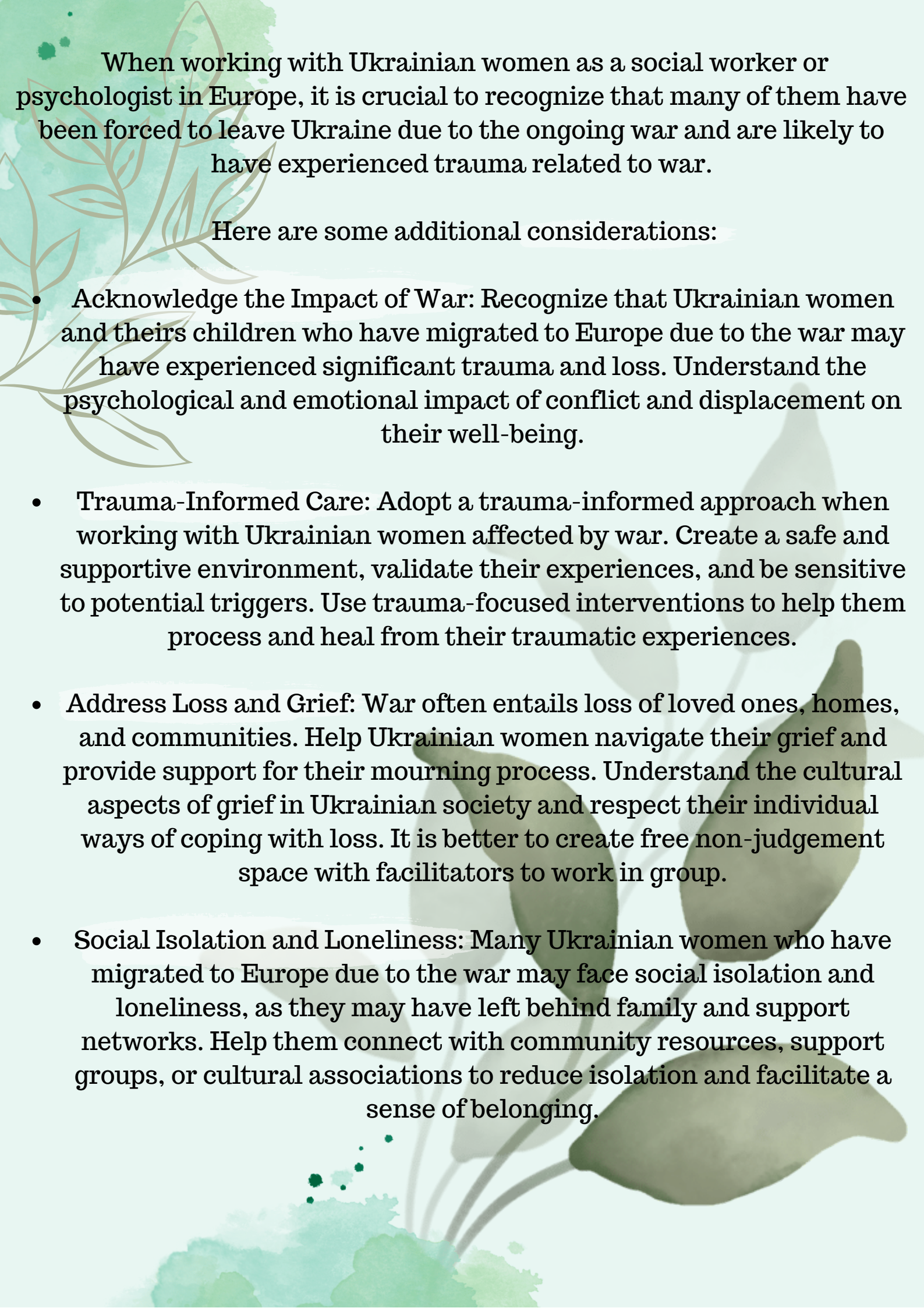


Working with Ukrainian women in Europe
for social workers, psychologists, volunteers

created by
Vitalina Ustenko



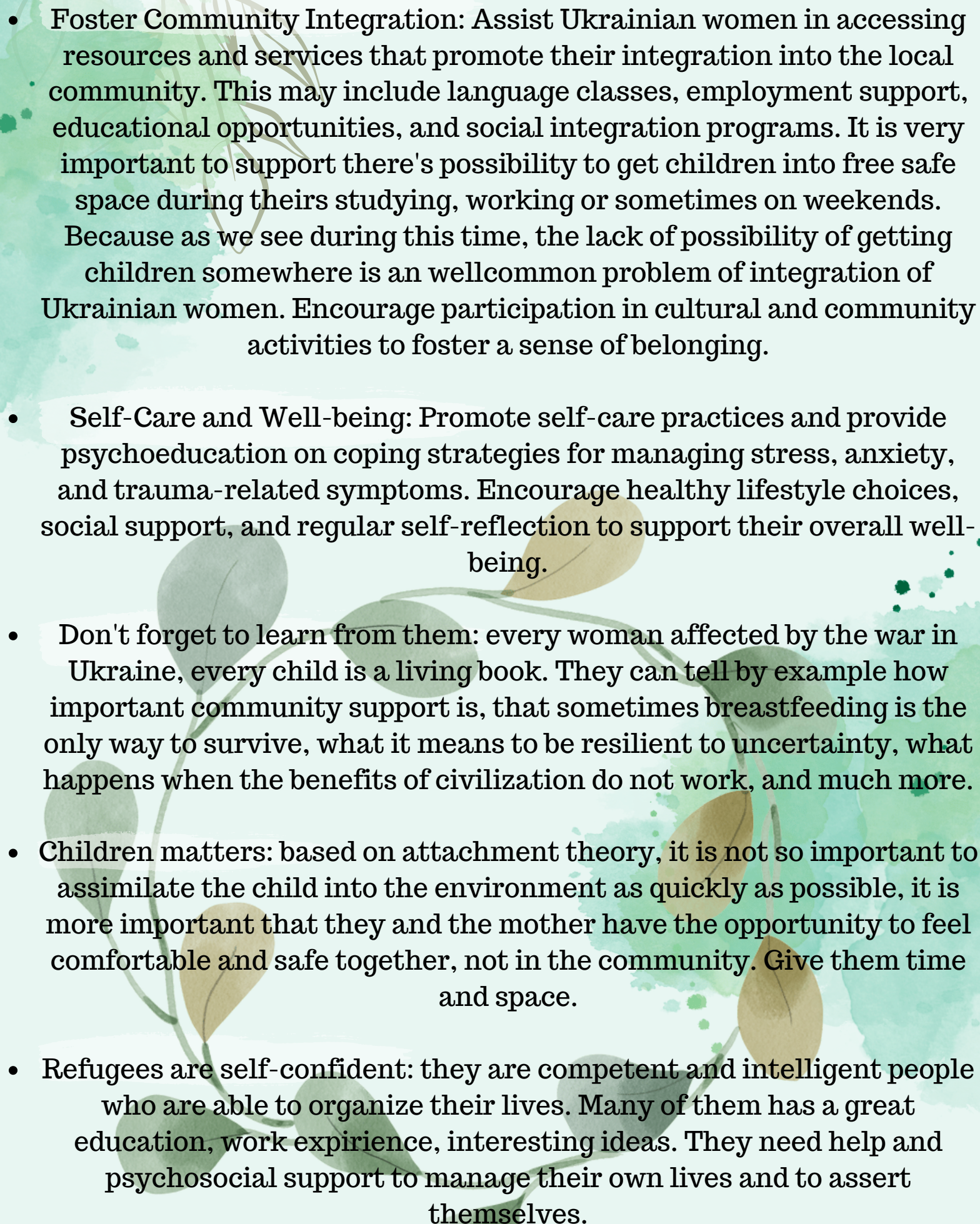
When working with Ukrainian women as a social worker or psychologist in Europe, it is crucial to recognize that many of them have been forced to leave Ukraine due to the ongoing war and are likely to have experienced trauma related to war.

Here are some additional considerations:

- **Acknowledge the Impact of War:** Recognize that Ukrainian women and their children who have migrated to Europe due to the war may have experienced significant trauma and loss. Understand the psychological and emotional impact of conflict and displacement on their well-being.
- **Trauma-Informed Care:** Adopt a trauma-informed approach when working with Ukrainian women affected by war. Create a safe and supportive environment, validate their experiences, and be sensitive to potential triggers. Use trauma-focused interventions to help them process and heal from their traumatic experiences.
- **Address Loss and Grief:** War often entails loss of loved ones, homes, and communities. Help Ukrainian women navigate their grief and provide support for their mourning process. Understand the cultural aspects of grief in Ukrainian society and respect their individual ways of coping with loss. It is better to create free non-judgement space with facilitators to work in group.
- **Social Isolation and Loneliness:** Many Ukrainian women who have migrated to Europe due to the war may face social isolation and loneliness, as they may have left behind family and support networks. Help them connect with community resources, support groups, or cultural associations to reduce isolation and facilitate a sense of belonging.



- **Gender-Based Violence:** In conflict situations, women are often vulnerable to gender-based violence. Be aware of this possibility and provide a safe space for Ukrainian women to discuss their experiences. Offer support and referrals to specialized services for survivors of gender-based violence, if necessary.
- **Collaborate with Trauma Specialists:** Consider collaborating with trauma specialists, such as counselors or therapists experienced in working with survivors of war and conflict. They can provide additional expertise and support in addressing the specific needs of Ukrainian women affected by the war.
- **Cultural Sensitivity to Masculinity and Patriarchy:** Ukrainian society often adheres to traditional notions of masculinity and patriarchy. Be mindful of these cultural dynamics when working with Ukrainian women, as it may influence their experiences and expectations. Promote empowerment and challenge harmful gender norms to support their healing process.
- **Empowerment and Resilience:** Highlight the strength and resilience of Ukrainian women who have survived war and displacement. Incorporate empowerment-focused interventions to help them regain control over their lives and rebuild their sense of self.

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- **Foster Community Integration:** Assist Ukrainian women in accessing resources and services that promote their integration into the local community. This may include language classes, employment support, educational opportunities, and social integration programs. It is very important to support their possibility to get children into free safe space during their studying, working or sometimes on weekends. Because as we see during this time, the lack of possibility of getting children somewhere is a wellcommon problem of integration of Ukrainian women. Encourage participation in cultural and community activities to foster a sense of belonging.
 - **Self-Care and Well-being:** Promote self-care practices and provide psychoeducation on coping strategies for managing stress, anxiety, and trauma-related symptoms. Encourage healthy lifestyle choices, social support, and regular self-reflection to support their overall well-being.
 - **Don't forget to learn from them:** every woman affected by the war in Ukraine, every child is a living book. They can tell by example how important community support is, that sometimes breastfeeding is the only way to survive, what it means to be resilient to uncertainty, what happens when the benefits of civilization do not work, and much more.
 - **Children matters:** based on attachment theory, it is not so important to assimilate the child into the environment as quickly as possible, it is more important that they and the mother have the opportunity to feel comfortable and safe together, not in the community. Give them time and space.
 - **Refugees are self-confident:** they are competent and intelligent people who are able to organize their lives. Many of them has a great education, work experience, interesting ideas. They need help and psychosocial support to manage their own lives and to assert themselves.

- **Language barrier: no matter how great our colleagues in Europe are, we recommend using the National Psychological Association's toll-free hotline in case of emergency (no weekends, from 10 to 20 Ukrainian time). Sometimes the condition is so severe that there is no time to translate or wait for an appointment with a local specialist.**

Keep these numbers with you and also contact them if necessary. Counselors are trained in trauma and crisis counseling and the line has been operating for over a year.

All calls from local numbers in different countries are free of charge.

Austria +43 800 017 967

Belgium +32 800 11 728

Bulgaria +359 800 46 160

Czech Republic +420 800 012 058

Denmark +45 80 82 08 61

Estonia +372 8000 044 624

France +33 805 080 466

Germany +49 800 000 26 00

Great Britain +44 808 164 2432

Hungary +36 809 81 580

Ireland +353 1800 817 519

Italy +39 800 939 092

Latvia +371 80 005 945

Lithuania +370 800 00 414

Netherlands +31 800 230 04 05

Poland +48 800 088 141

Portugal +351 800 780 756

Romania +40 800 400 597

Slovakia +421 800 182 399

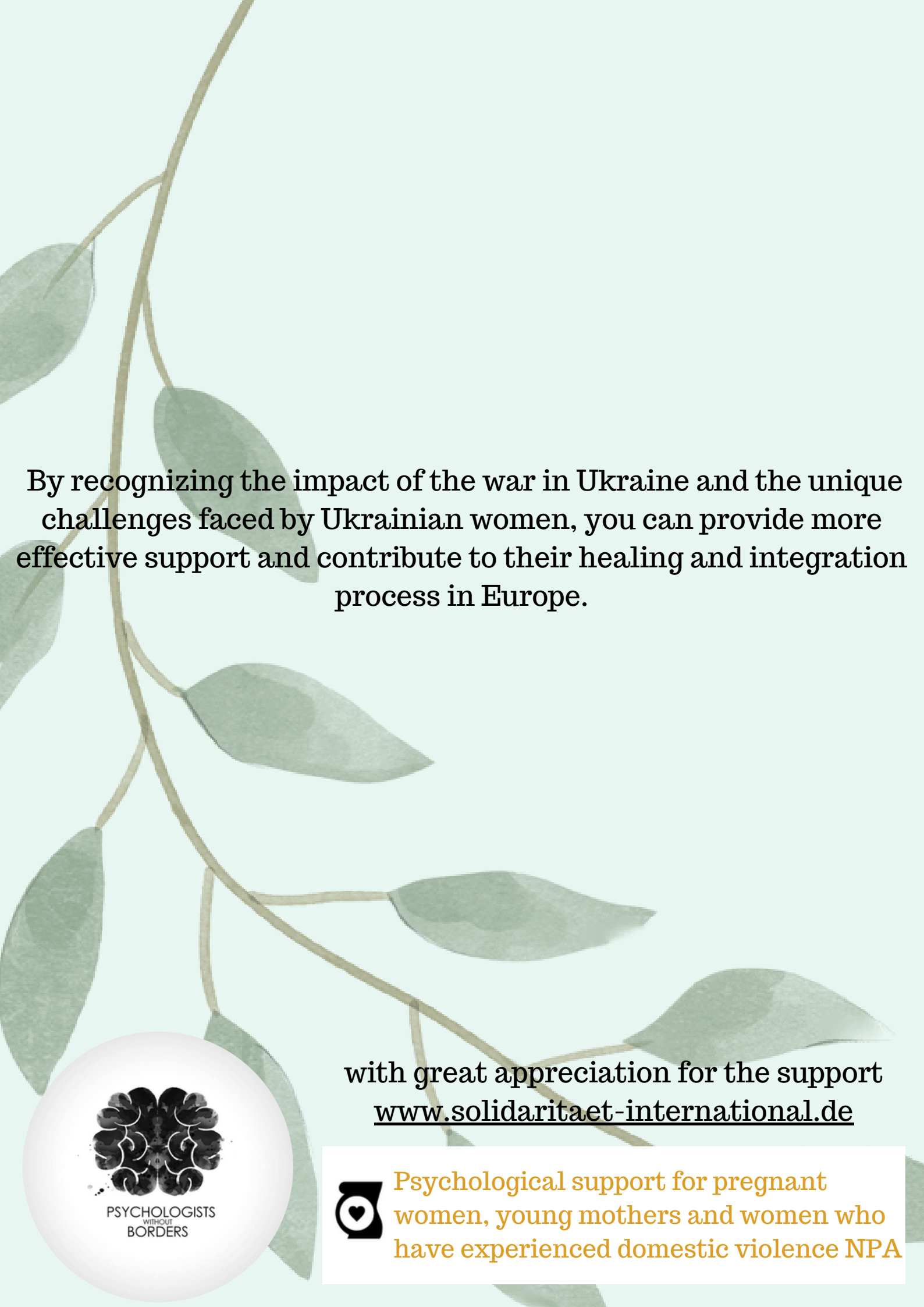
Spain +34 900 861 441

Sweden +46 20 160 46 46

Also you can contact us:

e-mails: help.me.npa@gmail.com , psyvitalina@gmail.com

web: mama-help.org, fb.com/psyPotential, npa-ua.org



By recognizing the impact of the war in Ukraine and the unique challenges faced by Ukrainian women, you can provide more effective support and contribute to their healing and integration process in Europe.

with great appreciation for the support
www.solidaritaet-international.de



Psychological support for pregnant women, young mothers and women who have experienced domestic violence NPA