

# Supporting mental health and well-being in Ukraine

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Photo credit: Ivan Fomichenko for FHI 360

## MHPSS Experience

FHI 360 is at the forefront of addressing the pressing mental health challenges that Ukrainians face — challenges that have been aggravated by Russia's invasion in February 2022. Our mental health and psychosocial support (MHPSS) initiatives, particularly through the Ukraine Humanitarian Assistance Response Program (UHARP), UHARP II and the USAID Economic Resilience Activity (ERA), have been instrumental in providing comprehensive and tailored services to individuals and communities affected by the conflict.

## Project Examples

### Ukraine Humanitarian Assistance Response Program 2022–2024

Through the USAID-funded Ukraine Humanitarian Assistance Response Program (UHARP), FHI 360's mobile medical teams (MTs) address critical mental health and psychosocial support needs in rural areas of Ukraine, particularly in Dnipropetrovsk, Donetsk, Kharkiv, Kherson, Mykolaiv and Zaporizhzhia.

Comprising a family doctor, a nurse, a psychologist and a social worker, the MTs conduct monthly visits to 150 to 160 villages, providing essential medical care and psychosocial support consultations. By November 2023, MT psychologists had delivered individual and group therapy to more than 3,700 Ukrainians and conducted psychoeducation for more than 8,000, addressing prevalent symptoms such as anxiety, fatigue, insomnia and negative thoughts. Social workers offered support, including legal and financial assistance, to nearly 15,000 Ukrainians. FHI 360's comprehensive approach, including case management for highly vulnerable individuals, demonstrates a commitment to addressing the multifaceted needs of individuals in conflict-affected areas.

In urban areas, FHI 360 has deployed psychologists to primary health care centers in strategic locations. These psychologists provide individual and group therapy, not only for patients referred by family doctors but also for medical staff dealing with heightened levels of stress. By integrating mental health support into the existing health care infrastructure, FHI 360 aims to improve accessibility and reduce

the stigma associated with seeking psychological assistance.

FHI 360 also upskills primary health care providers to provide MHPSS through the World Health Organization's Mental Health Gap Action Programme (mhGAP). As of November 2023, more than 660 doctors and nurses from government primary health care centers across seven oblasts have received mhGAP training, ensuring a sustained impact on mental health service delivery.

### USAID Economic Resilience Activity 2018-2026

Recognizing the unique needs of Ukrainian youth, FHI 360 collaborated with vocational schools, universities, and the private sector to deliver mental health resources and training through the USAID Economic Resilience Activity. More than 450 students and educators received online MHPSS training, creating awareness and equipping them with tools to provide self-care, mental health support for others, and referrals. Training sessions covered psychological first aid, stress management, suicide prevention and tools to break the stigma associated with MHPSS services.

FHI 360 extended its MHPSS training to nongovernmental organizations (NGOs), strengthening their capacity to provide psychological support to internally displaced educators and students. Workshops and seminars covered practical applications of established guidelines and toolkits, including USAID's Integrating MHPSS into Youth Programming toolkit, ensuring that NGOs are equipped to address the mental health needs of the communities that rely on them.

FHI 360 also organized training sessions for educators and private sector partners to prepare them to support veterans returning to work and school. Topics included building trust in communication with veterans, delivering psychological first aid and identifying referral needs for veterans displaying symptoms of post-traumatic stress disorder.

### Ukraine Community Action for HIV Control 2021-2026

FHI 360 is a partner with Pact, an international nonprofit, under the PEPFAR/USAID-funded Ukraine Community Action for HIV Control (CAHC) project. FHI 360 supports Ukraine's efforts to achieve HIV epidemic control by 2030 by improving prevention, testing and linkage to care among key and priority populations in PEPFAR- and non-PEPFAR-funded oblasts. The project aims to reach vulnerable and priority populations with differentiated, client-centered interventions; strengthen service delivery; build the capacity of community-based organizations; and introduce changes to an enabling policy environment.

Through the CAHC project, FHI 360 launched psychological support spaces — safe rooms where community residents can receive qualified psychological assistance online for free.



A psychologist provides therapy to a patient in Ukraine.  
Photo credit: Ivan Fomichenko for FHI 360

*FHI 360 is a global organization that mobilizes research, resources and relationships so people everywhere have access to the opportunities they need to lead full and healthy lives. With collaborations in over 60 countries, we work directly with local leaders to advance social and economic equity, improve health and well-being, respond to humanitarian crises and strengthen community resilience. To learn more, visit [fhi360.org](https://fhi360.org).*