

# Ukraine Resource List

***February 25, 2022***

“Before dawn broke in Ukraine on Thursday, Russian forces began to invade the nation...igniting battles around the country that left hundreds dead...thousands of Russians protested the decision to go to war.” - [Via The New York Times](#)

## Government Resources

### **U.S. Embassy in Ukraine**

The U.S. Embassy posted the following travel advisory:

“U.S. citizens in Ukraine should depart immediately if it is safe to do so using any commercial or other privately available ground transportation options. U.S. citizens remaining in Ukraine should carefully monitor government notices and local and international media outlets for information about changing security conditions and alerts to shelter in place. Those remaining in Ukraine should exercise increased caution due to the potential for active combat, crime, and civil unrest. Read the entire Travel Advisory.

On February 24, Russia’s forces attacked major Ukrainian cities, and the Ukrainian government closed its airspace to commercial flights due to Russia’s military actions.

On February 24, the Ukrainian government declared a state of emergency. Each province (oblast) will decide on the measures to be implemented according to local conditions. Measures could include curfews, restrictions on the freedom of movement, ID verification, and increased security inspections, among other measures. Follow any state of emergency measures imposed in your oblast.

The security situation throughout Ukraine is highly volatile, and conditions may deteriorate without warning. U.S. citizens should remain vigilant and take appropriate steps to increase their security awareness. Know the location of your closest shelter or protected space. In the event of mortar and/or rocket fire, follow the instructions from local

## *Crisis & Disaster Resources*

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authorities and seek shelter immediately. If you feel your current location is no longer safe, you should carefully assess the potential risks involved in moving to a different location.

On February 12, the Department of State ordered the departure of U.S. direct hire employees from Embassy Kyiv. The Department previously authorized the voluntary departure of U.S. direct hire employees and ordered the departure of eligible family members on January 23.”

U.S. citizens in Ukraine can call the Department of State at +1 606 260 4379 (outside the U.S.) or +1 833 741 2777 (from the U.S.) for assistance. You may also email [KyivACS@state.gov](mailto:KyivACS@state.gov) for assistance. You may find additional information online at <https://ua.usembassy.gov/>.

- Phone: +1 606 260 4379 (outside the U.S.) or +1 833 741 2777 (from the U.S.)
- Website: <https://ua.usembassy.gov/>
- Email: [KyivACS@state.gov](mailto:KyivACS@state.gov)

## **Mental Health**

### **SAMHSA’s Disaster Distress Helpline**

SAMHSA’s Disaster Distress Helpline provides free 24/7, 365-day-a-year crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters all over the United States including infectious disease outbreaks such as COVID-19. For more information, please contact the Disaster Distress Helpline.

- Phone: (800) 985-5990
- Hours: 24 hours a day, 7 days a week
- Website: <https://www.samhsa.gov/find-help/disaster-distress-helpline>

### **NAMI**

NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. You can locate your nearest NAMI chapter by using the link above. There are chapters across the United States and they offer a variety of supportive services.

## *Crisis & Disaster Resources*

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- Website: <https://www.nami.org/Home>

### **211 United Way**

2-1-1 connects callers to health and human services information and is available 24 hours a day, seven days a week, even during disasters. Information and resources may be provided for a variety of needs including mental health, basic needs, and disaster assistance. Dial 211 from your cell phone to speak with a trained information and referral specialist. Calls are routed to service centers based on your geographic location. You may also search online for resources or find the local number for your local 211 service center by clicking on the link for

<https://www.unitedway.org/>.

- Dial 2-1-1
- Website: <https://www.unitedway.org/>

## **Charitable Giving to Ukraine**

### **United Help Ukraine**

This non-profit organization distributes food and medical supplies for Ukrainians who have been impacted by the war including soldiers, wounded warriors, their families and refugees. To learn more about how United Help Ukraine is helping in Ukraine or to donate, please visit their website [here](#).

- Address: PO Box 83426, Gaithersburg, MD 20878
- Phone: 410-230-2700
- Email: [contact@unitedhelpukraine.org](mailto:contact@unitedhelpukraine.org)

### **International Committee of the Red Cross**

This non-profit organization has been working to repair infrastructure damaged during the last seven years that Ukraine has been at war. They also advocate for human rights and provide medical supplies to Ukrainian medical facilities. To learn more about how the Red Cross has been helping in Ukraine or to donate, please visit their website [here](#).

- Address: 801 2<sup>nd</sup> Avenue, New York, NY 10017
- Phone: 212-599-6021

## *Crisis & Disaster Resources*

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### **UNICEF**

This non-profit organization delivers aid to the Ukrainian children who have been impacted by armed conflict in eastern Ukraine. They provide safe drinking water, health care, nutrition and protection to families. To learn more about how UNICEF has been helping in Ukraine and to donate, please visit their website [here](#).

- Address: 125 Maiden Lane, New York, NY 10038
- Phone: 800-367-5437

### **Save The Children**

This non-profit organization has been operating in Ukraine since the start of the conflict in the Donetsk and Luhansk areas of eastern Ukraine. They focus on access to education, psychosocial support, distributing winter and hygiene kits. They also provide cash grants to families in need. To learn more about how Save the Children has been helping in Ukraine and to donate, please visit their website [here](#).

- Address: 501 Kings Highway East, Suite 400, Fairfield, CT 06825
- Phone: 203-221-4000

### **Lutheran Immigration and Refugee Services**

This organization has resettled tens of thousands of refugees, asylum seekers and immigrants since 1918. To learn more about how Americans can help Ukrainians, what this organization is doing to prepare for a Ukrainian refugee crisis, and to donate, please visit their website [here](#).

- Address: 700 Light Street, Baltimore, MD 21230
- Phone: 410-230-2700

### **Lifeline Ukraine**

This organization is a suicide prevention and mental health support hotline available within Ukraine. They operate 24 hours a day and 7 days a week. They focus on veterans and their families. If interested in donating, please visit their website [here](#).

### **Doctors Without Borders**

This organization trains medical staff. They also provide vital medical infrastructure and psychological support for patients, their relatives and health care workers. To learn more

## *Crisis & Disaster Resources*

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about how Doctors Without Borders has been helping in Ukraine and to donate, please visit their website [here](#).

## **Evaluating Charitable Giving Options**

### **Charity Navigator**

This organization reviews charities and assigns them a score based on the charity's financial health, accountability and transparency. If interested, please view their list of recommended charities helping Ukrainians [here](#).

You can also view their list of immigration and refugee organizations [here](#).

- Website: [www.charitynavigator.org](http://www.charitynavigator.org)

### **Give Well**

This organization reviews charities and recommends them based on how many lives are saved or improved per dollar. Many of their recommendations focus on preventable diseases in the developing world. You can also donate to Give Well's Maximum Impact fund; each quarter Give Well grants these funds to selected charities based on research of where the fund would do the most good. If interested, please view their list of recommended charities [here](#).

- Website: [www.givewell.org](http://www.givewell.org)

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*This guide provides referrals to resources. It does not endorse or recommend the resource providers. While every effort is made to maintain current provider information, information may change without notice.*

## **Resources For Living**

The EAP is administered by Resources For Living, LLC. This material is for informational purposes only. Information is not a substitute for professional health care and is not meant to replace the advice of health care professionals. Contact a health care professional with any questions or concerns about specific health care needs.

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