

**Helping Ukrainians and Each Other:
A Varied Selection of Articles Regarding the Humanitarian Crisis in Ukraine with
emphasis on a psychological perspective**

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How to manage anxiety over the Ukraine Crisis - Chicago school of Professional Psychology:

<https://www.globenewswire.com/news-release/2022/02/25/2392575/0/en/How-to-Manage-Anxiety-Over-the-Ukraine-Crisis.html>

You are not in danger: Ukrainian-born psychologist shares advice on how to speak to young children about Russian invasion - 3/2/22 by Zack Briggs:

<https://www.kens5.com/article/news/local/you-are-not-in-danger-ukrainian-born-psychologist-shares-advice-on-how-to-speak-to-young-children-about-russian-invasion/273-751947e2-e2ed-4b27-a83d-7a545a804da3>

How to cope with distressing global news, if you're finding the Ukraine invasion overwhelming - Marie Claire:

<https://www.marieclaire.co.uk/life/health-fitness/coping-mechanisms-768080>

Ukraine conflict: How to help yourself, your kids, and others - BBC

<https://www.bbc.com/news/uk-60557186>

International Committee of the Red Cross/Red Crescent:

<https://www.icrc.org/en/where-we-work/europe-central-asia/ukraine>

How Russian history - and human psychology - can explain the crisis in Ukraine - Harvard Kennedy School by Paul Kolbe: 2/23/22

<https://www.hks.harvard.edu/faculty-research/policy-topics/international-relations-security/how-russian-history-and-human>

Yes, you should talk to your kids about Ukraine. Psychologist explain how by Madeline Hocombe:

<https://www.cnn.com/2022/03/02/health/kids-anxiety-ukraine-wellness/index.html>

A delicate balance: experts' tips on dealing with Ukraine anxiety in children - The Guardian

<https://www.theguardian.com/society/2022/feb/26/ukraine-anxiety-children-psychologists-teachers>

12 Ways you can support the People of Ukraine Right Now:

<https://www.womenshealthmag.com/uk/health/a39258529/how-to-support-the-people-of-ukraine/>

Resources for UI students dealing with anxiety over Ukraine Crisis and tips for parents to talk with children: ABC by Kristin Rogers 2/28/22:

<https://www.kcrg.com/2022/03/01/resources-ui-students-dealing-with-anxiety-over-ukraine-crisis-tips-parents-talk-with-children/>

Opinion - Crisis in Ukraine and High Intensity Psychological Warfare: by Glen Segell 2/16/22 E-International Relations

<https://www.e-ir.info/2022/02/16/opinion-crisis-in-ukraine-and-high-intensity-psychological-warfare/>

UNICEF: Children are bearing brunt of intensifying crisis in Ukraine: 2/22

https://www.unicefusa.org/stories/unicef-children-are-bearing-brunt-intensifying-crisis-ukraine/39481?utm_content=Ukraine1&ms=cpc_dig_2021_Ukraine1_20210801_google_Ukraine1_delve_None&initialms=cpc_dig_2020_Ukraine1_20210801_google_Ukraine1_delve_None&gclid=CjwKCAiAyPyQBhB6EiwAFUuakgDjHDhrpU6HgCuTaPb55XBG0IzV0z8_gl8-dkI1ro_XVNOBH8JARoCNIAQAvD_BwE

If you're distressed about the news in Ukraine, follow these steps - The Sydney Morning Herald:

<https://www.smh.com.au/lifestyle/health-and-wellness/if-you-re-distressed-about-the-news-in-ukraine-follow-these-steps-20220225-p59zmr.html>

Ukraine crisis; The Red Cross response across Europe - British Red Cross 3/2/22:

<https://www.redcross.org.uk/stories/disasters-and-emergencies/world/ukraine-red-cross-response-in-europe#:~:text=The%20International%20Committee%20of%20the,water%20to%20villages%20and%20hospitals.>

How to manage war-related anxiety over Russia's invasion of Ukraine, according to a psychotherapist - by Kasia Delgado:

<https://inews.co.uk/news/russia-ukraine-war-invasion-how-manage-war-related-anxiety-psychotherapist-1489122>

The Conflict in Ukraine is Causing some workers severe anxiety; employers can help - SHRM by Stephen Miller:

<https://www.shrm.org/resourcesandtools/hr-topics/benefits/pages/the-ukraine-war-is-causing-workers-stress-and-anxiety-employers-can-help-.aspx>

Doctors Without Borders - currently seeking psychologists and psychiatrists:

<https://www.doctorswithoutborders.ca/job-profile/mental-health-specialists>

Resources for educators, families to discuss the events in Ukraine with students - San Diego County office of education 2/24/22:

<https://www.sdcoe.net/about-sdcoe/news/post/~board/news/post/resources-for-educators-families-to-discuss-the-invasion-of-ukraine-with-students>

First pandemic then recession now, Russian evades Ukraine anything else, world? LA Times. By Carcamo, Reyes-Velarde, & Nelson, 2/24/22

<https://www.latimes.com/california/story/2022-02-24/pandemic-recession-russia-ukraine-war-anxiety-mental-health>

5 reasons Russia's attack on Ukraine may be difficult for you and how to cope - Madeline Holcombe, CNN:

<https://www.wyff4.com/article/how-to-cope-russia-attack-on-ukraine/39252229#>

APA motion on Ukraine conflict - 2/25/22:

<https://www.apa.org/about/policy/solidarity-ukraine>

Therapists beyond Borders:

<https://therapistsbeyondborders.org/>

The New Voice of Ukraine

<https://english.nv.ua/>

IFRC: (International Federation of the Red Cross/Red Crescent)

<https://pscentre.org/wp-content/uploads/2022/02/The-Well-being-Guide-Reduce-stress-recharge-and-build-inner-resilience.pdf>

Mental health functioning in Human Rights Field:

<https://journals.plos.org/plosone/article/file?id=10.1371/journal.pone.0145188&type=printable>

What psychology beyond borders are doing in Ukraine: Mental Health and Human Rights Info

<https://www.hhri.org/organisation/psychology-beyond-borders/>

Crisis in Ukraine - place to donate:

https://help.rescue.org/donate/ukraine-acq?ms=gs_ppc_fy22_ukraine_mmus_feb&initialms=gs_ppc_fy22_ukraine_mmus_feb&gclid=CjwKCAiAyPyQBhB6EiwAFUuakrCuqAVA4oJCSQj-Kc_hjE4HR75-KIK_6mIlzs8h-gLHD0Boep4zldxoCtFkQAvD_BwE

Here's how Americans can donate to help people in Ukraine:

<https://www.washingtonpost.com/world/2022/02/27/how-to-help-ukraine/>

Humanitarian Support for Ukraine

https://yalaimpact.com/portfolio/humanitarian_support_for_ukraine?utm_source=google&utm_medium=cpc&utm_campaign=16427112637&utm_content=142406523748&utm_term=help%20ukraine&gclid=CjwKCAiAyPyQBhB6EiwAFUuakmD3AhVEy3VqggbyvXK-aHO2Jp2w9wLUdwD5qzeGqFUzpdYLptJMvxoCwOOQAvD_BwE

Want to support the people in Ukraine?

<https://www.kqed.org/news/11906497/want-to-support-the-people-in-ukraine-heres-how-you-can-help>

What to support the people in Ukraine, here's how you can help:

<https://www.npr.org/2022/02/25/1082992947/ukraine-support-help>

Amnesty International USA:

<https://www.amnestyusa.org/press-releases/russias-invasion-of-ukraine-is-an-act-of-aggression-and-human-rights-catastrophe/>

How you can help the people of Ukraine - Marie Claire:

<https://www.marieclaire.com/politics/how-to-help-ukraine/>

