



## #EUHPP LIVE WEBINAR

### Mental health at the time of war in Ukraine: challenges and initiatives

SESSION 1: 8 NOVEMBER 2024, 9.00 – 12.00 CET, BRUSSELS TIME  
SESSION 2: 19 NOVEMBER 2024, 15.30 – 17.00 CET, BRUSSELS TIME

Dear colleague,

We invite you to join this #EUHPP Live Webinar.

Eesti Psühholoogide Liit | Estonian Union of Psychologists



The webinar, "**Mental Health During the War in Ukraine: Challenges and Initiatives**," provides a platform for international discussion on the profound impact of the war on mental health.

With speakers from the Ukrainian and Estonian National Psychological Associations, mental health experts from neighbouring countries, and representatives of EU-funded initiatives, it highlights both Ukrainian efforts and the collaborative support from other European nations in addressing the psychological toll of the conflict. By exploring the significant role of psychology in crisis situations, attendees will gain insights into current practices and cross-border collaborations that foster mental health protection, encouraging knowledge exchange and partnerships.

The event, organised in two sessions (on 8 and 19 November), is a joint effort by the Estonian Union of Psychologists, the Ukrainian National Psychological Association, and the European Federation of Psychologists' Associations (EFPA), as part of the European Semester of Psychology in Estonia. It aims to raise awareness among mental health professionals, policymakers, and the wider public about ongoing initiatives to safeguard mental well-being in Ukraine and beyond.

**Register to this webinar following [this link](#).**

Once registered, you will receive the calendar invitation from Webex. Please pin it in your calendar and go back to it on the webinar day. This webinar will be held in English.

If you have any further questions, please contact [sante-hpp@ec.europa.eu](mailto:sante-hpp@ec.europa.eu)

We are looking forward to welcoming you online.

#### The EU Health Policy Platform team

European Commission  
Directorate-General for Health and Food Safety  
Unit B3 – Health monitoring and cooperation, Health networks  
Luxembourg



#HealthUnion



European Commission

The EU Health Policy Platform will host a live webinar, following this **agenda**:

## **SESSION 1 - 8 November (9.00 – 12.00 CET)**

**Chair: Merry Bullock**, Estonian Union of Psychologists and International Council of Psychologists

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<b>9:00 – 9:05</b>	<b>Opening words</b>
<b>9:05 – 9:20</b>	<b>Health concerns and well-being of Ukrainian refugees in Estonia since 2022: a population-based survey</b> Rainer Reile, National Institute for Health Development, Estonia
<b>9:20 – 9:35</b>	<b>Wartime mental health needs, pre-existing and deriving from the war. The systemic and regulatory response from Ukrainian health system</b> Vitalii Klymchuk, University of Luxembourg, National Psychological Association of Ukraine
<b>9:35 – 9:50</b>	<b>Psychological preparedness of reservists under conditions of war in Europe</b> Jorma Helenurm, Estonian Defence Forces
<b>9:50 – 10:05</b>	<b>“War Near Us”: impact on Mental Health and societal proactive coping</b> Neringa Grigutyte, Vilnius University
<b>10:05 – 10:20</b>	<b>Break</b>
<b>10:20 – 10:35</b>	<b>Psychosocial support programme MindSpring for Ukrainian refugees in Estonia</b> Laura Ombler, Estonian Refugee Council
<b>10:35 - 10:50</b>	<b>Ukrainian psychologists working in Estonia</b> Nataliia Cheporniuk, psychologist and social worker
<b>10:50 – 11:50</b>	<b>Panel discussion</b> <u>Moderator</u> : Jaanika Merilo, NGO Heroiam Slava <u>Panelists</u> : Rainer Reile, Vitalii Klymchuk, Jorma Helenurm, Neringa Grigutyte, Laura Ombler, Nataliia Cheporniuk
<b>11:50 - 12:00</b>	<b>Q&amp;A and concluding remarks</b>

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## SESSION 2 – 19 November (15.00 – 17.00 CET)

**Chair:** Merry Bullock, Estonian Union of Psychologists and International Council of Psychologists

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<b>15:00 – 15:05</b>	<b>Opening words</b>
<b>15:05 – 15:20</b>	<b>Modern warfare: What it means for citizens. Resilience and impact of the war and resilience in the short and longer term</b> Valeria Palii, Kyiv School of Economics; National Psychological Association of Ukraine (vice president)
<b>15:20 – 15:35</b>	<b>Mental health support away from home. Helpline for Ukrainian refugees across Europe</b> Vitalina Ustenko, psychotherapist and crisis counsellor
<b>15:35 – 15:50</b>	<b>MESUR: Mental Health Support for Ukrainian Refugees</b> Piotr Toczyski, Maria Grzegorzewska University, Warsaw, Poland
<b>15:50 – 16:05</b>	<b>Review of initiatives to support mental health of Ukrainian refugees in Estonia: temporary measures or strategic adaptation of the health care system?</b> Kenn Konstabel, National Institute for Health Development; Estonian Union of Psychologists
<b>16:05 – 16:20</b>	<b>Work of the IFRC Psychosocial Centre</b> Ganna Goloktionova, Technical Advisor at the IFRC Psychosocial Centre
<b>16:20 – 16:50</b>	<b>Panel discussion</b> <u>Moderator:</u> Jaanika Merilo, NGO Heroiam Slava <u>Panelists:</u> Valeria Palii, Vitalina Ustenko, Piotr Toczyski, Kenn Konstabel, Ganna Goloktionova
<b>16:50 – 17:00</b>	<b>Q&amp;A and concluding remarks</b>

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Please be informed that this #EUHPP Live Webinar will be recorded. We invite you to consult the live webinar privacy statement below.

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