X	X	X	X
2.2. Normalization of feelings, validation, and compassion	X	X	X	X	X	X	X	X	X
2.3. Active listening	X	X	X	X	X	X	X	X	X
2.4. Avoiding judgment	X	X	X	X	X	X	X	X	X
2.5. Communication with adults of different ages	X		X	X			X	X	X
2.6. Interview skills (open questions, reflections)	X	X	X	X			X	X	X

3. Providing services for people with common MHPSS problems

3.1. Stress management, relaxation techniques	X	X	X	X		X	X		
3.2. Problem management for adults	X	X	X						
3.3. Responding to crises, suicide and self-harm (a crisis management procedure should be developed at the stage of program development)	X	X	X	X		X	X		
3.4. Support for adults during the period of grief and loss	X		X	X			X		

people with long-term
mental health conditions

people with acute
mental health conditions

people experiencing
homelessness

People with Mental Conditions

People veterans

*CARe Can Be Useful For
Millions Of Ukrainians
Individually And For
Society As A Whole*

People after their losses

People widows.

People after captivity

People with issues in social relationships

internally displaced People

people experiencing
unemployment

people with intellectual
disabilities

people with addictions

People in crisis

(Wilken, J. P., The CARe model. The relationship as the heart of good care, 2021)

Our Vision of Possible Pathways for CARE Implementation

Capacity Building and Training

Train mental health professionals in CARE principles, focusing on practical skills fostering partnership over paternalism

Community-Based Integration

Implement CARE via multidisciplinary teams, supported housing, employment programs, and psychosocial services
Integrate into primary health care and social services to improve access.

CULTURAL ADAPTATION TO THE UKRAINIAN CONTEXT, CONSIDERING COLLECTIVE TRAUMA, FAMILY ROLES

Peer Support and Lived Experience

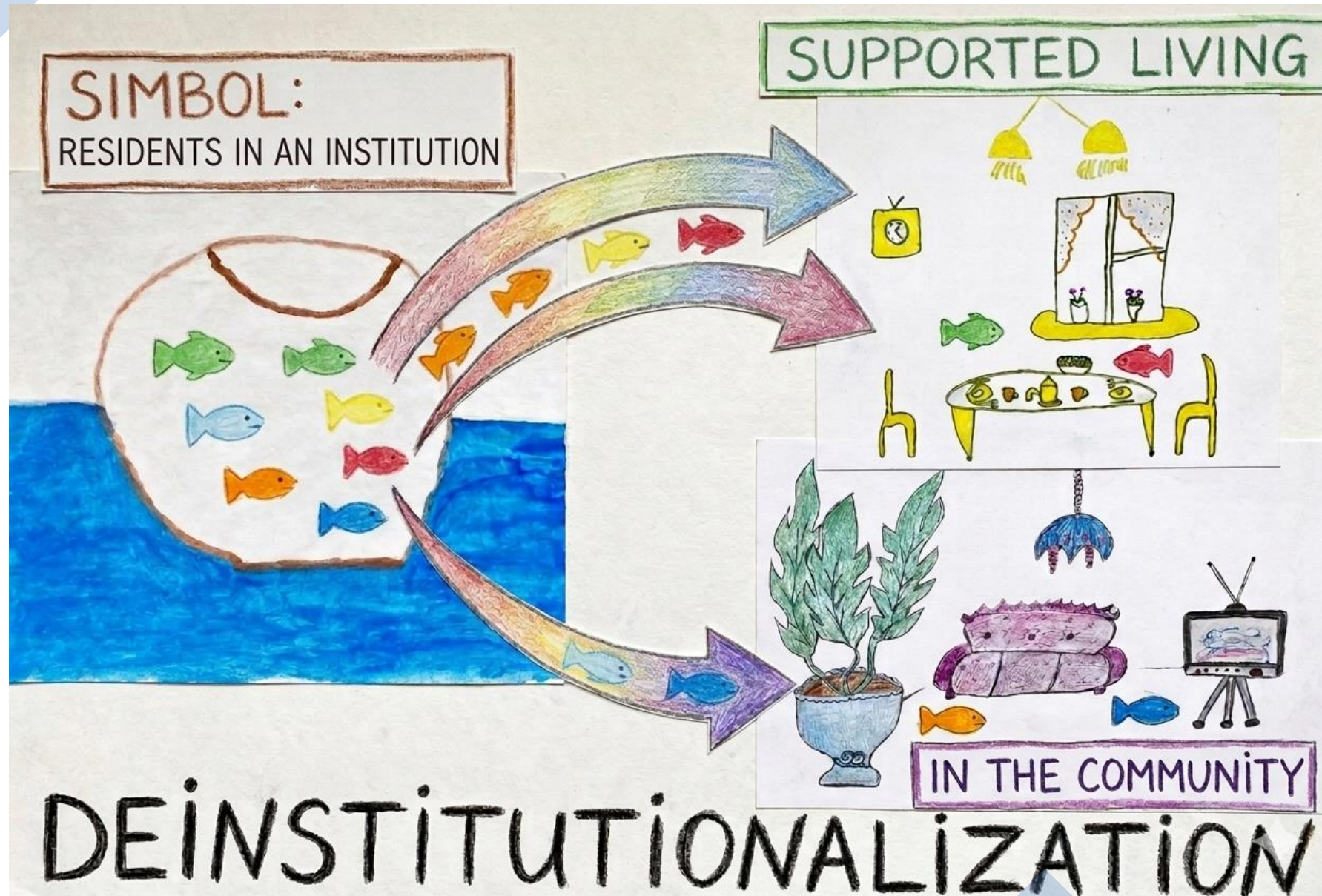
Include people with lived experience as peer supporters to reduce stigma, build hope, and connect communities with services.

Policy and Funding

Support CARE with policies, monitoring, and stable funding.

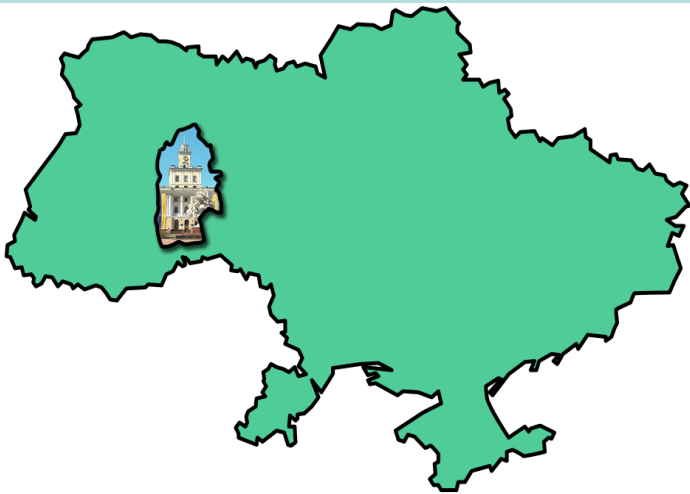
Include recovery-oriented indicators in mental health strategies and ensure sustainable community-based services

This collage was created from drawings by clients of the Zaporizhzhia Regional Psychiatric Hospital, 2026





NGO IPSI was
founded in 2021 to develop
traumatherapy and psycho-social
support for people with stress-
disorders in the communities





Challenges in the beginning of full-scale war:

- huge amount of refugees
- people in crisis and specialists experiencing the same traumatic situation
- uncertainty
- weak connections between service providers in mental health system



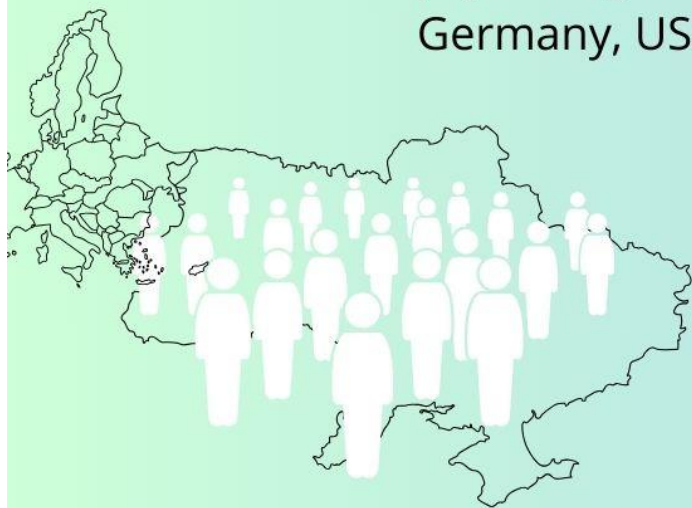
Resources:

- community based approach of connection inside ukrainian society
- big territory, regions with different intensity of war
- international support
- quick antistigma process due to integration of people with disabilities to different volunteering movements



PROJECT "HELPING THOSE WHO HELP"

which offers training, supervision, and other support measures for professionals providing psychological and legal assistance. Our expert team includes specialists from Ukraine, Germany, USA, Israel.



629

APPLICATION FOR PARTICIPATION

246

SPECIALISTS TOOK PART IN TRAININGS AND SUPERVISION GROUPS

910

PARTICIPANTS TOOK PART IN THE FINAL CONFERENCE

1 YEAR

What are the current specialists needs in 2024 ?

Sharing experiences with colleagues - 60% Education - 57%
Prevention and help during professional burnout - 49%





International Congress in Khmelnytskyi



May 2024



May 2022



May 2025

ABOUT 2026 CONFERENCE - MENTAL HEALTH: GLOBAL CHALLENGES OF XXI CENTURY



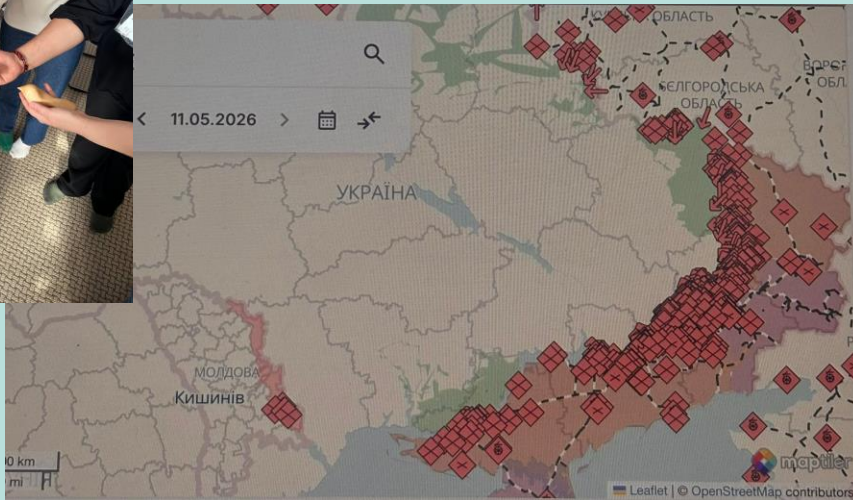


OUR NEEDS

- still a lot of refugees stay in our region
- we expect around 50 000 veterans after the war in the region
- Families with loss and uncertain loss
- increase level of formed stress-disorders

Transformation of challenges:

- we need sustainable support and places for such people for many years ahead
- possibilities to use resource of people with posttraumatic growth in peer support
- women's leadership as potential for further development
- quick development of different approaches in healing trauma



SHOT ON MI 9 LITE
AI TRIPLE CAMERA



before 24/02/2022