

Health & Well-being Support

Updated October 2024

The content provided below is for general information purposes. Ukraine2chilterns does endeavour to make sure all information is accurate and up-to-date, however if you find that some of these links no longer work or the support is no longer available please let us know and we will amend our records accordingly.

[Help with your Health](#)

For non-urgent health issues, you should visit your GP (General Practitioner or doctor). Your GP is the best way to ensure you can access the different services you and your family might need.

For urgent help in a crisis, call 999.

[Mental Health](#)

For routine mental health help, you should visit your GP (General Practitioner or doctor). Your GP is the best way to ensure you can access the different services you and your family might need.

For urgent mental health help, Buckinghamshire offers a safe and supportive alternative to Accident & Emergency for adults (aged 18+) who are experiencing a mental health crisis. For more information visit the [Buckinghamshire Safe Haven](#) webpage or

Call 111 - the 24/7 Mental Health Helpline for Buckinghamshire and Oxfordshire.

[Bucks Mind](#) (a local organisation who can help with mental health support) have set up pages on their website dedicated to guests from the Ukraine who may be experiencing trauma

Support available in Ukrainian

[Mental Health Guide](#)

Developed by Community Impact Bucks, this guide outlines free mental health and emergency psychological support via apps, support chats, telephone and online expert consultations. This document is also available in [English](#). Please be aware some of the options may no longer be available.

Mental Health Support

Free support and information sourced via the Facebook group 'What's on for Ukrainians in Buckinghamshire'. Please be aware some of the options may no longer be available.

[Ukrainian Support Helpline](#)

Barnardo's, a children's charity, has set up a Helpline with access to interpreters in Ukrainian and Russian. Monday – Friday 10.00am - 8.00pm and Saturday 10.00am - 3.00pm. Contact them on 0800 148 8586, or email ukrainiansupport@barnardos.org.uk or by completing their [online form](#).

Ukrainian Helpline 0808 196 3651

The British Red Cross has information about a range of support services. The helpline is open daily between 10am - 6pm. You can ask for an interpreter.

Psychological Strategies

[How to handle anxiety alone](#)

[Emotional Surfing](#)

[How to look after yourself](#)

[How to help someone with PTSD](#)

[Child Bereavement](#)

Child Bereavement UK has a range of films and resources in Ukrainian to help support families when a child is grieving or has died.

[Ukrainian Parenting](#)

Set up by Oxford University, this site offers practical tips, printable resources and videos in English, Ukrainian and Russian that parents can help themselves and their children cope in the current crisis.

Additional Resources

[Sane Ukraine](#)

Online trauma and resilience support sessions every day at 5:30pm Ukraine time led by experienced therapists and trauma coaches with Ukrainian translation.

[Ukrainian Institute, London](#)

Comprehensive set of resources to help Ukrainians settling into the UK.

[Doctors of the World](#)

Explains how healthcare in the UK works such as the NHS and COVID vaccines. Translations in Ukrainian, Russian and Polish.

[The Listening Place](#)

Free, face-to-face sessions in central London for individuals experiencing suicidal thoughts. Sessions are confidential, once a fortnight, and available in English, Russian or Polish (and in Ukrainian via telephone interpreter). Arrange an initial meeting using the contact form on their website.