



Statement

One year of a war that has been going on for 9 years

Valeriia Palii, PhD, President of the National Psychological Association of Ukraine

On February 24, Ukrainians all over the world minute by minute remembered the events that happened in their lives a year ago. How they woke up from the terrified calls from relatives, heard explosions, panicked, packed their belongings, and spent several days traveling to a place with safe shelter. During this year, we lost precious time that we could have lived happily. Instead, we lost health, life, loved ones and friends, relationships, and property. It is not news that Ukraine suffers devastating losses every day: the occupiers kill people, destroy cultural monuments, weaken our economy. A year of a great war has passed, a war that actually began in 2014, when Russia annexed Crimea (my second Motherland) and territories in the East of Ukraine, and which has been going on for many years.

Speaking in a more formal and factual language, throughout Ukraine there have been numerous instances recorded of terrorist attacks, torture and murder of civilians and military personnel, rape of women and men of all ages, loss of property and homes. All of this forces people to look for new housing and to start building their lives again from scratch. It is often done with very limited financial and moral resources, grieving over the death and mutilation of relatives, forced separation of families, kidnapping, forced displacement of people from occupied territory, deterioration of physical and mental health due to stress, injuries, deterioration of access to medical services, unemployment, as well as financial crisis.

We work from bomb shelters, for days we were without electricity and mobile phone signal, sometimes without heating and access to running water. We live in total uncertainty, but nonetheless we CONTINUE to live. Live, get sick, die, give birth.

This is a very abbreviated list of problems with which Ukrainian psychologists work. These are the conditions in which Ukrainian psychologists live. Is it even possible to live in such conditions? How to save your resources and have the effort to help others? This is a rhetorical question, but each of us can do something to support each other.

The National Psychological Association, as the largest professional community in Ukraine, from the first days of the full-scale invasion began to do everything to support each of its members.



1. With the support of friends and colleagues from all over the world, we started conducting lectures, trainings, and courses on currently relevant topics. All events with international psychologists are translated into Ukrainian and are free for our members. More than 6,000 colleagues have undergone various trainings from the NPA over the past year.
2. We pay special attention to supervisory support of colleagues, peer-to-peer groups, mentoring. All of this is also free help for those colleagues who need it.
3. We advocate on behalf of the interests of our country at the international level of professional communities. It is important for us to talk about Ukraine in every field, both scientific and practical. Our colleagues in Ukraine appreciate the proactive international position of the NPA in working with foreign partners and see the merits of it.
4. We intensified work with the government and ministries. More and more of our specialists are involved in various important projects that bring our victory closer and speed up the recovery of our citizens.
5. We help colleagues with finding jobs, because we know that many of them have lost their homes, jobs and need money.
6. We support those who find themselves abroad, build bridges with partner associations in neighboring countries, which in turn support our Ukrainian colleagues in their countries, and help them with the process of professional legalization and finding employment.
7. We have created an important initiative that is probably already unique in the world. In June 2022, the National Psychological Association launched a line of free psychological help for our fellow-citizens, which works both within Ukraine as well as in 20(!) European countries ([including Germany](#)).

When on February 24, 2022, bullets, rockets and tanks flew into our wonderful cities and villages throughout the territory of Great Ukraine, our enemy Russia thought that we would break. We, Ukrainians, communities, and individuals did not only endure. We have become stronger because we know how to help each other and unite. We love our country, ourselves and each other.