

GUIDE

FOR VETERANS AND THEIR FAMILIES WITHIN THE SYSTEM OF PROVIDING PSYCHOLOGICAL, MEDICAL-PSYCHIATRIC, AND PSYCHIATRIC ASSISTANCE IN UKRAINE

Collection of Developments and Adapted Experience
Materials from the Activities of the Hotline for Crisis
Support of the Ukrainian Veterans Foundation



SUPPORT
LINE



Guide for Veterans and Their Family Members within the System of Providing Psychological, Medical-Psychological, and Psychiatric Assistance. A Compilation of Developments and Adapted Materials from the Experience of the Hotline for Crisis Support of the Ukrainian Veterans Foundation.

Guide for Veterans and Their Family Members within the System of Providing Psychological, Medical-Psychological, and Psychiatric Assistance. A Compilation of Developments and Adapted Materials from the Experience of the Hotline for Crisis Support of the Ukrainian Veterans Foundation / Authors: Lashko O. V., Varenya T. V., Timofiev V. G., Koshova I. V., Petrushko Y. M., Orlovska N. M., Tsygankova G. Y., Ternopolska I. D., Didenko O. V. – 2023. – 28 pages.

This compilation is prepared by expert psychologists as part of the project 'Hotline for Crisis Support'; implemented by the Ukrainian Veterans Foundation under the auspices of the Ministry of Veterans Affairs of Ukraine with the support of the Ukrainian Rapid Response Fund IREX and the U.S. Department of State. The content of this compilation is the sole responsibility of the Ukrainian Veterans Foundation and does not necessarily reflect the views of the U.S. Department of State.

The compilation includes an overview of the needs of Ukrainian veterans and their families. It features original developments and adapted materials designed to support veterans and their family members on their path to civilian life reintegration. Specifically, the compilation contains a 'Roadmap'; within the system of providing psychological, medical, and psychiatric assistance, as well as recommendations for veterans and their families. These recommendations were compiled by experts from the Hotline for Crisis Support, drawing from the hotline's experience and personal experience in practical psychological work, including in the conditions of full-scale war in Ukraine. The compilation is provided for use by veterans and their family members. It may also be valuable for professionals in "assisting professions" who provide support to veterans and their families. The use of materials from the compilation is only possible while respecting copyright, provided that proper attribution is given to the compilation and the Ukrainian Veterans Foundation.

CONTENT

INTRODUCTION	5
ISSUES FACED BY VETERANS AND THEIR FAMILIES	6
"ROAD MAP" IN THE SYSTEM OF PROVIDING PSYCHOLOGICAL, MEDICO-PSYCHOLOGICAL PSYCHIATRIC CARE	9
RECOMMENDATIONS FOR VETERANS AND THEIR FAMILY MEMBERS	12
A LIST OF SOURCES THAT INSPIRED US	25
USEFUL INFORMATION	26

INTRODUCTION



War is a complex and multi-dimensional phenomenon that can have significant consequences for individuals, communities, and society as a whole. From the perspective of its impact on an individual's psyche, war is unquestionably a crisis event that goes beyond the realm of ordinary life experience and can have significant consequences for one's mental health and well-being. War disrupts the normal flow of time, shatters future plans, and undermines the sense of security. One of the primary psychological consequences of war is trauma.

Events experienced by both defenders and civilians in times of war can have a traumatic impact on a person's psyche. This is when we speak of traumatic experiences resulting from specific crisis events, including war. Additionally, trauma can arise from the experience of witnessing a traumatic event, known as secondary traumatization. This type of trauma is observed among the loved ones of defenders, as well as among professionals in helping fields, such as doctors, psychologists, social workers, and so on.

Psychological trauma can lead to undesirable consequences such as sleep disturbances, recurrent reliving of past events, and intense fears that significantly impact the quality of life. Together with other factors, these symptoms fall under the concept of post-traumatic stress disorder (PTSD).

However, human adaptability, as an evolutionarily developed capability, assists us in overcoming traumatic events, integrating acquired experience, and using it for personal growth and development. Experiencing traumatic events does not automatically imply that a person is damaged and in need of treatment. Most individuals successfully navigate the undesirable consequences of traumatic events, thereby enhancing their resilience and stress resistance.

At the same time, in accordance with international disease classifiers, experts identify specific disruptions in an individual's mental life related to post-traumatic syndrome. It's important to understand that only a commission of mental health professionals with a medical background can establish a relevant diagnosis. It should be remembered that an individual or a professional's orientation towards an unconfirmed diagnosis of PTSD can block the resources and potential of a person to overcome the undesirable consequences of traumatic experiences, integrate them, grow, and develop as a result.

In addition to trauma, war can also lead to other psychological consequences, such as feelings of helplessness, hopelessness, and despair. Individuals may feel overwhelmed by the scale of tragedies, destruction, and losses. These feelings can result in a sense of isolation and a loss of purpose, which in turn can lead to depressive or subdepressive states, as well as other mental health issues.

War can also have long-term consequences for communities and society as a whole. For example, it can lead to the breakdown of social structures and support systems, making it difficult for people to cope with the psychological aftermath of war. War can also result in significant economic and political upheavals, further intensifying its psychological impact on individuals.

Therefore, it is extremely important to address the organization of a simple and comprehensible support system in times of war and post-war recovery, as well as ensuring access to this system. Relying on an individual's own resources, psychosocial support resources, and qualified psychological, medical-psychological, and psychiatric assistance can contribute to the preservation of mental health and well-being of the nation.

Particular attention is needed for the organization of a transparent support system for veterans of the Russian-Ukrainian war. They are the ones who come into close contact with the most horrifying events.

Returning to civilian life after military service is associated with a series of serious challenges, both for the defenders themselves and for their loved ones.

The Hotline for Crisis Support of the Ukrainian Veterans Foundation is intended to serve as the entry point for veterans, their family members, and loved ones into the support, rehabilitation, and reintegration system. The Hotline is a vital resource for veterans in Ukraine as it offers support in the realm of mental health, access to information and resources, and assistance in crisis situations. It simplifies veterans and their families' access to qualified help, ensures its continuity, and strengthens the support system for Ukrainian veterans. Along with other components of the system, the Hotline can help veterans rebuild their lives after military service.

ISSUES FACED BY VETERANS AND THEIR FAMILIES



General problems

Ukraine has had experience in resisting Russian aggression since 2014. Since then, numerous studies have been conducted on the psychological, physical, socio-economic needs of Ukrainian veterans and their families. In particular, veterans and their family members may encounter various problems as a result of military service and gaining new experiences. Specific groups of these problems can be highlighted as such:

1. Problems with physical and mental health: Many veterans return from service with physical injuries such as amputations, traumatic brain injuries, hearing, and vision loss. They may also experience mental health issues such as post-traumatic stress disorder, depression, and anxiety. Family members may also experience secondary traumatic stress due to the experiences of their loved ones.

2. Employment and financial difficulties: Veterans may struggle to find employment after returning from service due to changes in values, professional interests, the discovery of new competencies previously unknown to them, as well as physical or mental health issues or discrimination. This can lead to financial difficulties for both veterans and their families.

3. Relationship issues: The stress associated with military service, as well as physical and mental health problems, can strain relationships with partners, children, and other family members. The divorce rate is higher among veterans, and children may experience emotional and behavioral issues related to their parents' military service.

4. Housing problems and homelessness: Some veterans may find it challenging to secure stable housing after returning from service. Family members may also suffer from housing instability, which can lead to difficulties in creating a comfortable home environment for children.

5. Social isolation: Veterans may find it challenging to adapt to civilian life after returning from military service. They may feel isolated from friends and family members who do not understand their experiences. This can lead to social isolation, depressive symptoms, and other mental health issues.

6. Access to medical care: Veterans and their family members may encounter challenges in accessing medical care and support services, including mental health treatment, disability assistance, and more.

Specific problems faced by female veterans

Female veterans may face specific issues related to gender identity.

1. Health issues: Female veterans are more likely to suffer from mental health problems such as post-traumatic stress disorder (PTSD), depression, and anxiety. Women in military service are at a higher risk of experiencing gender-based harassment and violence, which can have long-term consequences for their physical and mental health.

2. Reproductive health issues: Female veterans also more frequently experience reproductive health problems and face challenges in accessing proper care and medical assistance during and after military service.

3. Housing problems and homelessness: Female veterans, more often than their male counterparts, experience homelessness and are often more vulnerable to violence, including gender-based violence.

4. Stereotypes and discrimination: Female veterans may encounter discrimination or stereotypes based on their gender or military service, which can limit their opportunities and access to resources.

5. Employment: Female veterans may face challenges during the transition from military service to civilian life, including difficulties in finding suitable employment that matches their skills and experience. Female veterans may also experience workplace discrimination and bias, which can lead to underemployment or unemployment.

It is important to note that these challenges may vary depending on a person's individual circumstances and experience.

Complications with mental health

Experts from the IREX Veterans' Reintegration Program, based on their research findings, highlight the following main challenges for veterans in the field of mental health:

- thoughts of self-harm that arise from time to time;
- frequent feelings of fear or anxiety;
- difficulty falling asleep at least a few times a week.

The most common mental health disorder observed is:

- post-traumatic stress disorder (PTSD);
- depression;
- suicidal behavior;
- alcohol and other psychoactive substance use disorders;
- adaptation disorders;
- anxiety disorders.

It's important to note that not everyone who has experienced combat or war-related events will have mental health difficulties, and a diagnosis in the field of mental health is established by a qualified medical commission. Most people successfully integrate their traumatic experiences and continue to lead fulfilling lives without any threat to their well-being.

The experience of the Hotline for Crisis Support operated by the Ukrainian Veterans Foundation has allowed for a more detailed understanding of the issues that Ukrainian veterans and their families have faced since the beginning of the full-scale Russian invasion. Here are some of them:

- Fatigue, exhaustion, apathy that is linked to prolonged involvement in military activities;
- Limited awareness among veterans and their families regarding possible psychological and mental health problems; consequently, the exaggeration or underestimation of the significance of certain manifestations to general well-being, refusing professional help, or, on the contrary, stigmatizing their own condition;
- Mistrust towards civilians and, sometimes, a loss of faith in people who didn't share similar experiences, including specialists who could have provided assistance and support;
- Alcohol and other psychoactive substances abuse and codependence;
- Dreams about military events, fallen comrades, and sisters-in-arms;
- Sudden uncontrolled outbursts of aggression, irritability;
- Feeling guilty towards those who didn't survive, particularly towards comrades and sisters-in-arms;
- Issues in relationships with partners or spouses, infidelity, and relationship breakdowns during or after military service; communication issues in couples and families, conflicts, emotional detachment;
- Challenges redistributing social and family roles after returning;
- Hyperbolic sense of justice, which is difficult to integrate into civilian life, leading to tunnel vision;
- Intense emotions related to the desire to return to the front, and simultaneously the inability due to health conditions or age;
- Emotional detachment and the loss (partial loss) of emotional support from comrades and sisters-in-arms;
- Uncertainty about the near future, a sense of non-utility, abandonment, meaninglessness of life, hopelessness, resentment;
- Emotional problems and relationship issues related to relatives' desire to expedite a veteran's reintegration into civilian life;
- Inability to realize oneself in a new life due to a lack of necessary education and qualifications;
- Lack of support and understanding in their immediate surroundings, a need for communication;
- Low awareness among relatives and close ones regarding veterans' needs and problems, as well as ways to resolve these problems;
- Severe feelings of loss, grief, non-acceptance of a person's choice to become a serviceman, non-acceptance of their sacrifice, animosity towards those whose relatives survived;
- Uncertainty about the fate of missing defenders, their own future, and the inability to plan their lives.
- Feelings of dissatisfaction and outrage over bureaucratic barriers related to obtaining veteran status, disability, benefits, treatment of injuries, and organizing the burial of fallen defenders;
- Feeling of isolation among veterans, their families, a sense of opposition to others, division into "us" and "them", both from the perspective of veterans and their relatives and from the perspective of the broader community;
- Secondary traumatization of veterans' family members due to awareness of what their loved one has been through and shared empathy for their close person;
- Unwillingness to accept help, support, and social care due to feelings of shame, guilt, or the belief that "others need help more than I do."

Today, veterans and their family members who call the Hotline for Crisis Support of the Ukrainian Veterans Foundation are dealing with these and other issues.

It's important to note that these problems can vary depending on individual circumstances and experiences. That's why it's crucial to provide assistance and support with an individualized approach, taking into account the context of each specific life situation.

We believe that the experience of each veteran is unique and individual, just like the person themselves. However, we hope that the issues described in this section concerning contemporary Ukrainian veterans will help in each specific case to better understand and identify their own needs. This, in turn, can allow for more effective preparation for reintegration into civilian life for both veterans and their families.

It's important to recognize the unique needs of Ukrainian veterans and the issues they and their families face after leaving military service. The state and society should develop and continually update a support system for veterans and their families, helping them access resources to overcome the challenges associated with returning to civilian life.

At present, the development of a comprehensive support system for Ukrainian veterans is led by the Ministry for Veterans Affairs of Ukraine, which has offices in various regions of the country. An auxiliary tool for providing information and support to veterans is the e-Veteran platform.

"ROAD MAP" IN THE SYSTEM OF PROVIDING PSYCHOLOGICAL, MEDICAL-PSYCHOLOGICAL, PSYCHIATRIC AID



What is psychological, medical psychological and psychiatric assistance?

Psychological, medico-psychological, and psychiatric help are different forms of assistance for individuals with psychological issues. The main differences between these forms of help lie in the professional qualifications of the specialists and the types of assistance they provide.

Psychological assistance is provided by psychologists who have advanced training in psychology and specialization in various psychological fields, such as clinical, social, military psychology, and more. Using principles of psychological counseling and correction, psychologists help individuals deal with life crises, interpersonal problems, and develop self-regulation techniques, among other areas of support.

Medico-psychological assistance is provided by medical professionals with specialized training in medical psychology. They can offer psychological support and prescribe medications and other medical procedures when necessary.

Psychiatric assistance is provided by psychiatrists, who are medical doctors with specialization in diagnosing and treating mental disorders. They can prescribe medications, conduct psychotherapy, and administer other medical procedures for the treatment of various mental disorders, including depression, anxiety, schizophrenia, and more.

It's important to understand that seeking help from a psychologist, counseling psychologist, or psychiatrist doesn't mean that someone is "abnormal" or "not right." This is an outdated stigma that is no longer relevant in modern society.

Seeking advice from a mental health and psychosocial support professional is as normal as seeking guidance from a dentist or a lawyer. Experiencing psychological difficulties is just as natural as having back pain or a headache.

It's also essential to remember that the presence of certain signs or conditions does not necessarily indicate a disorder. Most modern healthcare professionals agree that various psychological manifestations are possible even in healthy individuals, such as dissociation, anxiety, sleep problems, etc. Symptoms themselves are not a basis for establishing a psychiatric diagnosis. The worrisome markers that indicate the need to see a doctor are the significant duration of a particular state and its impact on the quality of life.

«Road map»

Below is a "roadmap" within the system of providing psychological, medico-psychological, and psychiatric assistance to veterans and their family members, with the Crisis Support Hotline as the entry point.

It's important to note that after their discharge from military service, individuals become veterans, meaning they are civilians. Consequently, access to services related to mental health and psychosocial support for veterans and their family members is provided through civilian systems and specialized support structures for veterans.

Regardless of their focus and specialization, mental health and psychosocial support professionals typically work based on a comprehensive approach. For example, psychiatric assistance is usually complemented by psychological support, which enhances the effectiveness of treatment. Similarly, psychologists, who are knowledgeable about the symptoms of mental disorders, may recommend consultations with other specialized professionals when necessary.

Therefore, if you feel the need for assistance but are unsure which professional to approach: reach out to any of the mentioned specialists or your family doctor based on your place of registration (temporary registration).

SUPPORT LINE



Make a phone call



Crisis Support Hotline
0 800 33 20 29

Who provide services:

Psychologists
Crisis psychologists

What services can be delivered:

Immediate emotional support
Crisis aid
First psychological aid

Orienting, informing, guiding

Psychological aid

Who provide services:

Psychologists
Psychotherapists
Trauma Therapists
Other specialists in the field of mental health and psychosocial support

What services can be delivered:

first psychological aid, crisis aid and support, point or long-term psychological support, counseling, psychological guidance, diagnostics, psychotherapy, rehabilitation (psychological component)

01

Medical and psychological assistance

Who provide services:

Doctors-psychologists
Doctors-psychotherapists
Other specialists in the field of mental health and psychosocial support who have high medical education

What services can be delivered:

first psychological aid, crisis aid, long-term psychological support, psychological guidance, diagnostics, medical examination, psychotherapy, rehabilitation (medical and psychological component), medical support

02

Psychiatric aid

Who provide services:

Psychiatrists
mobile multi-disciplinary teams
Other specialists in the field of mental health and psychosocial support who have high medical education

What services can be delivered:

crisis aid and support, point or long-term psychiatric support, counseling, guidance, diagnostics, medical examination, rehabilitation (psychiatric component), medication treatment

03

RECOMMENDATIONS TO VETERANS AND THEIR FAMILY MEMBERS



How to take care of yourself and your loved ones

Taking care of yourself and your loved ones begins with self-help and self-support: being attentive and listening to yourself, relying on your own self-regulation mechanisms and life experience, practicing self-acceptance, deepening your understanding of your emotions, and using exercises to regulate your psychosocial state as needed.

Pay attention to what usually allows you to calm down when your emotions become overwhelming, when anxiety and panic build up. You likely already have the necessary experience to manage yourself and establish communication with those who are important to you.

Human connection is essential because we are social beings. The support of those around us, including family, friends, colleagues, fellow veterans, and like-minded individuals, is a powerful factor in maintaining psychological well-being and overall health. If such support is lacking, which is also normal and can happen, it's worth seeking it from professionals who provide psychological assistance and support, such as psychologists, social workers, or volunteers.

Support groups and mutual support can be invaluable. Support groups have also been shown to be effective for veterans in a "peer-to-peer" format.

It's important to understand that psychologists don't give advice. They help individuals find their own solutions to various situations. Psychologists also provide emotional support, giving you the opportunity to be heard, feel accepted, and receive empathy for your problems.

**You can always seek support from the Hotline of the Ukrainian Veterans Foundation.
0 800 33 20 29 (24/7, free of charge, confidential).**

From stigma to conscious post-traumatic growth

As mentioned earlier, not every person who has experienced a traumatic event will necessarily have mental health difficulties. Most individuals, thanks to natural adaptability, self-regulation, and support, successfully integrate their traumatic experience and lead fulfilling lives.

The experience of overcoming life's challenges is often associated with a person's ability to be patient with uncertainty: you cannot conquer tragedy or a life crisis once and for all and guarantee a "peaceful life" thereafter. Each time, you delve deeper into understanding yourself in new situations, which provides the impetus to master broader possibilities.

This is likely the better path: instead of merely trying to prevent the negative consequences of past events, channel your energy and efforts into sustaining positive expressions, and integrate the new experience into the changed realities of your own life.

It's important to understand that an individual's unique characteristics, their distinctive path, and specific life events directly influence the speed of adaptation to traumatic or complex life events. Each person has their own pace and internal sense of the passage of time. And everyone goes through the transformation of their life differently: the transition from how things were to how they will be. So, this period will take as much time as you need.

This process is a journey, a kind of development: starting from a point where you encounter events (complex, critical, tragic, traumatic), then going through these events with an individual level of extreme reaction ("surviving"), acting according to the situation, choosing a certain path, and convincing yourself that these actions have led you to where you are now.

It is here that it's worth paying attention to what you've gained (new/unusual/unexpected), where you've shown your best, where you could have acted more constructively.

Every person is unique, and their experiences are individual and irreplaceable. For instance, a male veteran and a female veteran both have combat experience that has shaped their "military" way of thinking and behavior, which becomes automatic and dominant (the mind and body are prepared for combat). These behaviors are life-saving during wartime.

However, this way of thinking needs to be reevaluated, adjusted, and improved upon when returning to civilian life.

Moreover, if you've managed to adapt to the chaotic, dangerous, and critical conditions of war, and more importantly, you've survived, be confident that you are capable of adapting to the demands of civilian life. In fact, each one of you has already coped successfully with the challenges of war. Is there anything, after going through that experience, that you would consider beyond your capabilities?

The same applies to the family of a veteran. Previously, you had certain criteria that made it clear that he or she loves you and wants to be with you. After returning, the ways of establishing relationships and interactions in the family undergo their changes, taking into account the specifics of the experiences and transformations that each partner goes through.

How to live when the way things used to be no longer works, and how to live differently when the new way has not yet taken shape? How to accommodate the changing dynamics of everyday life? There is no one right answer and cannot be. Each person chooses their own path based on internal and external factors.

A useful approach in shaping your path can be as follows:

- Assess the level of criticality or non-criticality of the situation. In extreme events (such as war), there may be no time for reflection, actions take precedence. However, in situations where you have time for thought and analysis (in civilian life), it makes sense to make choices for the better.
- Pay attention to people and your immediate surroundings. Surround yourself with individuals whose thoughts and actions are considered desirable and constructive.
- Create a prospective vision – a specific plan for your own future, where you should strive to move.

In life events that force you to face serious trials, there is a hidden potential for growth. Suffering can be seen as both pain and a lack of control on one hand, and as optimism in its embryonic stage and the exploration of new potential on the other. In critical conditions, you may have discovered abilities and possibilities within yourself that you were previously unaware of. Your efforts to regain control represent a natural response to life's challenges, a movement that, in its initial stages, can be taken in small steps (which will boost your confidence) until you develop the inner belief that "I can influence my life."

Conditions are created where you seem to discover a "new space within yourself": the ability to plan for "now and here," instantly react to chaotic events to organize your life, overcome challenging emotional states, and more. It's worth realizing that you're ALREADY doing things you didn't do before but have now mastered, and it's "working well" (or at least allows you to "keep moving forward").

Importantly, the new experience doesn't negate everything familiar in your life; it organically integrates and "adds to" (in terms of reinterpretation and acceptance) your existing ways of living. Here you can find the answer to the question, "Why did I learn to behave in battle (difficult, traumatic) conditions, and how does it help me behave the same way now?" Sometimes, such behavior is necessary and allows you to act successfully in non-combat conditions, while other times, this combat training may not be beneficial. Therefore, it makes sense to explore new interests, a new purpose, and a calling that will inspire and guide you in non-combat conditions.

At home, it can be difficult to explain to those without combat experience what happened in battle, how decisions were made, and why they were necessary. Civilian perceptions of military events can trigger a range of emotions in veterans - anger, despair, horror, sadness - and, at the same time, initiate an "acceleration" for better self-mastery in changed non-military conditions, for successful self-realization. Your own, seemingly limiting, factors become opportunities because they outline points of particular attention: what you should focus on (regulating emotions, choosing the desired behavior model, improving relationships, etc.), what is most relevant for resolution at this stage, and what will create the foundation for your personal development.

A special phenomenon in the lives of veterans and, by the way, this applies to anyone who feels the impact of war, is the phenomenon of the "double transition." First - from civilian life (or non-full-scale war events) to a fully military regime, and second - transitioning from active military events to non-combat conditions.

Both transitional periods share several characteristics:

- Sudden (unexpected) changes in events, where you are forced to act according to the situation (relying on previous life experience);
- Attempting to adapt, find your niche in unfamiliar conditions;
- Developing spontaneous (intuitive) behavior as a response to external events, interactions, and people;
- Mastering the changed situation, where you have become accustomed to and carry out daily activities, doing what needs to be done.

In this regard, it's important to track those "positive details" that, on one hand, serve as evidence that you are on the right path, and on the other hand, they highlight your inner state of self-compliance - where, under certain circumstances, you feel more or less (or even completely!) normal, appropriate, in line with events, even when dealing with radically different conditions and phenomena compared to your previous life experience.

In combat conditions, you "add" new skills to your existing ones. Your civilian profession either adapts to the demands of war or you acquire an entirely new, purely military skill set. However, your previous experience remains with you and serves as the foundation for survival. Certain skills become sharpened (those you already have) or additional ones are acquired, enabling you to succeed in combat operations.

In non-combat situations, after your participation in the war has ended, your acquired skills shouldn't be considered a burden but rather valuable experience that provides an advantage and should be adapted for the "second transition." For each individual, this will manifest differently. Your field of activity may change once again: military profession skills may be needed in peacetime, or professional priorities and values may shift under the influence of war, leading you to discover a new career path vastly different from your previous employment sectors. Alternatively, the functions of the mastered military profession may change; for example, the transmission of combat experience to younger soldiers may become relevant.

Points of support in crisis situations

The hotline for crisis support of the Ukrainian Veterans Foundation was created as a tool to assist people who have been affected by the war and is designed to provide primary support to veterans, female veterans, and their family members in crisis situations.

The practice and tradition of seeking help and support from specialists in the field of psychology, including medical-psychological and psychiatric fields, in difficult life circumstances, are already making confident strides in Ukrainian society. This resource embodies the social nature of humanity and the current development of the state and the entire Ukrainian society.

Before the full-scale war began, few could have predicted that the social institutions in the field of aid and support, including psychologists, doctors, volunteers, and others, would be able to adequately respond to all the social and psychological challenges of war and effectively overcome them.

In difficult life situations, people reflexively and spontaneously form a social circle of mutual support, which, through social interaction, information exchange, and more, not only serves to counteract arising problems but also creates new opportunities for life and activity.

Overcoming the consequences of complex life events involves utilizing all potential opportunities. These are the points of support that are systemic and multi-layered, allowing individuals to overcome adverse circumstances and develop favorable scenarios of events.

"I + I" – relying on oneself.

You closely monitor new needs and ideas that create and support your personal resources. The driving force here is the desire to overcome the problems that have arisen. In addition, you have previous experience in overcoming problems or at least an understanding that "I've been through something similar before" or "I've overcome something similar before."

I + Information – the search and selection of ideas, opportunities, and directions for activities that contribute to self-help, self-support, and self-development.

You will need everything that catches your eye! For example, part of this guide is dedicated to self-help options: a collection of exercises that will help you master yourself and your emotional states in difficult situations. There's also information about a broader social context: how and where to get help or support, the experiences of veterans and family members in overcoming similar challenging life situations, ideas for self-realization, and more.

I + family and closest circle – relying on people you trust and who can understand you.

People close to you are a valuable resource. Even surviving should be worth it for the sake of someone close – all the more to overcome difficulties. Or, on the contrary, against everyone, purely individually. You just need to learn to tap into that resourcefulness: parents, children, loved ones – can become a strong emotional support; comrades, sisters – will "stand in formation" with you in this process of overcoming and strengthening.

I + professional support structures and programs – relying on initiatives created by the state, communities, civil organizations, and donors in the form of services and support for veterans and their families regarding formalized support and assistance.

Here, we can see many different examples. Hotlines for support (such as the Hotline for Crisis Support from the Ukrainian Veterans Foundation at 0-800-33-20-29) where you can seek professional advice or psychological assistance urgently, here and now, especially in a crisis situation. Support groups for those who have

Reintegration programs for veterans, their families, allowing them to acquire a new profession, start or develop their own business, create employment opportunities, receive medical services, and rehabilitation, among other things.

I + a specialist - relying on the help and support of professionals in the field of psychology.

Professionals such as psychologists, psychotherapists, and psychiatrists can offer professional assistance in a crisis situation, especially if you've been experiencing persistent signs of anxiety that affect your quality of life. Regardless of which professional you turn to, they can guide you on seeking additional specialized consultations if needed. Specialists in the field of mental health and psychosocial support often work comprehensively, so reaching out to a professional from a related field can be an effective first step toward obtaining qualified help.

The described system and multi-layered support points for overcoming complex life events are like insurance and compensation mechanisms. In the absence of the ability to rely on oneself, other support points like "closest surroundings," "information," "professional support structures and programs," or "experts" can come into play. This creates a unique space where these support points complement each other, providing a safety net that you can always tap into.

Support and mutual support groups

Support groups are gatherings of people who come together to provide emotional, social, and other forms of support to one another. They are typically formed around a shared experience or challenge, such as the consequences of armed conflicts in a country. Participants in a support group share their experiences, feelings, and knowledge, express empathy, empathize with one another, and offer mutual support.

Support groups are important for several reasons.

Firstly, they create a safe and accepting space where people can share their difficulties and problems without fear of stigma or discrimination.

Secondly, support groups provide an opportunity to connect with others who are experiencing a similar situation. This can create a sense of normalization and reduce feelings of loneliness or isolation.

Thirdly, support groups can help people develop a sense of expanded possibilities and control over their situation. When group members share their experiences and learn from others, they can better understand their own situation and feel more prepared to cope with it.

Currently, within the activities of the Hotline for Crisis Support of the Ukrainian Veterans Foundation, several support groups operate on a regular basis for veterans and their relatives, for people who have lost loved ones, and for all Ukrainians who suffer from the consequences of the war.

In addition to individual phone consultations, we offer emotional support to Ukrainians in a group format. Group consultations provided by our hotline's psychologists allow us to assist a larger number of people who have been affected by the consequences of the war.

Overall, support groups can be an invaluable resource for people facing a wide range of issues. They create a supportive environment where people can communicate with others, share their experiences, gain new ideas, expand their strategies for overcoming crises, and establish new connections.

Self-help and self-support exercises

As mentioned above, taking care of yourself and your loved ones begins with self-help and self-support. Therefore, we offer you simple exercises that can be helpful in various life and crisis situations. For instance, when you feel anxious, have difficulty controlling your emotions, experience fatigue, exhaustion, or have trouble falling asleep. In such cases, simple exercises that have proven their effectiveness can be very helpful. It may take some time to master them, but the effort invested is likely to be worth the results you achieve.

When practicing these exercises, keep the following in mind:

- Try to perform the exercises with enjoyment;
- Choose exercises from the list that personally suit you;
- Some exercises require regular practice to be effective, so repeat them from time to time. Initially, this may require some self-discipline, but it will become a habit and be automated over time;
- You can combine exercises. If you forget the sequence or elements of an exercise, don't worry – do what you remember. It won't harm you, and it will still be helpful;
- In this guide, we explain how it works and in what situations to use these exercises. If you need additional clarification, feel free to ask your psychologist or call the Hotline for Crisis Support of the Ukrainian Veterans Foundation at 0 800 33 20 29.

For your convenience, we have grouped the exercises for self-help and self-support into several categories:

- If your condition is acute;
- Daily exercises;
- Exercises for self-recovery and increasing resilience;
- Exercises for regaining control.

A. If your condition is acute

If your condition is acute and you need immediate help, simple exercises based on physiological mechanisms can be helpful for self-regulation.

Our brain constantly receives information about the state of all internal organs and skeletal muscles. When a person feels stress, their muscles tense, and the heart beats faster, intensifying the overall tension in the body. However, if you manage to relax the muscles and calm your breathing, the brain will also calm down, resulting in the reduction of emotions.

Breathing practices are one of the oldest forms of stress relief and establishing a closer connection with your feelings. You may have noticed that in moments of intense emotions, there is often a tendency to hold one's breath. Therefore, we can control our emotions through breathing and body movements related to it, making them more balanced and rhythmic. These simple exercises will help you calm down and feel stronger.

Exercise "Observation of the breathing process"

Watch your breath. Don't make it deeper or more intense; don't change the tempo or rhythm. Just observe.

Pay attention to what you feel: when you inhale, notice the coolness of the air entering your nose, and when you exhale, feel the warmth of the air leaving.

Observe how your chest rises as your lungs fill. It's essential not to exert any effort.

Now try a short breath: inhale through your nose, pause, exhale through your mouth, twice as long. Pay attention to your sensations throughout the entire breathing cycle.

While observing, you can lightly tap your shoulders, knees, and collarbone area. This will help your body regain a sense of its boundaries and, consequently, a feeling of control.

"Ball Inflating"

Breathe calmly with your eyes closed. Imagine you are inflating a balloon. Your breath becomes slightly deeper, but not too much, as hyperventilation can cause dizziness.

Pay attention to the imaginary balloon you are inflating. Notice how it changes its shape, and its color becomes less intense. It grows right before your eyes, with soft and smooth contours.

Then, you can release the balloon to let it fly away.

"Stabilization of breathing"

On the inhale, when your lungs are filled with air, pause for 1-2 seconds before starting the exhale. Repeat this exercise 10 times.

Then, perform a similar exercise, but this time, pause during the exhale before taking the next inhale. Repeat this exercise 10 times. Pay attention to your bodily sensations.

Notice if your inhale is shorter than the exhale, or vice versa. Try to make your inhale and exhale of equal duration.

"Ball"

Imagine that you're holding a ball in your hands. Take a deep breath. Imagine that the ball has been punctured, and with a hissing sound "s-s-s," slowly start releasing air from your lungs while simultaneously showing with your hands how the ball is getting smaller.

"Chopping firewood"

Sit on the edge of a chair. Your hands are down, fingers interlocked. Raise your hands up, take a deep breath, leaning slightly backward. Exhale sharply with a "hah!" sound, bend down, lower your arms as if you're striking with an axe, and immediately lift them up again. Repeat this 5-10 times.

It's crucial that the "hah!" sound is the result of a sudden exhale from the chest.

Progressive muscle relaxation

While sitting, focus on the muscles in your thighs. Straighten both legs in front of you. Tense your legs and thighs, hold the tension, and then relax.

Clasp your hands into fists. Hold, and then relax.

Raise your shoulders vertically towards your ears. Hold, and then relax. Smile as wide as you can. Hold, and then relax. Squint your eyes tightly. Hold, and then relax.

Due to inertia, the muscles relax even more, and you feel the relaxation throughout your body.

"Here and now"

Breathe calmly. While you breathe, take a look around. There are bound to be objects around you that will catch your attention: the texture of the floor, the color of a cup and the design on it, a green leaf trembling in the wind, a flower with its petals and stamens. It would be good to make eye contact with a person nearby. Even better, if possible, take that person's hand and feel their warmth, the softness of their skin, the wrinkles on it, the firmness of their nails and their shape. Take an object into your hand. It could be a small toy, a pebble, an apple, etc. What's the temperature of this object? The texture? Weight? Is it soft or hard? Do you enjoy holding it?

You can also touch the wall, run your hand along it, examine it, pay attention to its color and texture.

"Minute relaxation"

Emotions and facial musculature are closely interconnected. We tend to think that we smile because we feel good and cry because we feel bad. However, it can work the other way around: we might feel good precisely because we're smiling and feel bad because we're crying.

Focus your attention on your face. Completely relax the facial muscles. Feel how your face becomes heavy, warm. Your face loses its elasticity and "settles" under the influence of gravity. The corners of your lips slightly turn up, a gentle smile appears on your face. Stay in this state until you feel how your body responds to your smile. It's joy and lightness. Wherever you are, you can always perform exercises that help stabilize your acute state. As soon as tension begins to build up, recall this exercise.

"Count method"

If you're feeling intense anxiety or having a panic attack, counting objects within your field of view can be a helpful grounding technique. Count, for example, the cups in your kitchen or the trees in a park. You can count objects of a specific color around you as well. Another option is to recall multiplication tables.

"Five Fingers"

Squeeze your fist as hard as you can and hold it for eight seconds. Release the tension but keep your fist closed. Now, starting with your pinky finger, open your fist while doing the following:

- Pinky finger: Recall what you most enjoy looking at.
- Ring finger: Think about the sounds you most enjoy hearing.
- Middle finger: Focus on what you most enjoy feeling through touch.
- Index finger: Recall your favorite smells.
- Thumb: Think about what you most enjoy tasting.

With your palm open, simply rub your palms together.

B. Exercises for everyday life

To build resilience to everyday stress and maintain a state of heightened awareness where you can more easily learn new things, it's helpful to choose a few exercises from the ones provided below and do them with pleasure every day. This will only take 5-10 minutes a day but will bring a sense of calm and stability. Many physical reactions in humans seem to occur automatically, without specific control. So when emotions take over, it's useful to pause for a minute and observe your physical sensations as if from the outside, looking in a mirror. Emotions and the body are interconnected, so by influencing the body, you can calm your emotions, and vice versa. The exercises listed below will be effective with regular practice.

Allow yourself an extra minute in bed. When you wake up, there's no need to jump out of bed immediately, even if you have an alarm set. Stretch your limbs as if you were a cat or a panther. Have you ever seen a cat that jumps out of bed right away? Cats can certainly teach us a lesson in calmness.

"Morning Shower"

Allow yourself an extra two minutes in the shower. During this time, observe how the water flows down your body. Be mindful of the water's temperature and how it changes as it runs down: warm on your shoulders, tepid on your stomach and back, cooler on your legs. Sing in your mind or out loud! It can be anything – a rock song, a romantic ballad, a pop tune, folk songs, or any other kind of music. If you can't sing on your own, turn on some

music and sing along. For example, here's a beautiful song:

**Oh, in the meadow, the red guelder-rose is leaning,
Our glorious Ukraine seems to be grieving.
But we will raise that red guelder-rose so bright,
And we'll cheer up our glorious Ukraine, hey, hey, with all our might!**

"Non-leading hand"

Once or multiple times a day, do something with your non-dominant hand. If your dominant hand is the right one, use your left, and if your dominant hand is the left one, use your right. You can try washing dishes, stirring sugar into your coffee, eating with the fork in your non-dominant hand, and more.

"Candlelight"

Take three minutes a day to watch the flame of a candle. Determine how much of the candle burns in those three minutes, and mark it with a line. Light the candle and simply observe its flame. There's no need to suppress thoughts that arise; just watch them pass between you and the candle. When the candle burns down to the marked line, blow it out.

"Cup"

When you're washing dishes, for example, a cup, focus your thoughts solely on that cup. Concentrate on the actions and the cup itself. Typically, we don't pay much attention to how we wash a cup because it's an automatic task. However, if you can concentrate on the process of washing a cup for several days in a row, it can help redirect your mind from the world of fantasies and unpleasant thoughts to the "here and now." People cannot change the past, and the future is uncertain. What exists is this specific thing in your hands right now – the cup.

"Pulsating shower"

A well-known American psychotherapist and veteran, Peter Levine, believes that psychological trauma occurs due to an incomplete instinctual response of the body to a traumatic event. Returning to your bodily sensations can significantly improve a person's psychological state. Here's an exercise from his book that can help restore the disrupted connection between the body, consciousness, and spirit.

Take a light ten-minute pulsating shower daily. To do this, you'll need a showerhead with a pulsating mode. Adjust the water temperature and the intensity to your comfort level. Focus your full attention on the part of your body where the water is rhythmically falling at that moment. Gradually move your attention around, encouraging your consciousness to transition from one part of your body to another.

Press the pulsating showerhead to the back of your hands; then, your palms and wrists; followed by your face from both sides, shoulders, and so on. Try to include the body parts that you feel like including in this process. Pay attention to the sensations. Observe it and note how it changes. Simultaneously, say to yourself: "This is my palm (shoulder, face...), I feel my palm (shoulder, face...). My palm (shoulder, face...) belongs to me. My palm (shoulder, face...) is a part of my body."

C. Exercises for self-recovery and resource increase

At a certain stage of recovery after service, feelings of exhaustion and despair can arise. It's essential not to ignore these feelings. Instead, it's better to confront them and understand why they're occurring. In some cases, if these conditions persist for too long and hinder a person from living a full life, seeking the help of a professional is advisable. The exercises provided below can help gain a better understanding of these states.

Psychological resources of an individual are what help them maintain their mental balance in challenging life circumstances. From time to time, we turn to our resources and, like a caring gardener, nurture our garden. The exercises listed below will also help restore psychological resources.

"Support Network"

In various life situations, there are people who are important to us and who could provide support, respect, and care. Their simple presence by our side can reassure us, instill hope and faith. When we're going through tough times, it might seem like our support circle is narrowing, but we can actively and intentionally reach out for help. In this exercise, we suggest recalling all the people you can turn to for support. First, create a list of people in your surroundings. This list should be extensive and may include family, friends, acquaintances, teachers, colleagues, psychologists (psychotherapists), spiritual teachers and mentors, representatives of a particular professional or social group you belong to, interest groups, or meeting groups, and so on.

Then, take some paper and pencils. In the center of the sheet, draw yourself (or choose a symbolic representation of yourself). Place all the people from your list around yourself. The closer you are to someone emotionally, the closer you should position them to yourself. Create connections between you and these people using color or materials (like threads, strings, belts, chains, or hair) that reflect the strength and texture of your emotional bonds. You can draw or use symbolic objects.

When you finish the task, look at what you've created and describe your impressions. How do you perceive the relationships you've represented? Are they strong or weak, quite extensive, or rather small? Try to remember specific situations when you needed external support. Were you able to utilize this support? Did you seek it out? Did you discuss its necessity? If not, why not? Why are the connections you've depicted important to you?

Think about how you could strengthen or improve your existing support network. Make the necessary changes in your network representation to make it more comfortable for you. What can you do to improve this network in real life? Plan the first few steps. Who else could you reach out to? Maybe it's time to meet, talk on the phone, or send a text message?

"Restoration of the house"

Warning! If you have lost your home due to war or conflict, this exercise may be uncomfortable for you. Feel free to skip it and move on. It's essential to listen to yourself and your feelings. However, if you don't feel any resistance, this exercise can be helpful for rejuvenating your strength.

Imagine you find yourself near an old, abandoned garden with a house at its center. You press open the creaking gate doors with force, and they swing open.

As you step inside, you carefully observe the dusty rooms, still bearing the marks of time. Consider how this house could look if you put it in order. The old wooden floors creak underfoot, but as you approach the window, you see mountains, a river, and a garden in the backyard. You take a deep breath and decide to get to work.

It's time to renovate the house. You start by removing dirt and debris, replacing the worn-out parquet where necessary, and lubricating the squeaky doors with oil. You paint the walls in a color of your choice. You clean the windows, sweep the floors, and dust all around.

You gather the old leaves in the garden and discover plants that have sprouted beneath them. You water the plants and trees, and you start arranging everything inside and outside the house. This is your house, and you decide how it should look. You choose the furniture for your garden. How would you like to see your garden? Will there be a gazebo? Will it be adorned with statues? What flowers would you like to have in your garden? What should be their colors? Plant these flowers.

Everything is done, and now it's time to rest. You turn on the lights in the house, check the running water in the tap – everything is functioning. You spread a fresh tablecloth on the table, place a vase of flowers in the center, and breathe in their fragrance. Surrounding you is comfort, cleanliness, and tranquility. You light the fireplace, hear the crackling of the logs, and make yourself a cup of aromatic drink.

"Restroom"

Each of us needs a room for relaxation - a quiet corner within ourselves, similar to the depths of the ocean, always calm and serene, even in the strongest storm on the surface. This room for relaxation is created by your imagination, capable of relieving tension, anxiety, and stress, restoring your strength, and helping you better cope with everyday worries.

Inside each of us, there's a hidden center that always remains calm, like the hub of a wheel that's in motion. Using your imagination, find your center within yourself. Periodically take a "journey" there from time to time to relax, recharge your energy, and replenish your life force.

Visualize this cozy room for yourself. Furnish this room as you like. Choose your favorite colors. Create a pleasant interior. Designate a spot in the room where you enjoy being. Place your favorite chair there. The key is to create an atmosphere of comfort, tranquility, and beauty.

Through a small window, you can see a beautiful landscape. Imagine this landscape (it could be, for example, a tranquil seaside where slow waves roll in, and you can't hear the noisy surf). In your imagination, paint the landscape that inspires you. Pay attention to every detail and even the tiniest aspects. Create an environment where you would enjoy spending time.

Spend time in your imagination within "your room." Observe yourself, feel yourself, and experience your peaceful breathing. You've just created a safe place for yourself. Now, in moments of inner tension or irritability, you can transport yourself to this self-created place for calmness and emotional balance.

Whenever you wish, you can make changes in the room: either rearrange the symbolic furniture, change the colors, or add details that bring joy and satisfaction.

"Body Scan"

This exercise can be done while sitting or lying down. If you're sitting, try not to exert too much effort, or you can perform it lying down.

Begin by taking a few calm breaths and then slowly assess the sensations in different parts of your body, from the tips of your toes to the crown of your head. It's as if you're looking within, observing what's happening in your body.

Simply observe. Pay attention to all sensations: pleasure, calm, tension, pain, warmth, cold. Just acknowledge them without reacting to their presence. Accept them as they are, without resistance.

Where in your body do you feel more energy, and where does it seem to be lacking? Where are the sensations stronger, and where are they absent altogether?

Pay attention to which body parts trigger certain images, thoughts, and feelings when you focus on them. Don't suppress them. Allow them to arise and let them go.

Gradually shift your focus to other points on your body, immersing yourself in a deeper state of relaxation.

When you finish the exercise, take note of what you experienced. How does this tapestry of sensations feel

to you: strong, weak, fairly extensive, or compact? Try to recall some situations when you needed external support. Did you have the opportunity to seek this support? Did you actively look for it, or did you discuss its necessity? If not, why? Why are the connections you highlighted important to you?

Consider how you can strengthen or improve your existing support network. Make any necessary changes in your mental image of this network to make it more comfortable.

Think about what you can do to enhance this network in real life. Plan the first few steps. Who else could you turn to? Perhaps it's time to meet, have a phone conversation, or send a message?

"Anti-stress relaxation"

Lie down comfortably in a quiet, dimly lit room. Your clothing should not restrict your movements. Close your eyes and take slow, deep breaths. Inhale, and hold your breath for approximately ten seconds. Exhale without rushing, and observe the relaxation. Mentally, tell yourself: "Inhale and exhale, like the ebb and flow."

Repeat this process five or six times. Then take a break for about 20 seconds.

Now, use your willpower to tense individual muscles or muscle groups. Hold the tension for up to 10 seconds, and then release the muscles. Go through your entire body in the same way. Pay close attention to what's happening in your body. Repeat this procedure three times, then relax. Clear your mind of all thoughts.

Try to vividly imagine the feeling of relaxation permeating your entire body from top to bottom: from your toes through your calves, thighs, torso, and up to your head. Repeatedly say to yourself, "I am calming down; it feels pleasant, nothing troubles me."

Visualize the sensation of relaxation spreading to all parts of your body. Feel the tension leaving you. Sense that your shoulders, neck, and facial muscles are relaxed (your mouth may be slightly open).

Lie quietly, like a "rag doll." Enjoy this sensation for about 30 seconds. Count to ten silently and tell yourself that with each number, your muscles are progressively relaxing. Now, your only concern should be how to savor the state of relaxation.

The "awakening" phase begins. Count to twenty. Tell yourself, "When I reach twenty, my eyes will open, and I will feel refreshed." It's advisable to perform this exercise several times a week.

Exercises to regain control

Another block of exercises useful for mastering unpleasant emotions, such as anger, disappointment, anger, etc. Such emotions are a normal reaction to something that poses a threat. But if they appear all the time and interfere with communication with other people, they can create a problem.

The following exercises will help you regain control over your emotional state.

"Kicking" (exercise to release anger)

Lie on your back on a bed, mattress, or mat. Spread your legs apart, and start kicking slowly, touching the bed with your whole leg.

You should switch legs and gradually increase the speed of kicking. While doing this, say "no!" loudly with each leg kick, increasing the intensity of the kick.

This exercise improves blood circulation, loosens muscle tension around the pelvis. When you finish the exercise, make sure to straighten up very slowly.

"Loewen Ring"

Stand with your feet approximately 25 cm apart, slightly turn your toes inward, and bend forward. Bend your knees and touch the floor with your fingers. Shift your body weight to the tips of your toes. Breathe deeply through your mouth. Slowly straighten your knees. Maintain the pose for about a minute. Your legs will start to tremble. Trembling is a natural response of the body to tension and is an indicator of muscle activation blocked by tension. This posture outside the ring is performed to enhance the sensation of "ground beneath your feet," which means the contact between your feet and the ground.

When finishing the exercise, it's essential to straighten up very slowly.

Radical acceptance

If you often experience feelings of guilt, try this exercise:

Identify the issue or event that is causing you to feel guilty. Answer the question, "What happened?" and consider what led to this event. Stick to the facts without criticizing yourself or others. Observe the feelings that arise regarding this event. Remember that it's normal to have emotions. Think about whether there are any actions you can take to address the situation or improve it for yourself and others. If there's nothing you can change about the event, consider viewing it as something in the past that cannot be altered. Reflect on your life and think about instances when you felt guilty but were able to forgive yourself. What specific factors or strategies helped you in this process?

Rules for improving sleep

The first thing you can do is to improve the overall quality of your sleep by staying active during the day to feel sleepier at night. Try to maintain a "activity-rest" schedule as much as possible. Avoid consuming stimulating drinks like coffee or alcohol in the second half of the day to prevent unnecessary evening tension.

Before bedtime, engage only in calming activities. If your sleep is interrupted by nightmares, it's better not to immediately try to go back to sleep but do so when you feel sleepy again.

Avoid focusing on the process of falling asleep, such as counting hours or minutes. This can increase anxiety and disrupt your ability to fall asleep. It's not the best strategy.

Set up your sleeping environment in a way that includes reminders that nothing bad will happen, that you are safe, and that it's just a dream, not reality. Your sleeping area should be dark, quiet, with fresh air, but not too cold or too hot.

Before bedtime, relaxation exercises, muscle relaxation, and calming the flow of thoughts can be effective.

If sleep problems persist for a long time and affect your quality of life, it's advisable to seek medical advice.

The exercise to regain a sense of control

Crisis events are often accompanied by a feeling of losing control over one's life. However, even in seemingly hopeless situations, you can find something that remains within your control.

For example, it could be the choice of a beverage you'd like to prepare for yourself. Tea or coffee? If it's tea, what type – black, green, herbal? With sugar or without? A large cup or a small one? Hot or let it cool down a bit?

Such a simple decision-making process can help restore a sense of control, reduce anxiety, and provide a calming effect.

A LIST OF SOURCES THAT INSPIRED US



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2. Portrait of a veteran of the Russian-Ukrainian war 2014-2022. [Electronic resource] // Ukrainian Veteran Foundation. – 2022. – Resource access mode: https://veteranfund.com.ua/opportunity/portret_veterana/

3. Reintegration of veterans in Ukraine. National survey. [Electronic resource] // International Organization for Migration in Ukraine. – 2022. – Resource access mode: https://ukraine.iom.int/sites/g/files/tmzbd11861/-files/documents/VETERANS%E2%80%99%20REINTEGRATION%20IN%20UKRAINE_UKR-NEW.pdf

4. Guideline for social workers: Enhancing the capacity of social workers to provide psychosocial support to veterans and their families on mental health issues / V. Horbunova, O. Savychenko, I. Tychyna, N. Portnytska., 2022. – 61 p.

5. Peter A. Levine "Healing from Trauma: A Groundbreaking Program for Restoring the Wisdom of the Body." Kyiv: Rostislav Burlaka Publishing, 2022. – 156 p.

6. Oleksandra Freyz "Finding Balance: Useful Skills in Stressful and Traumatic Situations, as well as After Them. Workbook." – 2022. – 55 p.

7. "Organization of Psychosocial Assistance to War Veterans and Their Family Members. Recommendations for Local Authorities." Kyiv: VAITE, 2021. – 32 p.

8. Thomas Weber "Traumafocus: A Specialized Psychotherapeutic Method for Dealing with Stress, Trauma, and Chronic Pain." Kharkiv: Humanitarian Center Publishing, 2020. – 164 p.

9. Basics of Rehabilitation Psychology: Overcoming Crisis Consequences. Educational Guide. Volume 3. – Kyiv, 2018. – 236 p.

USEFUL INFORMATION



Ministry of Veterans Affairs of Ukraine

<https://mva.gov.ua>

Government Hotline

15-45



e-Veteran Platform

<https://eveteran.gov.ua>



Ukrainian Veteran Foundation

<https://veteranfund.com.ua>

Crisis Support Hotline

0 800 33 20 29 (24/7 online)



IREX Veterans' Reintegration Program

<http://www.irex.org>



List of institutions providing psychological rehabilitation services

<https://mva.gov.ua/ua/veteranam/likuvannya-ta-reabilitaciya/centri-z-nadannya-poslug-psiho-logichnoyi-reabilitaciyi>



List of specialized institutions providing psychiatric assistance

<https://zakon.rada.gov.ua/rada/show/v0516282-18#Text>

The Hotline operates thanks to the "Ukrainian Rapid Response Fund" program implemented by IREX with the support of the U.S. Department of State.

The content of the guide is the sole responsibility of the Ukrainian Veterans Foundation and does not necessarily reflect the views of IREX and the U.S. Department of State.



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