

How to Help Ukraine

There are a number of ways, big and small, that you can help the people of Ukraine. We tried not to include anything specific to a political party or ideology because our goal is to help alleviate human suffering and prevent the loss of life. I think that's a cause that everyone can get behind. Thank you for your compassion and support!

1. Pray specifically and continuously.
2. Educate yourself about Ukraine's history, culture, semantics, and current events as well as what makes them different from Russia.
3. Discern the truth within the media. Use evidence based news to guide your thoughts and opinions. Don't spread information that has not been verified.
4. Continue to spread awareness as events unfold so it remains a priority in global news.
5. Attend a rally or demonstration. Get to know some Ukrainians while you're at it.
6. Volunteer with organizations that are providing relief and humanitarian aid. A good place to start is with a local Ukrainian organization.
7. Show solidarity through dress, social media, encouraging words, signs, etc.
8. Support Ukrainian businesses.
9. Contact your elected officials with specific requests that will help Ukraine.
 - a. ~[White House](#): 202-456-1111
 - b. ~How to look up your [US Senators' contact](#) information.
 - c. ~How to look up your [House of Representatives'](#) contact information.
 - d. Write a letter to President Biden and to your leaders in Congress.

<https://www.congressweb.com/NPCA/78...>

(This letter is available for anyone to use, not just RPCVs (Returned Peace Corp Volunteers). You can send as-is or make your own edits to fit your personal thoughts and opinions. The site will automatically direct your letter to the appropriate people based on your address.)

10. Donate - Funds and supplies are needed by every person in every situation. There has been a major disruption in employment, education, farming, shipping, and raw materials in addition to the pressing humanitarian needs.

Please remember that Ukraine is considered a poor, developing country. To put it in perspective, seniors receive their pension from the government which is approximately \$70 - \$100 per month and a teacher's average monthly salary is less than \$500 (and much less outside of the bigger cities). Any amount you give will make a big impact on those in need.

Ways to Give or Donate

- Directly to Ukrainians - Benefiting refugees and Territorial Defense Armies of the Monastyrshche and Chernihiv Region - Cristina and Jameson Ash's work site during Peace Corps)
(We collect donations and transfer 100% of it to our contacts or friends in need)
 - Venmo: @Cristina-Ash OR @Jameson-Ash-1
 - Paypal: @CristinaAsh
- A specific city/oblast, cause, sector, or through crypto currency - please contact me and I can connect you with the appropriate organization or leader.

- A highly rated charity of your choice:

<https://www.charitynavigator.org/index.cfm?bay=content.view&cpid=9366>

- Ukrainian specific organizations:

[Nova Poshta](#): A private Ukrainian and postal courier company. You can send them humanitarian aid items directly. You can also donate to their initiative which is offering free delivery throughout Ukraine, including support to the Ukrainian Army.

[Come Back Alive](#): A Ukrainian non-governmental organization that provides support to the Armed Forces of Ukraine.

[Nova Ukraine](#): A nonprofit organization dedicated to providing humanitarian aid to the people of Ukraine as well as supporting social, educational, and economic programs.

[United Help Ukraine](#): A charitable non-profit 501(c)(3) organization focused on humanitarian aid, PPE, wounded warrior support, and raising awareness.

[National Bank of Ukraine](#)

Fundraising Account for [Humanitarian Assistance](#)

Fundraising Account for [Armed Forces](#)

Take it a Step Further

If you want as much information as possible, our cohorts have developed these websites to crowdsource legitimate and accurate resources. They are supported by the Cabinet of Ministers of Ukraine and are some of the leading aid organizations for Ukraine.

[Support Ukraine Now](#)

[Razom for Ukraine](#)

Trevor Reed

If you'd rather do something to support a local cause, please consider donating and advocating for Trevor Reed, a young veteran wrongfully convicted and serving a 9-year sentence in Russia. His family lives in our town (Granbury) and they have been tirelessly working to free Trevor since he was detained in 2019. Please visit the Free Trevor Reed [website](#) for more information.

<https://gofund.me/a0845c85>

