

Trauma Support Links Page 1

In severe trauma, a referral should always be made to the GP

TalkWorks North Devon – self-assessments, information, and self-referral

<https://www.dpt.nhs.uk/>

Doing What Matters in Times of Stress - An Illustrated Guide

https://www.who.int/publications/i/item/9789240003927?fbclid=IwAR2O7XwE_hkXVptHBjdi0Yr47qyiaqLQHq336XABh6dPJrXBQo5HoCICUHY

Brain Gym: Understanding Ourselves - A model to help understand and regulate emotions

<https://www.reallifepsychology.org/brain-gym>

Free Ukrainian, Polish, And Russian Translations Of Trauma And PTSD Psychoeducational Resources

<https://www.psychologytools.com/articles/free-ukrainian-translations-of-trauma-and-ptsd-psychoeducational-resources/?fbclid=IwAR0SFU7miW9xbNrfLVLBoa66vqH7e078DAwkhsQHBnvdLgKV2A9Ax1eqPhc>

Psychological first aid: Guide for field workers

<https://www.who.int/publications/i/item/9789241548205?fbclid=IwAR0iskYR2914CzmoUvz-t8nnwjdG6e6NdegaYw6A5M1y1NecH9PnvslRF8M>

Free online trauma and resilience sessions daily (in Ukrainian)

<https://saneukraineonline.org/sane-ukraine-online/>

Mental health and wellbeing support for refugees and asylum seekers

https://www.solace-uk.org.uk/new-free-e-learning?utm_source=London+Plus&utm_campaign=4942ca7589-EMAIL_CAMPAIGN_2021_03_02_03_25_COPY_01&utm_medium=email&utm_term=0_fb94a77cc5-4942ca7589-435813867

Trauma Support Links Page 2

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ThriveLDN - Helping with displaced Ukrainians concerns or worries

<https://thrivedn.co.uk/wp-content/uploads/2022/06/Thrive-LDN-Helping-with-displaced-Ukrainians-concerns-or-worries-v0.3-singles.pdf>

DisasterReady - Mental Health Resources in Ukrainian, Polish, Russian, and English

https://www.youtube.com/user/disasterready1/playlists?view=50&shelf_id=1

Bereavement Services

<https://familiesingrief.org/> (local charity)

Chat health connects young people to a nurse who will help them talk through their issues via text message, which is often a preferable means of contact for teens and pre-teens.

<https://www.devon.gov.uk/chathealth-messaging-service-for-young-people-aged-11-19/>

Child Bereavement UK, which helps children, parents and families to rebuild their lives when a child grieves or when a child dies. We support children and young people up to the age of 25 who are facing bereavement, and anyone affected by the death of a child of any age

www.childbereavementuk.org/resources-in-ukrainian

Platform with trained Ukrainian psychologists offering one to one sessions.

Mental health support for children and families

<https://www.familycompass.co.uk/>

Healthy Start

<https://www.healthystart.nhs.uk/how-to-apply/>

Trauma Support Links Page 3

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Ukrainian Psychological Support – free <https://www.mindyfoundation.com.ua/>

Free mental health services for Ukrainian guests. There is a service specifically for men still in Ukraine, and one for mediation between guests and hosts. - <https://gukraine.org/healthcare-counselling/>

<https://www.stream-uk.org/therapy-for-ukrainian-refugees>

Getting a care needs assessment

<https://www.nhs.uk/conditions/social-care-and-support-guide/help-from-social-services-and-charities/getting-a-needs-assessment/>

Domestic Violence Resources _

<https://www.nhs.uk/live-well/getting-help-for-domestic-violence/>

National Centre for Domestic Violence 0800 970 2070

www.ncdv.org.uk