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ДЕРЖ
ПРАЦІ



MOVING FORWARD
TOGETHER

With care for yourself and everyone

Psychological first aid to workers
in war and post-war times

Contacts for obtaining free psychological aid



Information toolkit on psychosocial support at the workplace in war and post-war times



► National level centres and platforms

IMPORTANT! The list is not exhaustive. Contacts may change, and new centres and services may appear.

Governmental hotline	15-45
MOH of Ukraine contact centre	0 800 602 019
Help desk "In case of emergency of war"	dovidka.info
IOM Emotional Support Hotline	0 800 211 444 (from 10:00 to 20:00 every day)
Programme "Tell me" of the Institute of Cognitive Modeling in cooperation with the Office of the President of Ukraine	Describe your request in brief and leave an application at tellme.com.ua
Suicide prevention support hotline	7333 lifelineukraine.com
Program "Samopomich" (MyMentalHealth.Guide) is a joint project with the international foundation Human Rights in Mental Health-FGIP and GIP-Tbilisi	samopomi.ch
Project "Varto zhyty" (Worth Living)	Helpline works from 11:00 to 19:00, Monday-Friday 5522 for lifecell and Vodafone Ukraine subscribers 093 170 7219 for Kyivstar subscribers
Centre of Cognitive Behavioural Therapy and Counselling	Register via the Sign up for a Consultation button at kpt-center.com.ua
Medical and Psychological Crisis Centre	Post a message on the Centre's official Facebook page. A crisis counsellor will contact you.



National Psychological Association (NPA) (psychological aid in crisis, short-term psychological counselling)	Consultations by phone or video call 0 800 100 102 (10:00-20:00) Consultations by e-mail help.me.npa@gmail.com
KAF platform. An Israeli programme with free remote support of Ukrainian families in need of medical and psychological help	www.kaf-assist.org
Centre of Psychological Support "ObiyMy". Volunteering psychologists help Ukrainians survive stress	https://bit.ly/3hYIEmK
"Masha" foundation	a.kariakina@mashafund.org.ua
Mental health care service channel at CF "Right to protection". Psychologist in touch.	https://t.me/psyintouch
Centre of Psychological Counselling and Trauma Therapy "Open Doors"	Register via https://forms.gle/shGdoUvNQNghXoxY7 or in the chatbot https://t.me/odukraine_bot
24/7 psychological aid to Ukrainians	0 800 211 444
Psychological aid to Ukrainians during the war	https://t.me/PsihologDopomogaWarInUa2022
Charitable foundation "Sylni" ("Strong") provides help to people who have survived sexual violence during the war. Confidential and free.	sylni.org
NGO La Strada Victims of domestic violence, human trafficking and gender-based discrimination	0 800 500 335, 0 800 116 123 Skype: @lastrada-ukraine Facebook: @lastradaukraine Telegram: @NHL116123 Email: hotline@la-strada.gov.ua



"People in Need" Military servicepersons, victims of violence, people in difficult life circumstances, children and adolescents, women, medical workers, elderly lonely persons, everyone who needs psychological support.	0 800 210 160 (available 24/7)
Hotline for war participants and their relatives	0 800 501 212 (available 24/7)
► Regional and city centres and platforms	
Dnipro Psychological support hotline	0 800 33 0769 (9:00 - 21:00)
Zhytomyr Centre of social services	068 718 5982 (9:00-18:00, except weekends)
Ivano-Frankivsk Hotline of Volunteer centre of psychological aid Rehabilitation centre of free psychological aid "Krok nazustrich" ("Step Towards")	097 879 7337, 095 851 9416 093 204 7902
Kyiv IOM's Kyiv Rehabilitation Centre for victims of sexual violence survivors	msp.gov.ua/news/21913.html Free medical, social and psychological aid. Various options of interaction with the Centre are possible: Staying in the Centre for 2 weeks on average, during which a client receives a full range of services. A person can come for 3 days, undergo examination, receive advice from a psychologist/ psychotherapist, and obtain treatment referral. An outpatient option is available to Kyiv residents: they can receive the above-mentioned help during the day and then go back home.



Kyiv City Centre of Psychological and Psychiatric Aid in Mental Crisis Situations - helpline	(044) 456 1702, (044) 456 1725 (available 24/7)
Lviv Volunteering centre	helpcenter.in.ua
Odesa Regional centre of public health	healthcenter.od.ua
Poltava Centre of social services Psychological support hotline	050 441 9919 050 441 9912
Rivne region Psychological support hotline	0 800 400 378
Cherkasy region NGO "Regional psychological crisis centre" Military servicepersons, people in difficult life circumstances, children and adolescents, medical workers	097 505 1699 (9:00 - 23:00)

