

RESTORING DIGNITY IN UKRAINE



FIRST AID OF THE SOUL

VISION

Our vision is to restore dignity, belonging, & well-being to the soul of Ukraine.

MISSION

We deliver accessible trauma-informed mental health & psychosocial support services to Ukrainians affected by the war through multifaceted, holistic, & creative approaches.



FAS Volunteers August 2022

ABOUT US



WHO

We are a collective of dedicated professionally trained mental health clinicians from North America & across Europe.

WHAT

We offer a wide array of mental health services spanning from support groups, supervision, mentorship, trainings, workshops, & self-help materials.

Supporting Mental Health in Ukraine



DONATE



Superhero workshop led by Nathalie in Kyiv, January 2023

MENTAL HEALTH SERVICES OFFERED

"A HOLDING SPACE OF CALM, ACCEPTANCE, & BELONGING."

Registered 501(c)3 non-profit
EIN (Tax ID): 88-1464538

SELF-HELP TOOLS & RESOURCES

Published in three languages (Ukrainian, English, & Russian) that are accessible & downloadable on our website & disseminated through social media.



SUPERVISION & MENTORSHIP

Ongoing virtual supervision groups as well as mentorship to Ukrainian psychotherapists working on the frontlines in Ukraine with displaced people.



SELF-COMPASSION SUPPORT GROUPS

Support groups for various networks of mental health providers/frontline workers practicing on the ground in Ukraine with displaced people & refugees.



TRAININGS & WORKSHOPS

Regular trainings with consecutive & simultaneous translation from English to Ukrainian to provide support, guidance in trauma-informed care & holistic tools.



OUR REACH

First Aid of the Soul (FAS) to date*

- Serves approximately **500+** Ukrainian mental health professionals monthly
- Offers up to **10+** weekly supervision & support groups for Ukrainian mental health professionals, individuals affected by the war, & FAS volunteers
- Delivered **45+** top-quality workshops & trainings that are ongoing monthly for mental health professionals serving displaced people in Ukraine, & our FAS volunteers

*As of February 2023



CONNECT WITH US



info@firstaidofthesoul.org



+351 217 92 29



<https://www.firstaidofthesoul.org>



@firstaidofthesoul



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