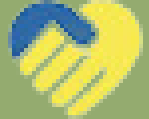


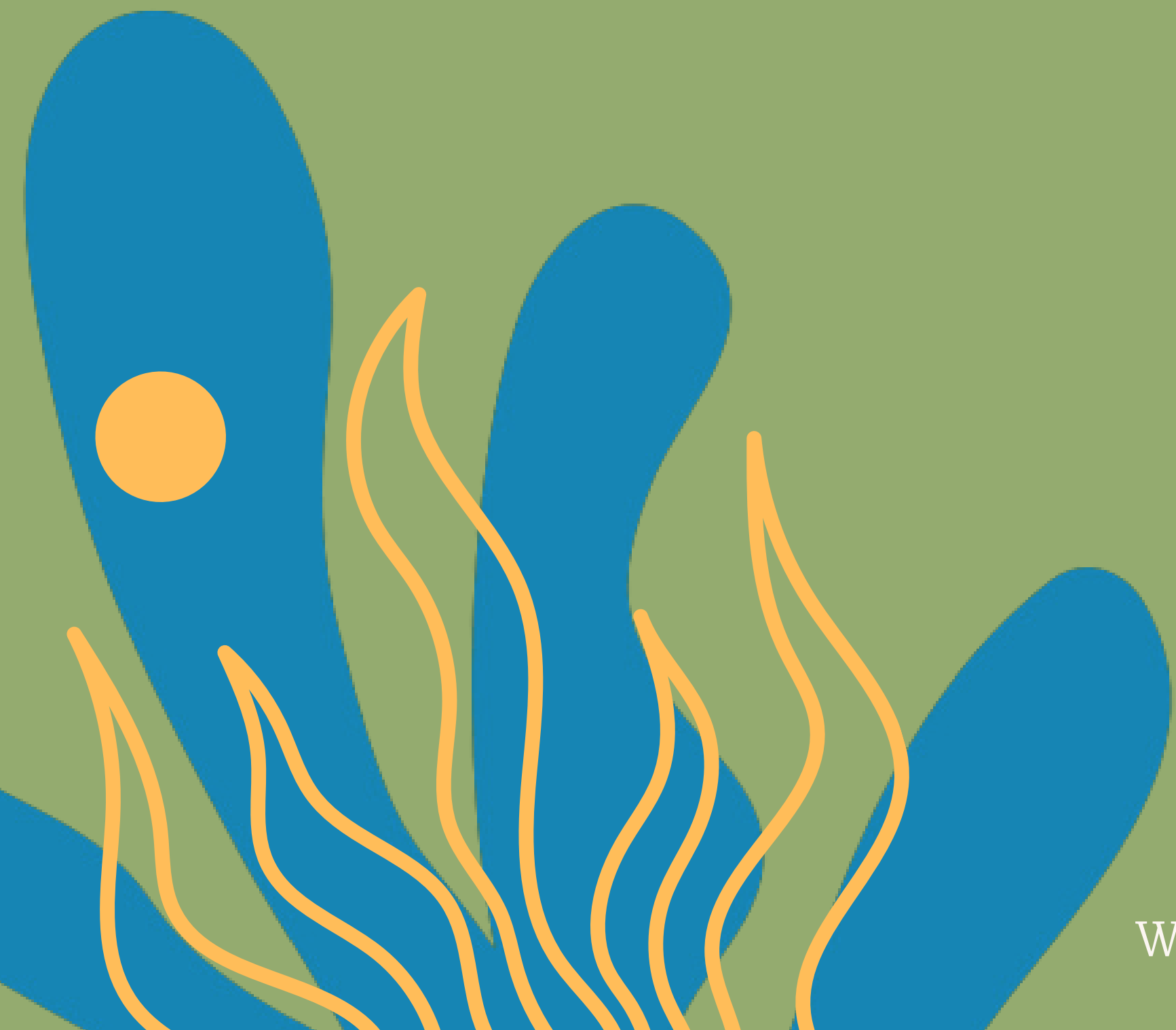
UA  MH

ANNUAL REPORT 2023

**MENTAL HEALTH
CHARITABLE
FOUNDATION**

UA Mental Help

WWW.UAMENTALHELP.ORG



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Mission and Strategic Goals

There is no Ukrainian untouched by the war. But it's important to remember: after the darkest night, there is always a morning. And even in the toughest times, there are those who will come to your aid.

- OUR MISSION** We stand at the forefront of the fight for the mental health of our nation, aiming to create a warm and safe environment where every Ukrainian feels that their emotional well-being is significant. Our mission is not only to provide assistance to those in need but also to embrace the profound meaning of self-support and mutual support.
- OUR GOAL** To make mental health accessible and understandable for everyone. We aim for Ukrainians to feel that their emotional well-being is important and essential, and we work towards making this a cultural norm.
- OUR VISION** Creating a world where every person has the right to emotional support that helps them lead a happy life.



Areas of activity

Psychological assistance

Psychological assistance and psychosocial support for Ukrainians. We work with the civilian population, providing assistance to both adults and children.

Enlightenment and Psychoeducation

We use educational content to encourage Ukrainians to care for their emotional and mental well-being and to seek the help of a psychologist if they experience discomfort.

Community

We are building a community of caring individuals in Ukraine, organizing group meetings where like-minded people can connect and receive social support.

VALUES OF THE ORGANIZATION

Accessibility:

- We believe in the accessibility of mental support for every person, regardless of their status or social standing.



Inclusion:

- Our organization aims to unite and support everyone, regardless of their background, religion, or circumstances.



Professionalism:

- We highly value the professional expertise of our specialists and provide quality services in the field of mental health.



Responsibility:

- We take responsibility for our contribution to the field of mental health and strive to create positive changes in the lives of everyone.



Empathy:

- We see ourselves as empathetic conversationalists, understanding and empathizing, helping people overcome emotional challenges.



Trust:

- Trust is at the core of our relationships – from the beneficiary's trust in our professionals to the internal trust within our team.



From the founder of the Charitable Foundation



Olga Yudina,
Founder of "UA Mental Help"

Our foundation is dedicated to providing crucial psychological support to those who need it most. We actively work to create a trusting environment where every person can find the necessary help.

Our programs and initiatives are aimed at diverse groups, including refugees, internally displaced persons, war victims, and those affected by violence.

We believe that each individual success story, every bit of assistance we provide, is a step toward creating a healthy community. And we continue to work to bring the light of hope and support to those who need it most.

Results and Achievements 2023

Over the past year, we have had a direct impact on the lives of more than **4,700 individuals** through targeted psychological support and counseling.

Our specialists conducted **1,503 consultations** through the hotline and **11,080 consultations** on mental health and psychosocial support.

Our foundation's specialists have conducted a large number of webinars and trainings for more than **620 participants**.

*Conference: "Rethinking Mental Health Care: Inclusion, Access, Respect, Dignity"

INDICATORS FOR 2023

Individuals who received individual support. 3,130

Individuals who received support through the hotline. 766

Participants of the webinars 620

Participants in self-help groups. 184

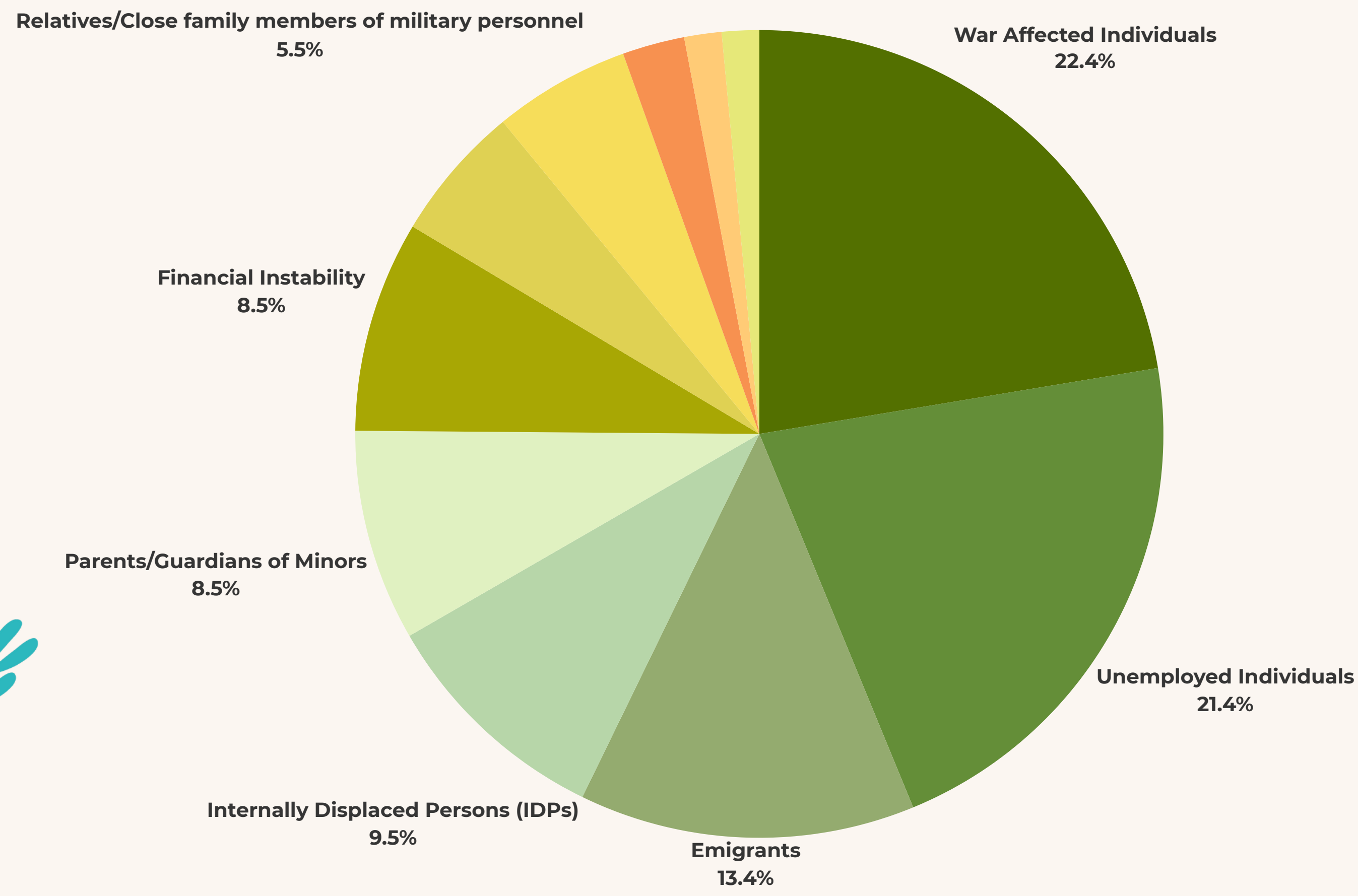
The total number of individual consultations. 11,582

The number of subscribers on social media. 20,900

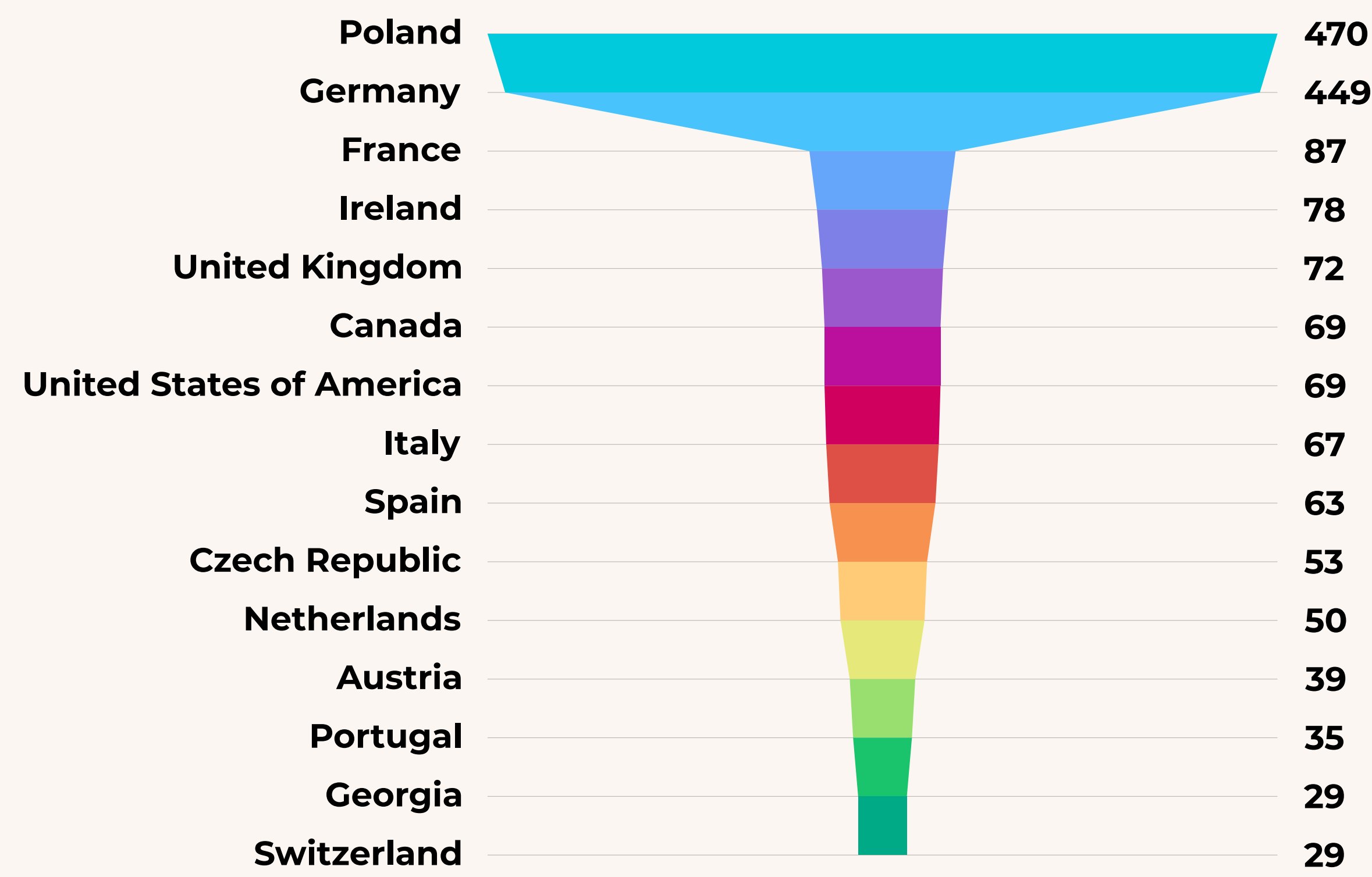
In 2023, the number of provided consultations increased by 800%, compared to the previous year.

Vulnerable Population Groups Reached

UA Mental Help Foundation is an integral part of the lives of various population segments, focusing on providing psychological support to those who need it most. We are expanding our assistance to individuals with disabilities, refugees, relatives of military personnel, and other vulnerable groups. For us, each story, each situation is unique, and we take an individualized approach to each one.



Coverage by countries

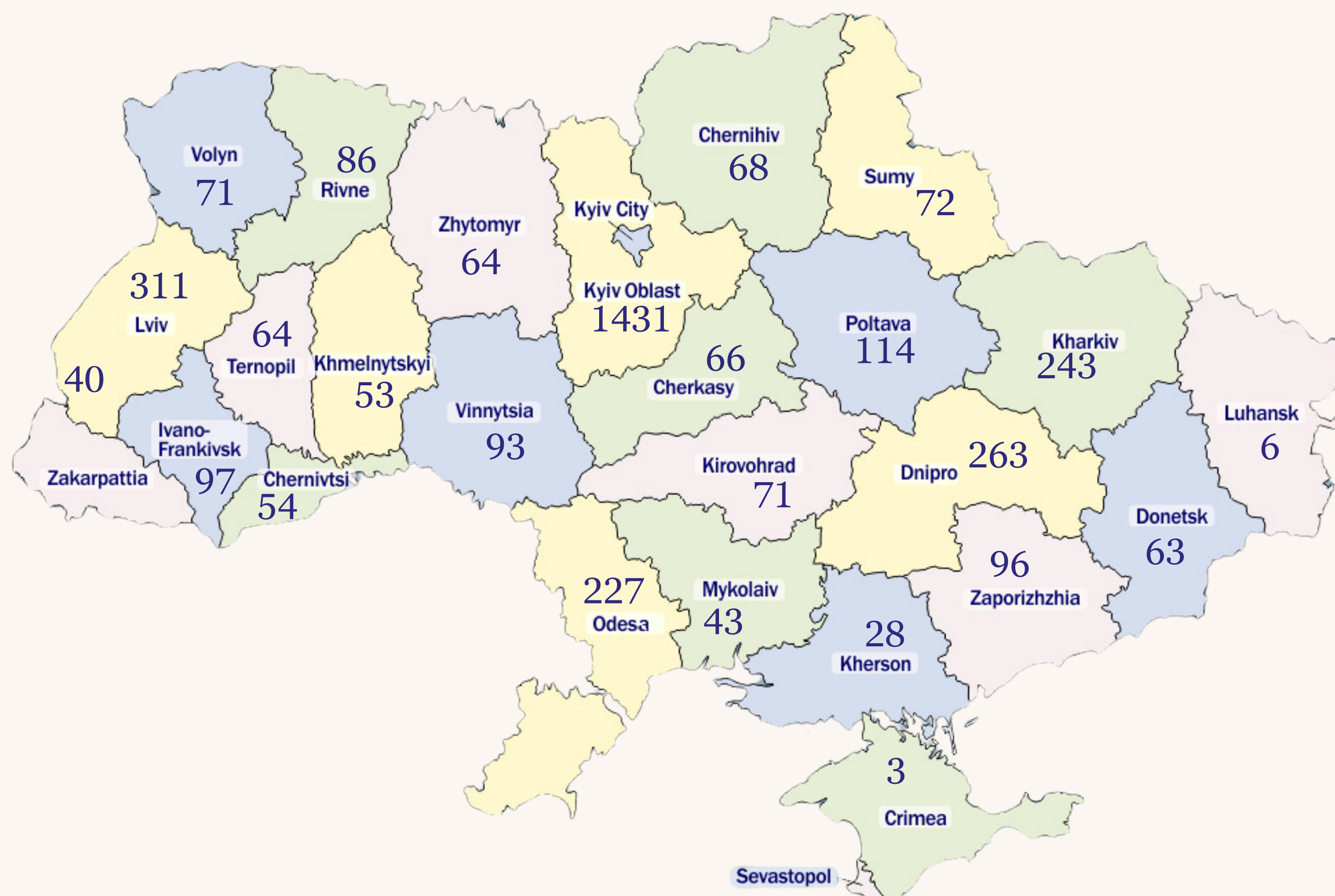


UA Mental Help cares for Ukrainians who have been forced to leave their homes due to war. Our organization provides psychological assistance, counseling, and support for Ukrainians who have migrated to other countries, helping them adapt to new environments and integrate into their new lives.

*The diagram indicates the number of beneficiaries by country worldwide, excluding Ukraine.

Coverage by regions

UA Mental Help is assistance that covers the entire Ukraine. We provide psychological support in all regions, helping those seeking solutions to emotional challenges.



*The map indicates the figures for the number of beneficiaries by regions in Ukraine.



*Billboard in Kyiv

*Providing psychological support to youth is
an investment in the future of our country!*



In 2023, UA Mental Help, in partnership with Maybelline New York, launched an international project to provide psychological support to youth.

Psychological support for youth is a key focus of our work. We provide emotional assistance, help young people in shaping their personalities, adapting to changes, and reducing stigma associated with seeking help. This aids in preventing mental health issues and improving the overall well-being of the youth.

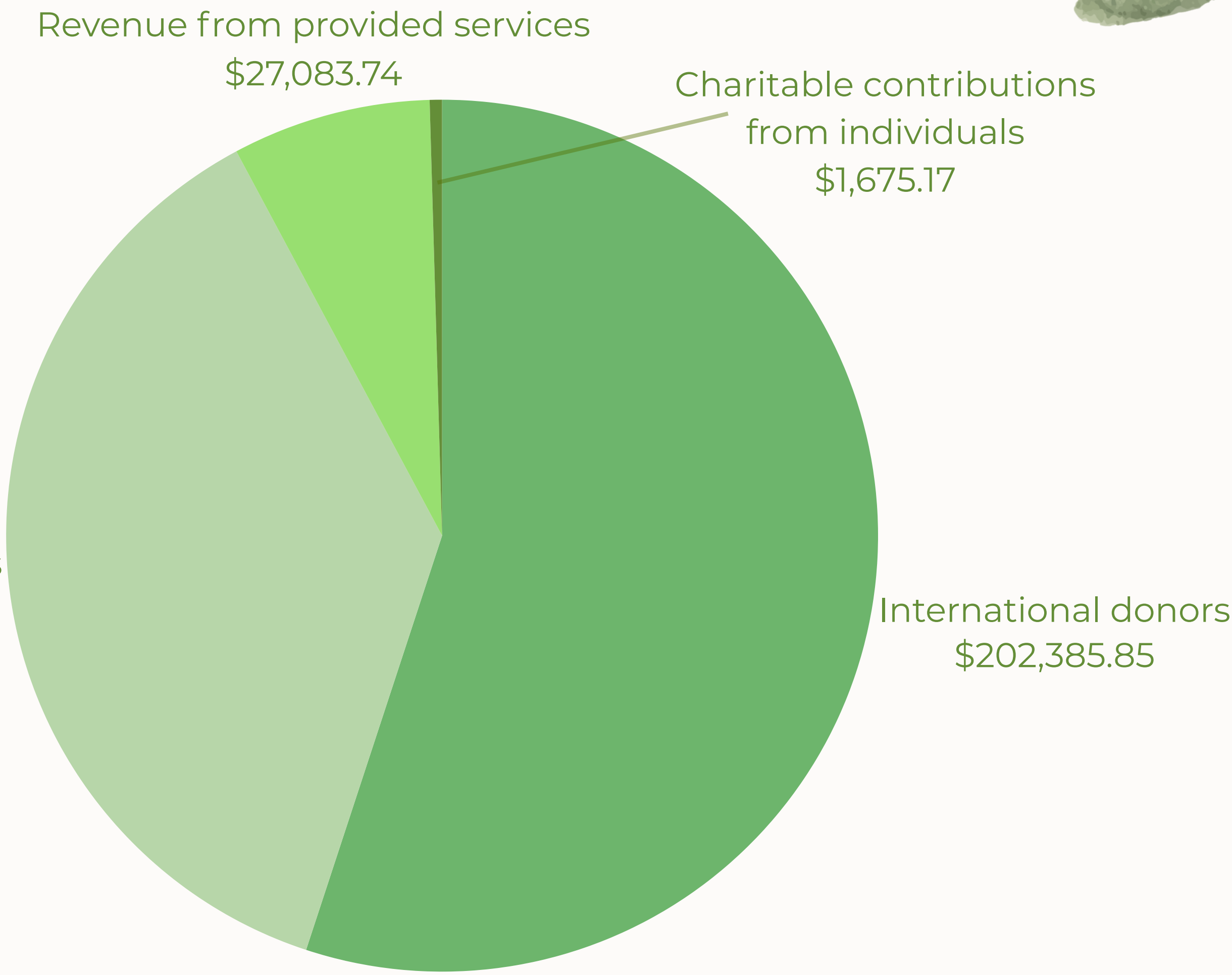
FINANCIAL REPORT FOR 2023

Funds raised

Our Charity relies on diverse support for its mental health mission:

- *International donors: 55%*
- *Ukrainian donors: 37.1%*
- *Revenue from services: 7.4%*
- *Charitable contributions: 0.5%*

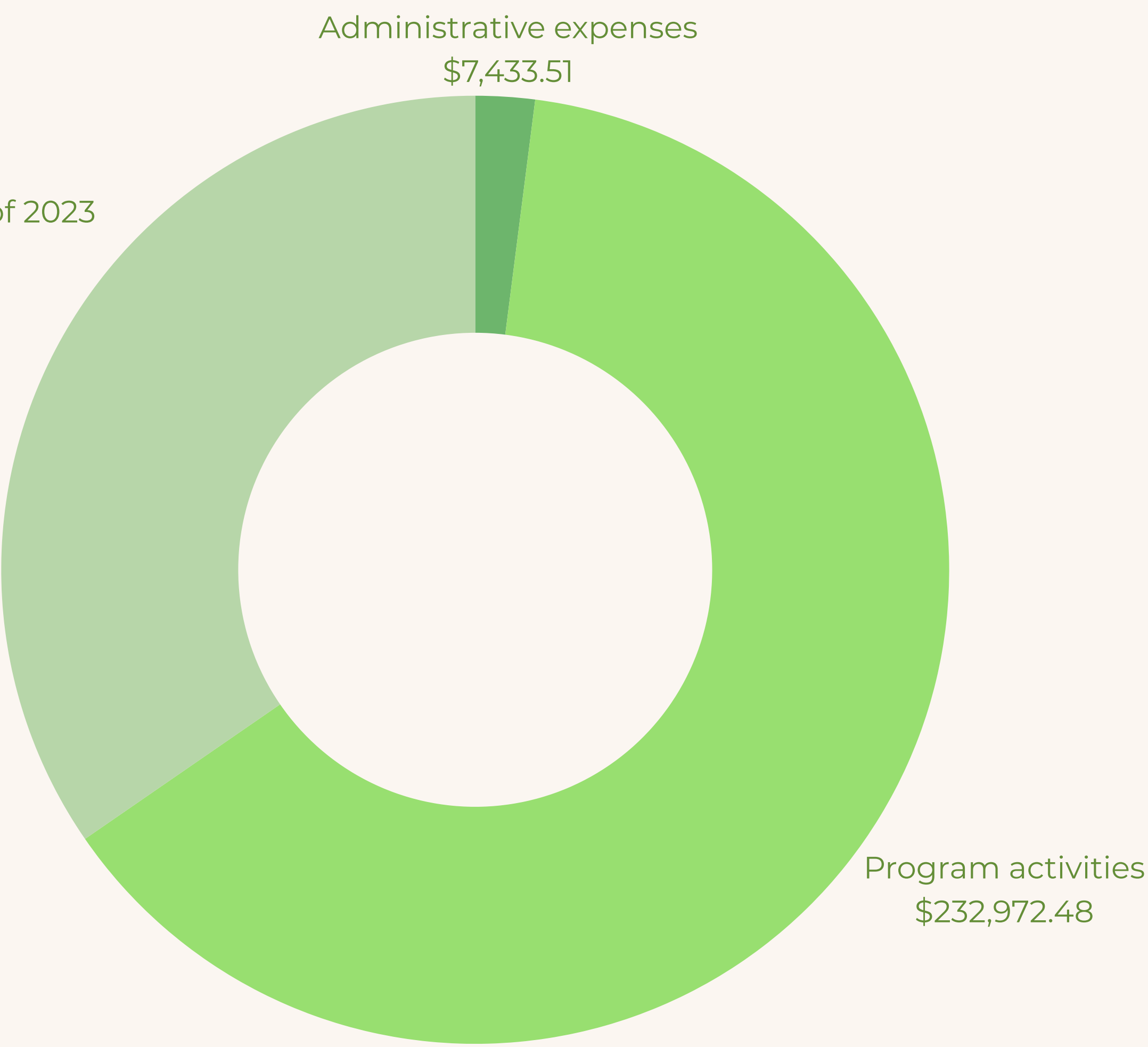
Thanks to this varied backing, we can make a difference in mental health. Grateful to our donors worldwide and locally for their crucial support!



FINANCIAL REPORT FOR 2023

Expenses

Balance at the beginning of 2023
\$127,238.24

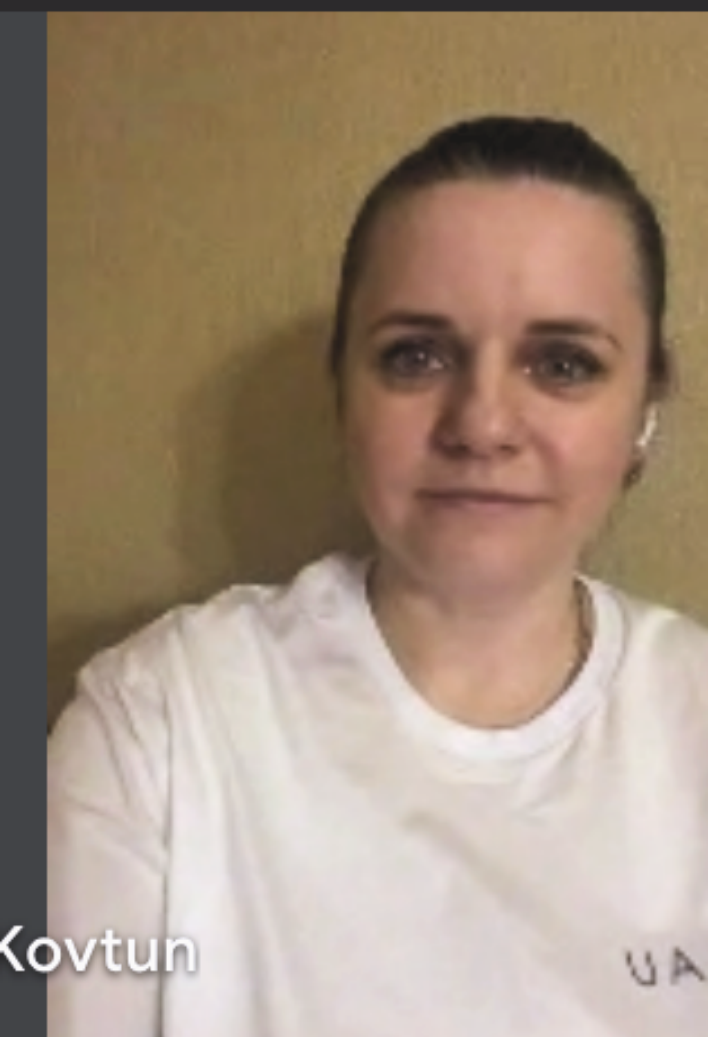




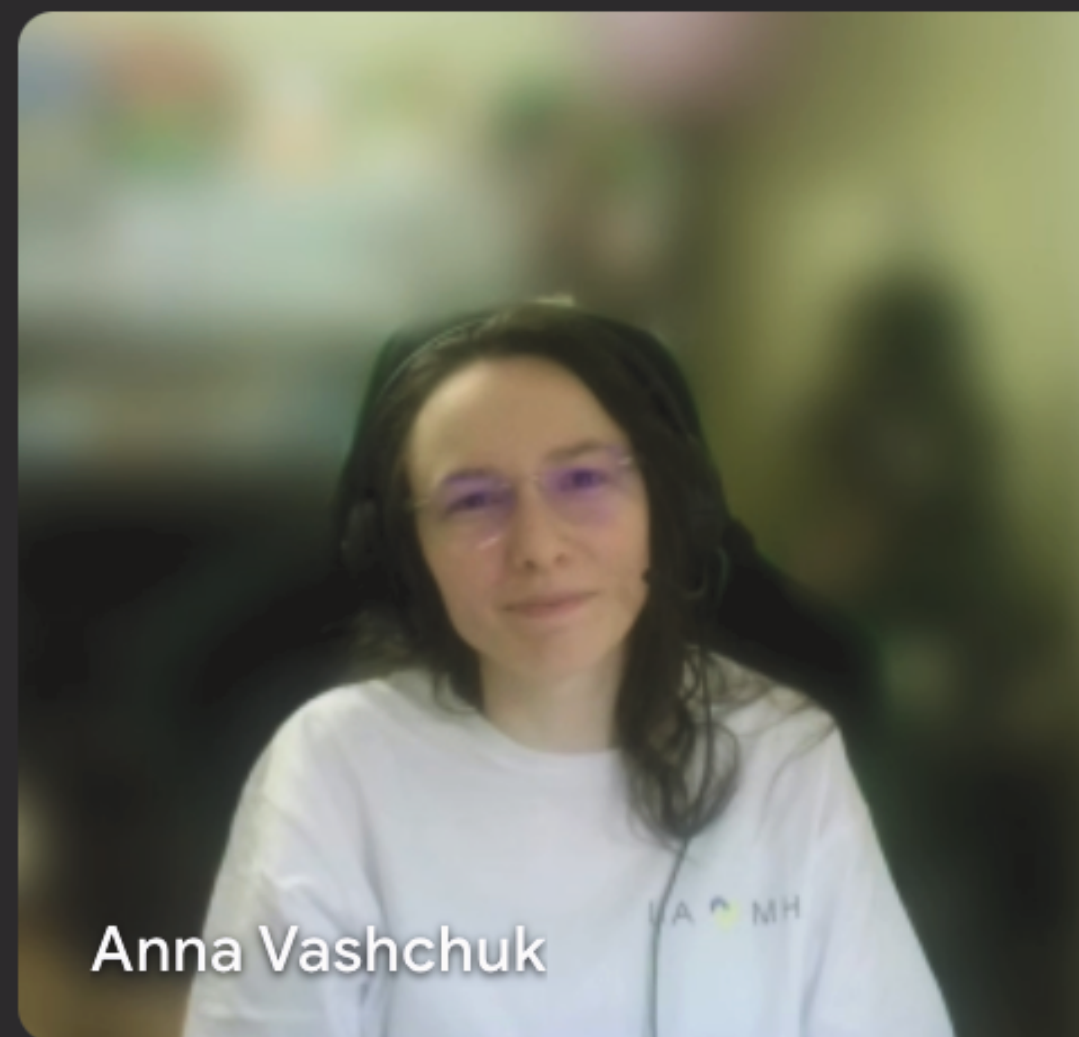
Mariia Muraviova



Oleh Petryshyn



Oksana Kovtun



Anna Vashchuk



Olena Kovalchuk

Outlook for 2024: Our Future Plans and Goals

- Online Services 2024:**
 - 60,000 individual consultations
 - 200 group support sessions
 - 10 self-help groups for 300 individuals
 - 30 webinars for 900 individuals
- Veterans Support Program 2024:**
 - Informational page and resources
 - Training 10 veterans to facilitate support groups
 - 100 support sessions for 100 veterans
 - Training 50 civil servants in the Kyiv region
 - Training 10 mental health professionals in the MBSR methodology
- A platform for self-help therapy for youth:**
 - Launch of an interactive platform to reduce symptoms of anxiety and depression
 - Online mental health chat support
- Mental Health Centers:**
 - Opening of two mental health centers
 - Obtaining a license for psychiatric assistance

Iryna Pikhovych

Olga Yudina

CONTACT INFORMATION "UA MENTAL HELP"

Learn more about UA Mental Help! Our informational brochure unveils our mission, programs, and how we provide psychological support. Join us on the journey to mental well-being and emotional self-discovery: [Information Brochure](#)

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