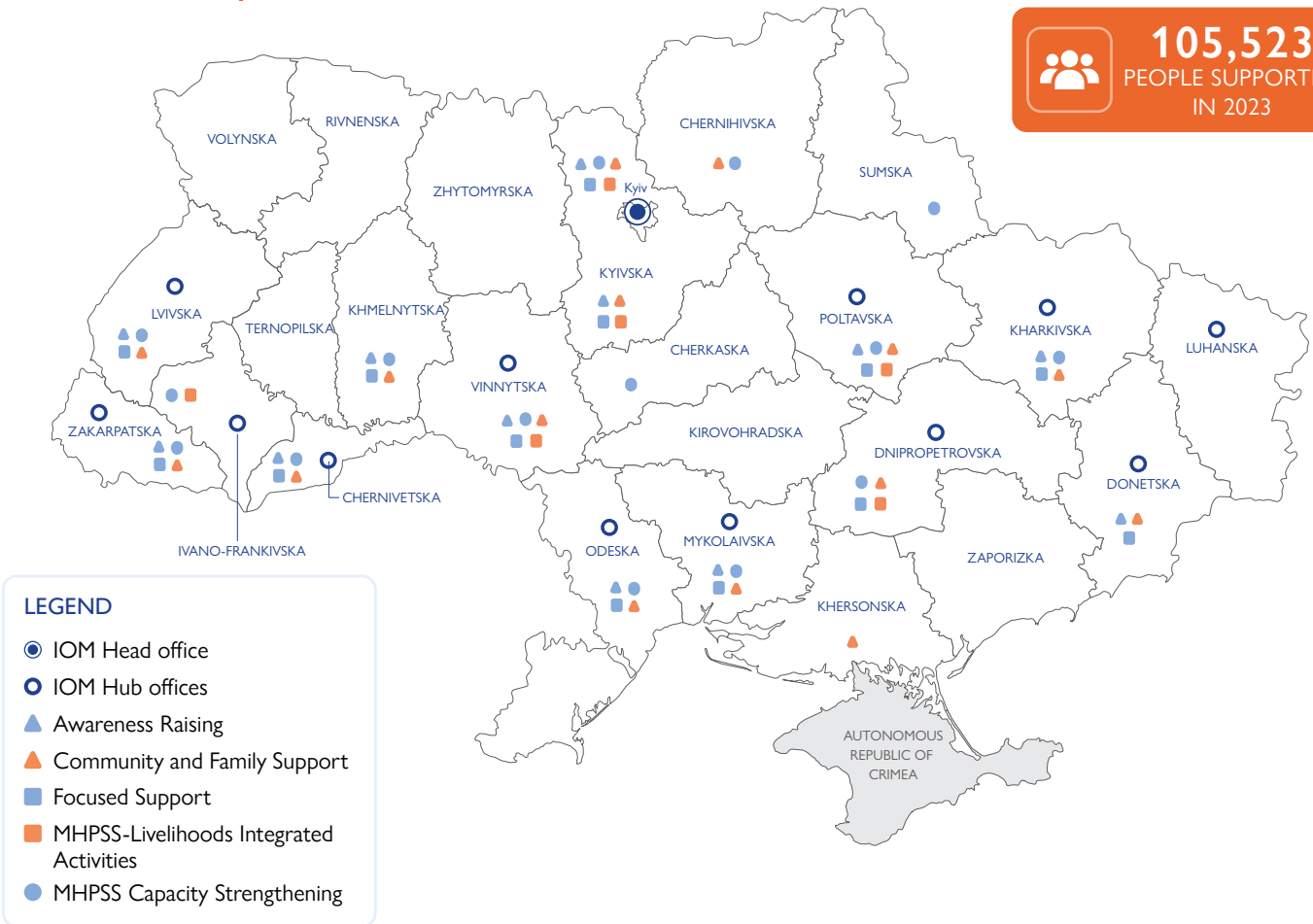


# MENTAL HEALTH AND PSYCHOSOCIAL SUPPORT | 2023

**105,523**  
PEOPLE SUPPORTED  
IN 2023



## OVERVIEW

As the full-scale war in Ukraine enters its third year, millions of Ukrainians are grappling with complex stressors and challenges. This large-scale displacement has uprooted lives and created profound psychosocial and mental health challenges across communities. Mental health and psychosocial support (MHPSS) activities are an integral part of a holistic emergency response. IOM's MHPSS

programme in Ukraine aims to support the psychological well-being and resilience of those affected by the war. This comprehensive programme seeks to restore a sense of safety, foster self-efficacy and community solidarity, and equip communities with the tools to navigate current and future stressors.

## KEY ACHIEVEMENTS

**20,414**  
People supported, 73% women, 15% men, 5% boys, 6% girls and 1% other with community-based activities, including focused support and community and family support services.

**105,523**  
Services provided to 72% women, 15% men, 5% boys, 7% girls and 1% other.

**1,831**  
MHPSS professionals, volunteers, and local authorities trained, including 219 professionals and veterans, on working with and supporting veterans and their families.

## PROGRAMME PRIORITIES

- Enhancing community understanding of mental health challenges and existing services to reduce mental health stigma and barriers accessing services through public information and awareness campaigns to support populations.
- Capacity building, to improve the skills and knowledge of government, volunteer, professional groups and humanitarian providers. Delivering trainings on community-based MHPSS service provision, as well as providing MHPSS services through activities that strengthen family and community support networks.
- Providing tailored individual and group counselling as well as referrals for specialised mental health care for war-affected individuals with MHPSS needs.
- Continuing to run the MHPSS emotional support hotline and offer psychological consultations to callers in Ukraine and host countries, including referrals.
- Providing community-based MHPSS services designed to include veterans and their families. Supporting veterans re-entering the workforce with MHPSS assistance to promote overall wellbeing by addressing psychological needs.
- Facilitating positive interactions between IDPs and local communities through communal celebrations, livelihood initiatives and socio-relational activities.



of respondents believe service providers considered their needs and perspectives



of respondents consider the community based MHPSS services contributed towards improving their psychosocial well-being



of learners satisfied with the skill implementation of MHPSS trainings

## A DAY TO BREAK FREE FROM STRESS

In the serene landscape of Zakarpatska oblast, [Olesia and her daughter Veronika-Maria](#) discovered a haven of peace. After a series of shells exploded near their home in Mykolaivska, Veronika-Maria began to suffer panic attacks. Seeking stability and safety, they relocated to this region. Their journey towards rebuilding their lives intersected with IOM's programs, specifically tailored for individuals displaced by conflict.

Organized hiking trips, part of a broader psychosocial support initiative including outdoor and recreational activities for war-affected communities, served as a vital component in their adjustment process. For Olesia and Veronika-Maria, the activity offered more than physical engagement; it was an opportunity for emotional healing and social integration. "These outings helped us start creating a new life away from home.", shared Olesia. The program facilitated meaningful connections with other displaced families, fostering a sense of community and belonging. IOM initiatives like these provide a respite from the challenges of displacement and actively promote community bonding, understanding, and mutual support among participants.



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