| Audience | Immediate need (for direct distribution) | Immediate need (training/information) | mid-range to long term care need |
|---|---|---|---|
| *Faith-based resources are in red* | | | Free Ukrainian New Testament from Biblica (via app) https://play.google.com/store/apps/details?id=com.biblica.ukrainian |
| **adult refugees/women** | "Beyond Disaster" *This booklet offers practical ways to care for yourself and your loved ones. It also can help you recover emotionally and spiritually from the trauma you experienced.* https://cloud.epsilon.sharepoint/sites/fb-beacon/Shared%20Documents/Forms/AllItems.aspx?id=%2Fsites%2Fb%2Dbeacon%2FShared%20Documents%2FBeyond%20Disaster%2Dcover%2Dsmall%2Dsize%2Dfinal%2Dukrainian%2Dcorrected%2Dpdf.pdf&parent=%2Fsites%2Fb%2Dbeacon&p=true&ga=1&e=ZTFmMg&at=9&CID=2C0A0A0A-0000-0000-0000-000000000000&wdLOR=c0A0A0A0A-0000-0000-0000-000000000000&cid=2C0A0A0A-0000-0000-0000-000000000000<br>"Beyond Disaster UKRAINIAN" https://cloud.epsilon.sc/sites/fb-beacon/Shared%20Documents/Forms/AllItems.aspx?id=%2Fsites%2Fb%2Dbeacon%2FShared%20Documents%2FBeyond%20Disaster%2Dcover%2Dsmall%2Dsize%2Dfinal%2Dukrainian%2Dcorrected%2Dpdf.pdf&parent=%2Fsites%2Fb%2Dbeacon&p=true&ga=1&e=ZTFmMg&at=9&CID=2C0A0A0A-0000-0000-0000-000000000000&wdLOR=c0A0A0A0A-0000-0000-0000-000000000000&cid=2C0A0A0A-0000-0000-0000-000000000000 | Trauma Healing Institute (THI) "Helping People after a Disaster" https://cloud.epsilon.sharepoint/sites/fb-beacon/78182ce-1fef-436d-8172-3ddda8115f8b | "Healing the Wounds of Trauma" https://bibles.com/product/english/christian-books-and-resources/healing-wounds-trauma-refugee-edition-print-demand |
| | "Beyond Disaster" postcards https://cloud.epsilon.sharepoint/sites/fb-beacon/Shared%20Documents/Forms/AllItems.aspx?id=%2Fsites%2Fb%2Dbeacon%2FShared%20Documents%2FBeyond%20Disaster%2Dcover%2Dsmall%2Dsize%2Dfinal%2Dukrainian%2Dcorrected%2Dpdf.pdf&parent=%2Fsites%2Fb%2Dbeacon&p=true&ga=1&e=ZTFmMg&at=9&CID=2C0A0A0A-0000-0000-0000-000000000000&wdLOR=c0A0A0A0A-0000-0000-0000-000000000000&cid=2C0A0A0A-0000-0000-0000-000000000000 https://cloud.epsilon.sc/sites/fb-beacon/Shared%20Documents/Forms/AllItems.aspx?id=%2Fsites%2Fb%2Dbeacon%2FShared%20Documents%2FBeyond%20Disaster%2Dcover%2Dsmall%2Dsize%2Dfinal%2Dukrainian%2Dcorrected%2Dpdf.pdf&parent=%2Fsites%2Fb%2Dbeacon&p=true&ga=1&e=ZTFmMg&at=9&CID=2C0A0A0A-0000-0000-0000-000000000000&wdLOR=c0A0A0A0A-0000-0000-0000-000000000000&cid=2C0A0A0A-0000-0000-0000-000000000000 | | |
| | Rapid Psychological First Aid - flash card, in English https://www.cabeurope.org/assets/media/documents/CSTS_RPFA_Card_Hands_You_Family_Friends_Card_Out.pdf and in Ukrainian https://www.cabeurope.org/assets/media/documents/CSTS_RPFA_Card_Hands_You_Family_Friends_Card_Out_UKR_v1.pdf | | |
| | Helping Others Calm an Acute Stress Response, in Ukrainian https://www.cabeurope.org/assets/media/documents/CSTS_Helping_Calm_ASR_Card_Out_UKR_v1.pdf | Helping Others Calm an Acute Stress Response, in English https://www.cabeurope.org/assets/media/documents/CSTS_Helping_Calm_ASR_Card_Out.pdf | |
| | *EXTENSIVE list of mental health resources* available at the Centre for the Study of Traumatic Stress, Ukrainian https://www.cabeurope.org/ua/ru-ukraine/other-languages/ukrainian | *EXTENSIVE list of mental health resources* available at the Centre for the Study of Traumatic Stress, English https://www.cabeurope.org/resources/resource-master-list/war-in-ukraine-mental-health-resources | |
| | Managing Media Exposure during a Crisis, Ukrainian https://ingcentre.org/wp-content/uploads/2022/03/SoMe_guide_ukr.pdf?wpv_search=true | Refugees and Trauma, English NSW Refugee Health Service https://www.euroscenario.org/wp-content/uploads/2022/03/Stress-and-refugees.pdf | |
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| **child refugees** | Biblica, "The Survivors" - trauma resource book for children in Ukrainian *The Survivors is a first response to provide children with a resource during the war in Ukraine. It begins the process of helping children find comfort in the midst of the uncertainty and anxiety they are experiencing.* https://hopeforukraine.net/wp-content/uploads/Ukrainian_Survivors-SE_READER.pdf | Guidance for protecting displaced children https://www.unicef.org/emergencies/guidance-protecting-displaced-children-ukraine | |
| | "God is With Me", a family guide to living after disaster. ENGLISH only *This booklet is intended to help parents and caregivers help children to feel safe during times of uncertainty and change.* https://www.dropbox.com/s/ldqb6ldf1ffbqmq/God%20is%20With%20Me%20-%20Jul%2015%2FEN.pdf?dl=0 | Supporting a child during bombing (English, Russian, Ukrainian) https://alisfeeds.io/resources/how-you-can-support-your-child-during-bombing-ennuk | |
| | War-time Parenting Tips from World Without Orphans, in Ukrainian *7 short parenting tips to help you and your children during a crisis* https://worldwithoutorphans.wpengine.netdna-cdn.com/wp-content/uploads/2022/03/Tips-Ukrainian_ALL.pdf and in English https://wp-content/uploads/2022/03/Tips-Ukrainian_ALL.pdf?wpv-search=true&wpv-view-id=9595&wpv-view-type=table&wpv-view-parent-id=9595&wpv-view-offset=0&wpv-view-limit=10&wpv-view-order=asc&wpv-view-orderby=title&wpv-view-search=false&wpv-view-post_type=page&wpv-view-post_id=9595&wpv-view-post_ancestor=9595&wpv-view-post_parent=0&wpv-view-post_children=0&wpv-view-post_siblings=0&wpv-view-post_taxonomy=0&wpv-view-post_taxonomy_children=0&wpv-view-post_taxonomy_siblings=0&wpv-view-post_taxonomy_parent=0&wpv-view-post_taxonomy_ancestor=0&wpv-view-post_taxonomy_descendant=0&wpv-view-post_taxonomy_sibling=0&wpv-view-post_taxonomy_cousin=0&wpv-view-post_taxonomy_uncle=0&wpv-view-post_taxonomy_nephew=0&wpv-view-post_taxonomy_niece=0&wpv-view-post_taxonomy_grandparent=0&wpv-view-post_taxonomy_grandchild=0&wpv-view-post_taxonomy_spouse=0&wpv-view-post_taxonomy_in_law=0&wpv-view-post_taxonomy_parent_in_law=0&wpv-view-post_taxonomy_child_in_law=0&wpv-view-post_taxonomy_sibling_in_law=0&wpv-view-post_taxonomy_cousin_in_law=0&wpv-view-post_taxonomy_uncle_in_law=0&wpv-view-post_taxonomy_nephew_in_law=0&wpv-view-post_taxonomy_niece_in_law=0&wpv-view-post_taxonomy_grandparent_in_law=0&wpv-view-post_taxonomy_grandchild_in_law=0&wpv-view-post_taxonomy_spouse_in_law=0&wpv-view-post_taxonomy_parent_of_spouse=0&wpv-view-post_taxonomy_child_of_spouse=0&wpv-view-post_taxonomy_sibling_of_spouse=0&wpv-view-post_taxonomy_cousin_of_spouse=0&wpv-view-post_taxonomy_uncle_of_spouse=0&wpv-view-post_taxonomy_nephew_of_spouse=0&wpv-view-post_taxonomy_niece_of_spouse=0&wpv-view-post_taxonomy_grandparent_of_spouse=0&wpv-view-post_taxonomy_grandchild_of_spouse=0&wpv-view-post_taxonomy_spouse_of_spouse=0&wpv-view-post_taxonomy_parent_of_in_law=0&wpv-view-post_taxonomy_child_of_in_law=0&wpv-view-post_taxonomy_sibling_of_in_law=0&wpv-view-post_taxonomy_cousin_of_in_law=0&wpv-view-post_taxonomy_uncle_of_in_law=0&wpv-view-post_taxonomy_nephew_of_in_law=0&wpv-view-post_taxonomy_niece_of_in_law=0&wpv-view-post_taxonomy_grandparent_of_in_law=0&wpv-view-post_taxonomy_grandchild_of_in_law=0&wpv-view-post_taxonomy_spouse_of_in_law=0&wpv-view-post_taxonomy_parent_of_parent_in_law=0&wpv-view-post_taxonomy_child_of_parent_in_law=0&wpv-view-post_taxonomy_sibling_of_parent_in_law=0&wpv-view-post_taxonomy_cousin_of_parent_in_law=0&wpv-view-post_taxonomy_uncle_of_parent_in_law=0&wpv-view-post_taxonomy_nephew_of_parent_in_law=0&wpv-view-post_taxonomy_niece_of_parent_in_law=0&wpv-view-post_taxonomy_grandparent_of_parent_in_law=0&wpv-view-post_taxonomy_grandchild_of_parent_in_law=0&wpv-view-post_taxonomy_spouse_of_parent_in_law=0&wpv-view-post_taxonomy_parent_of_child_in_law=0&wpv-view-post_taxonomy_child_of_child_in_law=0&wpv-view-post_taxonomy_sibling_of_child_in_law=0&wpv-view-post_taxonomy_cousin_of_child_in_law=0&wpv-view-post_taxonomy_uncle_of_child_in_law=0&wpv-view-post_taxonomy_nephew_of_child_in_law=0&wpv-view-post_taxonomy_niece_of_child_in_law=0&wpv-view-post_taxonomy_grandparent_of_child_in_law=0&wpv-view-post_taxonomy_grandchild_of_child_in_law=0&wpv-view-post_taxonomy_spouse_of_child_in_law=0&wpv-view-post_taxonomy_parent_of_sibling_in_law=0&wpv-view-post_taxonomy_child_of_sibling_in_law=0&wpv-view-post_taxonomy_sibling_of_sibling_in_law=0&wpv-view-post_taxonomy_cousin_of_sibling_in_law=0&wpv-view-post_taxonomy_uncle_of_sibling_in_law=0&wpv-view-post_taxonomy_nephew_of_sibling_in_law=0&wpv-view-post_taxonomy_niece_of_sibling_in_law=0&wpv-view-post_taxonomy_grandparent_of_sibling_in_law=0&wpv-view-post_taxonomy_grandchild_of_sibling_in_law=0&wpv-view-post_taxonomy_spouse_of_sibling_in_law=0&wpv-view-post_taxonomy_parent_of_cousin=0&wpv-view-post_taxonomy_child_of_cousin=0&wpv-view-post_taxonomy_sibling_of_cousin=0&wpv-view-post_taxonomy_cousin_of_cousin=0&wpv-view-post_taxonomy_uncle_of_cousin=0&wpv-view-post_taxonomy_nephew_of_cousin=0&wpv-view-post_taxonomy_niece_of_cousin=0&wpv-view-post_taxonomy_grandparent_of_cousin=0&wpv-view-post_taxonomy_grandchild_of_cousin=0&wpv-view-post_taxonomy_spouse_of_cousin=0&wpv-view-post_taxonomy_parent_of_uncle=0&wpv-view-post_taxonomy_child_of_uncle=0&wpv-view-post_taxonomy_sibling_of_uncle=0&wpv-view-post_taxonomy_cousin_of_uncle=0&wpv-view-post_taxonomy_uncle_of_uncle=0&wpv-view-post_taxonomy_nephew_of_uncle=0&wpv-view-post_taxonomy_niece_of_uncle=0&wpv-view-post_taxonomy_grandparent_of_uncle=0&wpv-view-post_taxonomy_grandchild_of_uncle=0&wpv-view-post_taxonomy_spouse_of_uncle=0&wpv-view-post_taxonomy_parent_of_nephew=0&wpv-view-post_taxonomy_child_of_nephew=0&wpv-view-post_taxonomy_sibling_of_nephew=0&wpv-view-post_taxonomy_cousin_of_nephew=0&wpv-view-post_taxonomy_uncle_of_nephew=0&wpv-view-post_taxonomy_nephew_of_nephew=0&wpv-view-post_taxonomy_niece_of_nephew=0&wpv-view-post_taxonomy_grandparent_of_nephew=0&wpv-view-post_taxonomy_grandchild_of_nephew=0&wpv-view-post_taxonomy_spouse_of_nephew=0&wpv-view-post_taxonomy_parent_of_niece=0&wpv-view-post_taxonomy_child_of_niece=0&wpv-view-post_taxonomy_sibling_of_niece=0&wpv-view-post_taxonomy_cousin_of_niece=0&wpv-view-post_taxonomy_uncle_of_niece=0&wpv-view-post_taxonomy_nephew_of_niece=0&wpv-view-post_taxonomy_niece_of_niece=0&wpv-view-post_taxonomy_grandparent_of_niece=0&wpv-view-post_taxonomy_grandchild_of_niece=0&wpv-view-post_taxonomy_spouse_of_niece=0&wpv-view-post_taxonomy_parent_of_grandparent=0&wpv-view-post_taxonomy_child_of_grandparent=0&wpv-view-post_taxonomy_sibling_of_grandparent=0&wpv-view-post_taxonomy_cousin_of_grandparent=0&wpv-view-post_taxonomy_uncle_of_grandparent=0&wpv-view-post_taxonomy_nephew_of_grandparent=0&wpv-view-post_taxonomy_niece_of_grandparent=0&wpv-view-post_taxonomy_grandparent_of_grandparent=0&wpv-view-post_taxonomy_grandchild_of_grandparent=0&wpv-view-post_taxonomy_spouse_of_grandparent=0&wpv-view-post_taxonomy_parent_of_grandchild=0&wpv-view-post_taxonomy_child_of_grandchild=0&wpv-view-post_taxonomy_sibling_of_grandchild=0&wpv-view-post_taxonomy_cousin_of_grandchild=0&wpv-view-post_taxonomy_uncle_of_grandchild=0&wpv-view-post_taxonomy_nephew_of_grandchild=0&wpv-view-post_taxonomy_niece_of_grandchild=0&wpv-view-post_taxonomy_grandparent_of_grandchild=0&wpv-view-post_taxonomy_grandchild_of_grandchild=0&wpv-view-post_taxonomy_spouse_of_grandchild