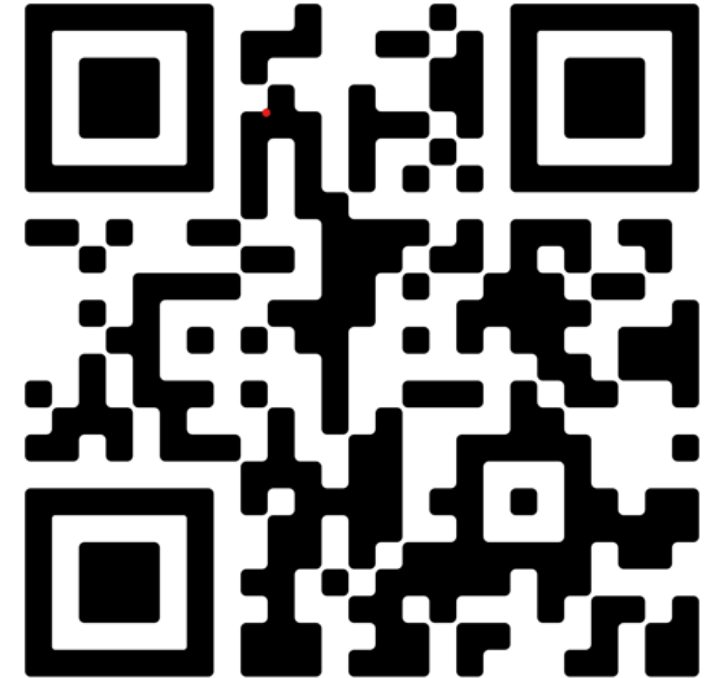


Self help tools

- **Doing What Matters in Times of Stress (VU & WHO)**
- Skills and audio exercises to help you cope with stress
- For symptoms of stress, depression, anxiety, PTSD
- Language: English, Ukrainian & Russian.
- Website: <https://www.dwmatters.eu/>



Self help tools

- **All-Ukrainian mental health program (Ukrainian mental health program)**
- Techniques for self-help, hotlines, podcasts, educational content & professional mental health support
- About stress, guilt, relations, loss,
- Language: Ukrainian
- Website: <https://howareu.com/>

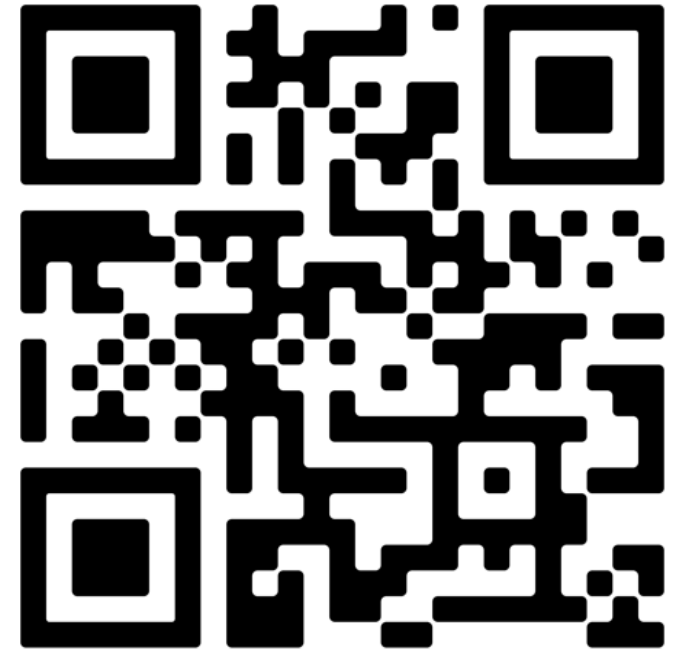
Self help tools

- **My mental health guide**
- Psycho education and tips on self care
- Test for well being, anxiety, insomnia etc.
- Self care: physical, sleep, psychological, emotional, professional
- Language: English, Ukrainian, Czech & Russian.
- Website: <https://www.mymentalhealth.guide/>



Self help tools

- **ROKADA**
- A Pocketbook of Psychological Aid
- Psychological first aid, feeling of guilt, fear, aggression etc.
- Language: English & Ukrainian
- Website: www.rokada.org.ua/



Psychosocial support

- **Tell me**
- Online platform provides Ukrainians with free psychological help.
- Language: Ukrainian & Russian.
- Website: <https://tellme.com.ua/>

Empatia

- Hotline with psychologist
- Contact: + 31 10 200 5088
- Website: <https://www.empatiaprogram.nl/nl/home>

Social support

- **Kolo community**
- Online and offline community
- Activities
- Language: Ukrainian

- **Poruch (UNICEF)**
- Online community & consultations
- Language: Ukrainian
- Website: <https://poruch.me/teenagers>



Psychologist

Netherlands:

- [LOOP](#): We help where to find help & support. Number: 088 662 5816
- [PsyGlobal](#): Psychologist available in different languages

Germany:

[BAfF](#): psychocentres in Germany available in different languages

Online help

[Buddy help](#): Counseling & free emotional support in different languages

[Complicated Life](#): The counsellors listed on this page speak a wide variety of languages. They have agreed to offer free, online counselling for any person directly affected by the war in Ukraine: