U-RISE PROJECT: UKRAINE’S DISPLACED PEOPLE IN THE EU: REACH OUT, IMPLEMENT, SCALE UP AND EVALUATE INTERVENTIONS PROMOTING MENTAL WELL-BEING

Ukrainian forcibly displaced persons are at high risk of developing mental health problems due to war-related trauma. The U-RISE project aims to improve the mental health and psychological well-being of the displaced people from Ukraine in the EU with the following objectives:

1. Engage Psychologists
   - Collecting training materials
   - Localizing the materials
   - Creating the professional MH network

2. Conduct Trainings
   - On-site trainings of trainers
   - On-site trainings of peer helpers

3. Implement Digital and Face-to-Face Interventions
   - Developing an implementation plan
   - Implementing low-intensity on-site programs
   - Adjusting the plan based on stakeholders’ feedback

4. Develop MHPSS Roadmap
   - Publishing project data on partners’ websites
   - Engaging future stakeholders in SH+, PM+ and MFA
   - Evaluation of digital interventions

Phase 1 - Preparation
- Collecting training materials
- Localizing the materials
- Creating the professional MH network

Phase 2 - Capacity Building
- On-site trainings of trainers
- On-site trainings of peer helpers

Phase 3 - Implementation
- Developing an implementation plan
- Implementing low-intensity on-site programs
- Adjusting the plan based on stakeholders’ feedback

Phase 4 - Evaluation and Dissemination
- Publishing project data on partners’ websites
- Engaging future stakeholders in SH+, PM+ and MFA
- Evaluation of digital interventions

*Participants are trained to provide the following interventions:
- Self-Help Plus (SH+)
  WHO’s group intervention for coping with stress
- Problem Management Plus (PM+)
  WHO’s individual psychological intervention for individuals with anxiety and depression symptoms following exposure to adversity
- Multi-Family Approach (MFA)
  Intervention provided in a group setting to empower a family support network

Engage a pan-European network of Ukrainian and Russian-speaking MH professionals in training and implementing low-intensity, evidence-based, face-to-face, and digital MH interventions adapted to local conditions.

Develop a roadmap for available psychological support and referral pathways for displaced people who need specialised mental health services.

Implement digital MH support for Ukrainian refugees across Europe by disseminating promising digital interventions (Psychological First Aid Chatbot and Doing What Matters in Times of Stress app).

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