



## MHHRI Ukrainian resources on mental health

*Mental Health and Human Rights Info, 2022*

We have collected here some of the resources that we have used in our work together with, in Ukraine over the last two years.

### In collaboration with the University of Oslo Psychological reactions to war and trauma - a webinar series for psychologists, psychology students and helpers

The working group at the Department of Psychology University of Oslo in collaborate with Ukrainian professionals at the Taras Shevchenko National University of Kyiv's Faculty of Psychology (TSNUK), and Anna Gebinska at The SWPS University of Social Sciences and Humanities. The prerecorded lectures for the webinar series will be promoted through collaboration with Norwegian and international aid organizations like the Norwegian Psychological Association, Psychology students beyond borders (PUG) and the European Federation of Psychologists Associations (EFPA) in addition to Mental Health and Human Rights Info (MHHRI).

### All prerecorded lectures are available here.

**Ragnhild Dybdahl**, Norwegian Institute of Public Health & Center for Crisis Psychology, University of Bergen, talks about **mental health and psychosocial support (MHPSS) in humanitarian emergencies**. This presentation includes information about mental health and psychological first aid developed for helpers, volunteers and professionals engaged in emergency work to support to persons exposed to war trauma, including sexual violence. You can find practical information both in [English](#) and [Ukrainian](#)

**Nora Sveaass** is a clinical psychologist and a Professor at the Department of Psychology, University of Oslo (UiO), who also chairs Mental Health and Human Rights Info (MHHRI) **Sexual violence - a crime against humanity**. A very high number of all women in war and conflict experience one or more kinds of gender-based violence. Mental health consequences and supporting survivors. shared an information in the presentation about sexual violence in war. This information will help you to provide psychological assistance to the survivors. The presentation is available in [English](#) and [Ukrainian](#).

**Helen Suizu Norheim**, PhD Student, AHUS - **Pregnancy is a sensitive period full of change**. Trauma and stress may interrupt the pregnant mother's bond to the unborn child. That's why it is crucial to assist help pregnant women if they need. This power point contents guidance, tools and methods how to help pregnant women, parents with infants and young children facing war, insecurity and trauma the information is available both in [English](#) and [Ukrainian](#).

**Tine K. Jensen**, Professor – Department of Psychology – UiO and Norwegian Centre for Violence and Traumatic Stress Studies (NKVTS). There is another important source **for traumatization and how it may affect children**. Many traumatized children and youth feel very stressed inside. How can we understand and support trauma exposed children? Information both in [Ukrainian](#) and [English](#).

**Anette Bringedal Houge**, Postdoctoral researcher at the Institute of Health and Society at the Faculty of Medicine, UiO shared information about conflict-related **sexual violence**. It is available both in [English](#) and [Ukrainian](#).

**Marianne Opaas** PhD, Specialist in clinical psychology Researcher at the Norwegian Centre for Violence and Traumatic Stress Studies - **Adults exposed to the atrocities of war and flight – reactions and what may help**. Psychological reactions to war and trauma. In the following presentation you can find practical information in [English](#) and [Ukrainian](#).

Title	Name	PDF-Presentations in English and Ukrainian
Opening session detailing the series and the set-up	Bjørn Lau, UiO and Svitlana Paschenko, Taras Shevchenko National University of Kyiv	
Mental health and psychosocial support (MHPSS) in humanitarian emergencies	Ragnhild Dybdahl, FHI	<p><b>English:</b> <a href="https://www.hhri.org/wp-content/uploads/2022/09/Ukraine-crisis-group-RD.pdf">https://www.hhri.org/wp-content/uploads/2022/09/Ukraine-crisis-group-RD.pdf</a></p> <p><b>Ukrainian:</b> <a href="https://www.hhri.org/wp-content/uploads/2022/09/Ukraine-crisis-group-RD-Ukraine.pdf">https://www.hhri.org/wp-content/uploads/2022/09/Ukraine-crisis-group-RD-Ukraine.pdf</a></p>
Human Rights violations in war and its psychological consequences	Nora Sveaass, UiO	<p><b>English:</b> <a href="https://www.hhri.org/wp-content/uploads/2022/09/Conflict-related-sexual-violence-Ukraine-seminar.pdf">https://www.hhri.org/wp-content/uploads/2022/09/Conflict-related-sexual-violence-Ukraine-seminar.pdf</a></p> <p><b>Ukrainian:</b> <a href="https://www.hhri.org/wp-content/uploads/2022/09/Conflict-related-sexual-violence-Ukraine-seminar-Ukraine.pdf">https://www.hhri.org/wp-content/uploads/2022/09/Conflict-related-sexual-violence-Ukraine-seminar-Ukraine.pdf</a></p>
Helping pregnant women and parents with infants and young children facing war, insecurity, and trauma	Helen Suizu Norheim, UiO	<p><b>English:</b> <a href="https://www.hhri.org/wp-content/uploads/2022/09/Ukraine-crisis-Helen-Suizu-Norheim-Helping-mothers.pdf">https://www.hhri.org/wp-content/uploads/2022/09/Ukraine-crisis-Helen-Suizu-Norheim-Helping-mothers.pdf</a></p> <p><b>Ukrainian:</b> <a href="https://www.hhri.org/wp-content/uploads/2022/09/Ukraine-crisis-Helen-Suizu-Norheim-Helping-mothers-Ukraine.pdf">https://www.hhri.org/wp-content/uploads/2022/09/Ukraine-crisis-Helen-Suizu-Norheim-Helping-mothers-Ukraine.pdf</a></p>
How can we understand and support trauma exposed children? Some things to do	Tine Jensen, UiO	<p><b>English:</b> <a href="https://www.hhri.org/wp-content/uploads/2022/09/How-help-children-after-trauma.com.pdf">https://www.hhri.org/wp-content/uploads/2022/09/How-help-children-after-trauma.com.pdf</a></p> <p><b>Ukrainian:</b> <a href="https://www.hhri.org/wp-content/uploads/2022/09/Ukraina-.How-help-children-after-trauma.pdf">https://www.hhri.org/wp-content/uploads/2022/09/Ukraina-.How-help-children-after-trauma.pdf</a></p>
Conflict-related sexual violence.	Anette Bringedal Houge, UiO	<p><b>English:</b> <a href="https://www.hhri.org/wp-content/uploads/2022/09/Conflirelated-sexual-violence-Ukraine-seminar-Ukraine.pdf">https://www.hhri.org/wp-content/uploads/2022/09/Conflirelated-sexual-violence-Ukraine-seminar-Ukraine.pdf</a></p> <p><b>Ukrainian:</b> <a href="https://www.hhri.org/wp-content/uploads/2022/09/Conflict-related-sexual-violence-Ukraine-seminar.pdf">https://www.hhri.org/wp-content/uploads/2022/09/Conflict-related-sexual-violence-Ukraine-seminar.pdf</a></p>
<b>- Adults exposed to the atrocities of war and flight – reactions and what may help</b>	Marianne Opaas, NKVTS	<p><b>English:</b> <a href="https://www.hhri.org/wp-content/uploads/2022/09/Psychological-reactions-to-war-and-traumaMarianne.pdf">https://www.hhri.org/wp-content/uploads/2022/09/Psychological-reactions-to-war-and-traumaMarianne.pdf</a></p> <p><b>Ukrainian:</b> <a href="https://www.hhri.org/wp-content/uploads/2022/09/Psychological-reactions-to-war-and-trauma-ukraine.pdf">https://www.hhri.org/wp-content/uploads/2022/09/Psychological-reactions-to-war-and-trauma-ukraine.pdf</a></p>