

SUMMARY

ПоМОСна Kawa #17



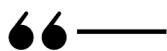
PSYCHOLOGICAL ASSISTANCE

MEETING OF POLAND-UKRAINIAN
ORGANISATIONS

28 ORGANISATIONS ATTENDED THE MEETING Uniatem|Poland Welcomes Foundation, Polish Migration Forum, Nagle Sami Organization, Migrant Info Point, Association for Assistance to Children and Youth, Mudita Association, Щасливі діти - Щаслива Україна, NGO "ACU", NGO Грамматон, NGO "Козачок - інклюзивного типу" and others.

Purpose of the meeting

The conversation about psychological assistance at an international level among NGOs is needed for many reasons - one of which was cited by Julia Bochenek (a presenter from the Map Help)



The path from internally displaced person to refugee requires crossing the Polish-Ukrainian border, so some cooperation of psychological organisations at international level is crucial.

The 'road' referred to is full of emotional and psychological difficulties. Escaping from danger is the first, important step, which, however, is connected with other problems concerning the issue of adaptation and integration in the new environment. What is most important in all this is the individual who, when crossing the Polish-Ukrainian border, has to face numerous challenges. One of the roles of organisations providing psychological assistance must be to support in this attempt.

First of all, living stereotypes

"Therapy is for madmen". - each of us has heard similar statements about psychological help at least once in our lives. This is not just a Polish reality - similar lies can also be heard in the public space of our eastern neighbours. One participant in the meeting told us how she often encountered paradoxical statements from war victims: "we are healthy", "we are fine", "we do not need a psychologist", indicating that their cause lies in the stereotypical approach to these issues.

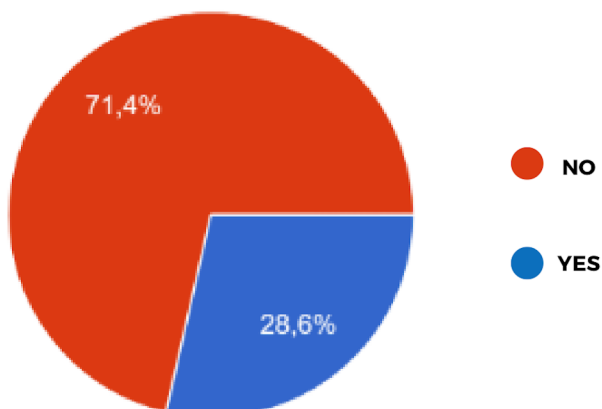
Psychological organisations in Poland and Ukraine - survey results*

*Because of the length of the survey, only the most important issues are presented - if you would like to see the whole form, please email julia.bochenek@culturelab.pl.

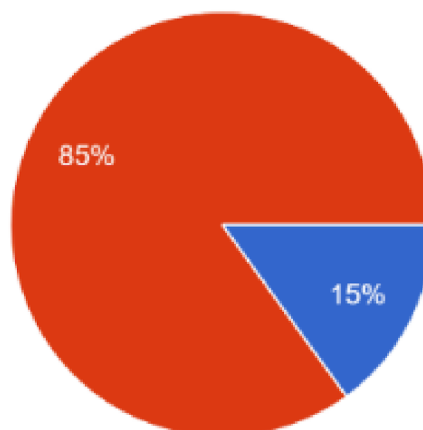
In both Poland and Ukraine, providers of psychological assistance do not limit their activities to this sphere of help.

 **Does your organisation provide refugees/internally displaced persons with psychological assistance only?**


POLAND



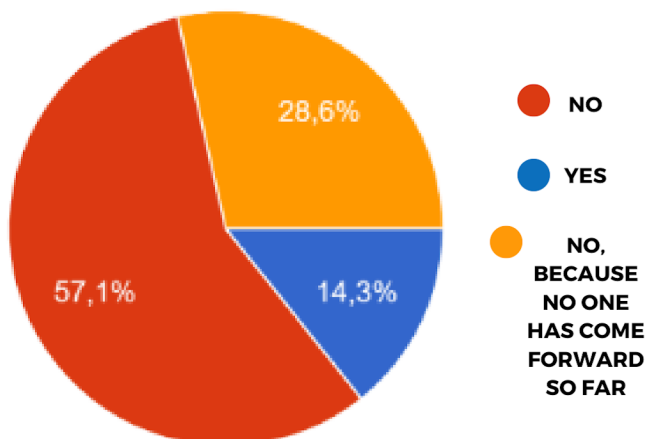
UKRAINE



Recipients of aid are usually located in the organisation's country of operation - and so Ukrainian initiatives are dedicated to internally displaced people and Polish initiatives to refugees.

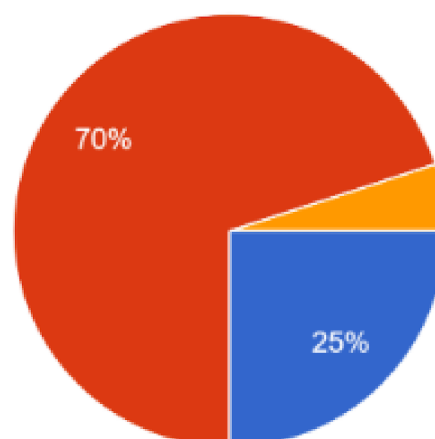
 **Do you provide assistance not only to Ukrainian refugees in Poland, but also to internally displaced persons in Ukraine?**

POLAND



 **Do you provide assistance not only to internally displaced persons in Ukraine, but also to refugees in Poland?**

UKRAINE

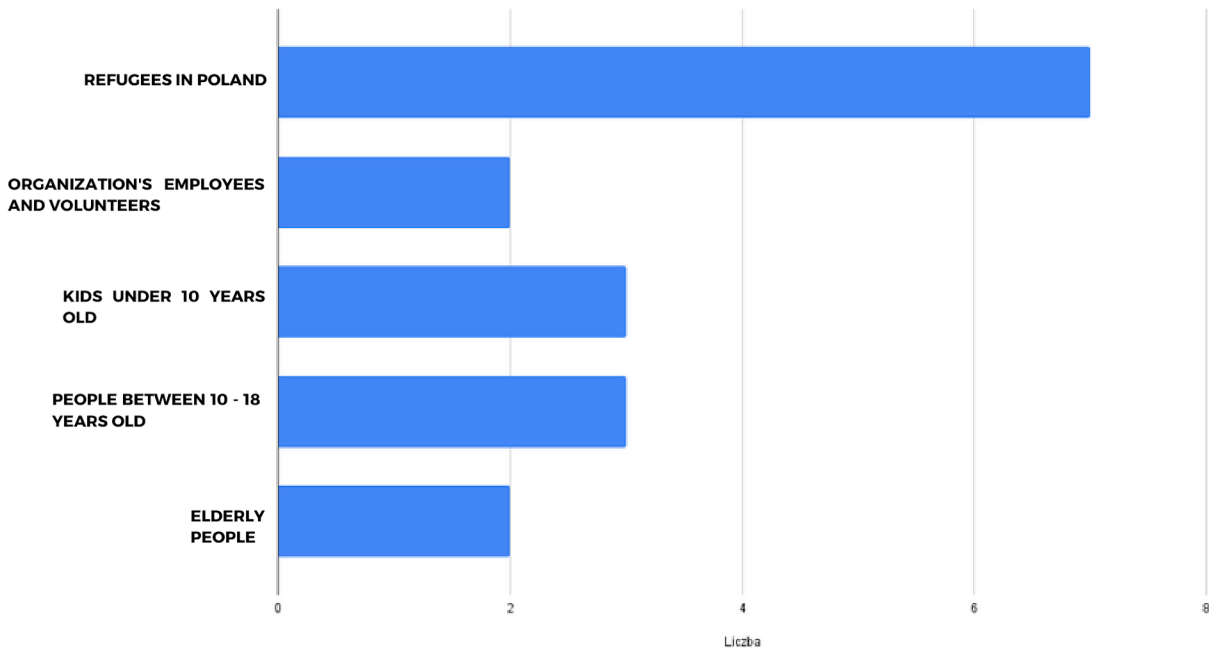


Staying on the subject of aid recipients, we can look at the main beneficiaries according to the country of location of the organisation:

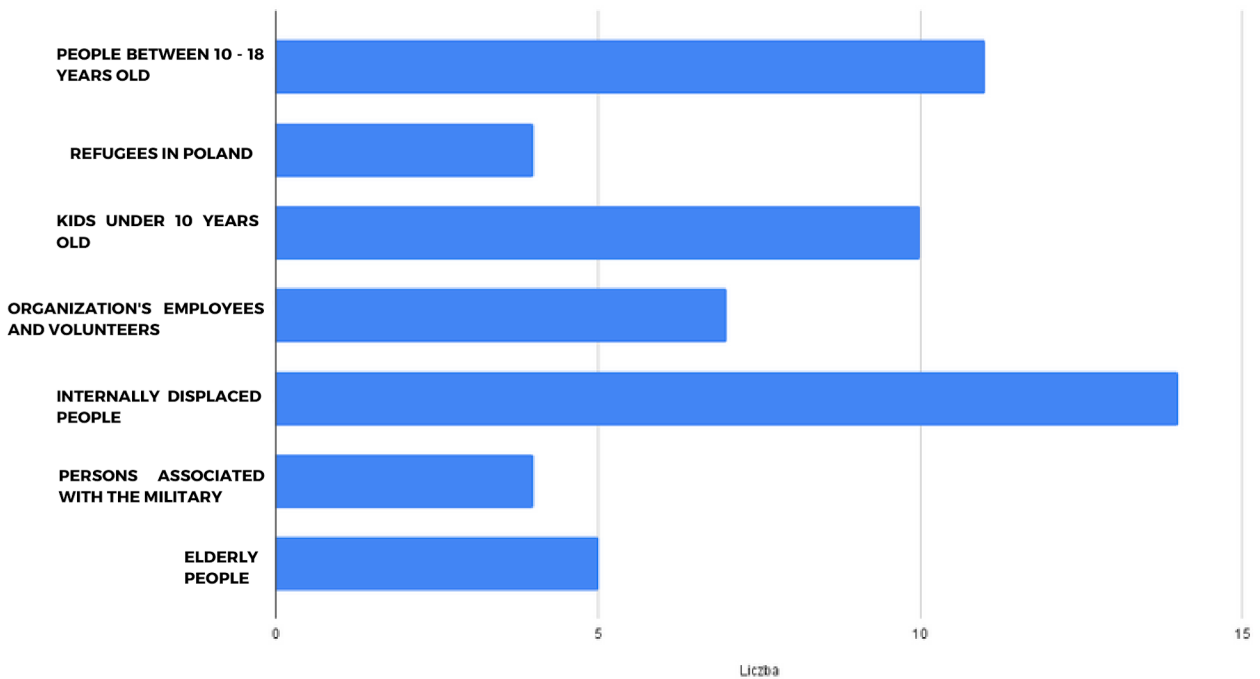


Who are the main beneficiaries of your psychological support?

MAIN BENEFICIARIES OF PSYCHOLOGICAL SUPPORT ORGANISATIONS - POLAND



MAIN BENEFICIARIES OF PSYCHOLOGICAL SUPPORT ORGANISATIONS - UKRAINE



Online psychological support and challenges in its provision

Telemedicine - so popular during the coronavirus pandemic - can also be used to provide psychological support during war. It makes it possible, for example, to contact people at a distance (which can solve the problem of people remaining in the sphere of warfare) or to have more specialists available, as the Internet removes the issues of distance or travel to specialists. The biggest enemy of telemedicine is the lack of internet, which is a regular occurrence in Ukraine due to damage to critical infrastructure.

Psychological help without a psychiatrist

The Mapuj Pomoc team has previously received information from Polish organisations providing psychological assistance to refugees about the need for psychiatrist support in the treatment process. Polish psychiatry (especially child psychiatry) is in critical - this is a fact. The influx of refugees from Ukraine has created an additional group of people in need of help for a system that was malfunctioning long before the aggression began. The absence of a psychiatrist in treatment reduces the quality of all forms of psychological help.

The speech therapist as a partner of the psychologist

A representative of a Ukrainian organisation told the audience that a speech therapist works right next to a psychologist in her organisation. This is because speech defects can develop as a result of psychological damage - which of course can be caused by the experience of war. It's a thoughtful solution - the speech therapist has access at a moment's notice to people who need help, and improving the way they speak can be one step towards feeling better, feeling like their 'old' self.

Animalotherapy

How do you combine animal rescue in Ukraine with psychological support for the population? This question was answered by one interviewee. Her organisation runs a rehabilitation centre with a strong focus on activities using the nature of the picturesque town and rescued animals. They see an improvement in the wellbeing of their beneficiaries by using such an unusual solution.



The event was co-organised by Mapuj Pomoc's partner Українська Волонтерська Служба (Ukrainian Volunteer Service). They are the creators of the Palyanytsya.info portal - which enables people to easily and quickly find various forms of support for victims of war residing in Ukraine.

CONTACT:

If you need a contact for a specific organisation, please email us at mapujpomoc@culturelab.pl. We also encourage you to join our closed Facebook group for members of organisations, NGOs and volunteers, where we share knowledge and oversized resources, seek inspiration, and let you know about grants.