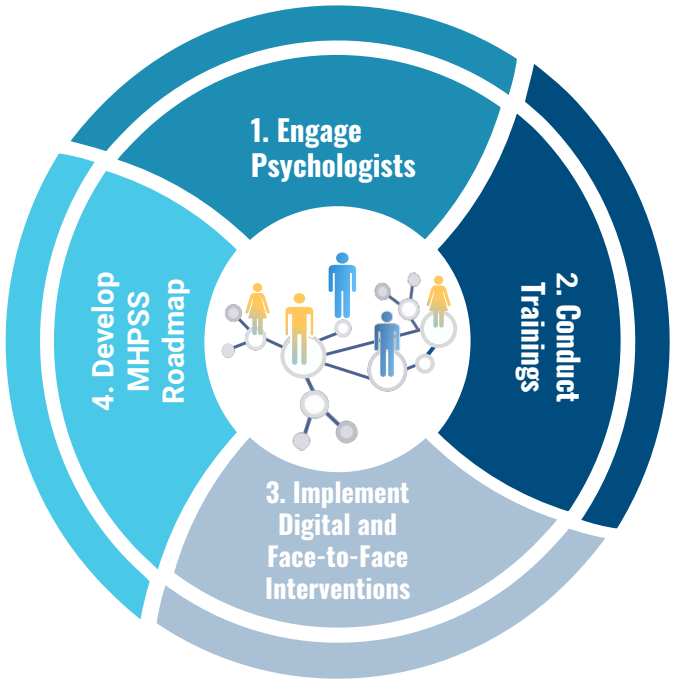
U-RISE PROJECT: UKRAINE'S DISPLACED PEOPLE IN THE EU: REACH OUT, IMPLEMENT, SCALE UP AND EVALUATE INTERVENTIONS PROMOTING MENTAL WELL-BEING

Ukrainian forcibly displaced persons are at high risk of developing mental health problems due to war-related trauma. The U-RISE project aims to improve the mental health and psychological well-being of the displaced people from Ukraine in the EU with the following objectives:

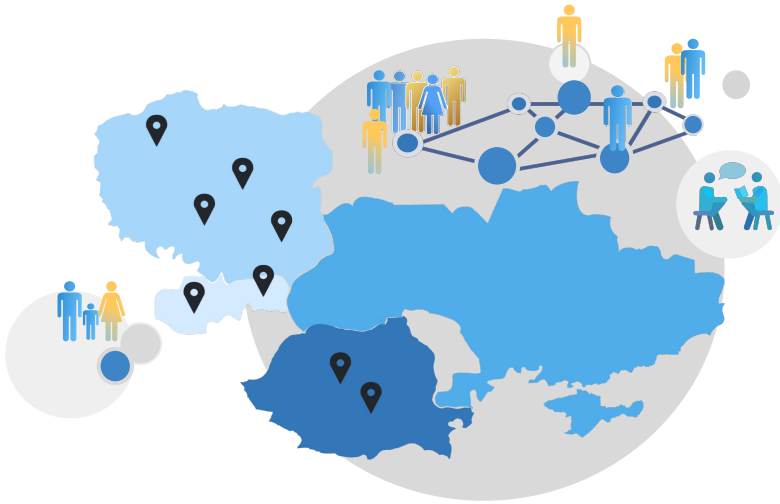


1. Engage a pan-European network of Ukrainian and Russian-speaking MH professionals in training and implementing low-intensity, evidence-based, face-to-face, and digital MH interventions adapted to local conditions

2. Conduct training activities in PM+, SH+ and MFA in three EU regions: Slovakia, Poland, and Romania*

3. Implement digital MH support for Ukrainian refugees across Europe by disseminating promising digital interventions (Psychological First Aid Chatbot and Doing What Matters in Times of Stress app)

4. Develop a roadmap for available psychological support and referral pathways for displaced people who need specialised mental health services



*Participants are trained to provide the following interventions:

- Self-Help Plus (SH+)

WHO's group intervention for coping with stress

- Problem Management Plus (PM+)

WHO's individual psychological intervention for individuals with anxiety and depression symptoms following exposure to adversity

- Multi-Family Approach (MFA)

Intervention provided in a group setting to empower a family support network

Phase 1 Preparation

- Collecting training materials
- Localizing the materials
- Creating the professional MH network

Phase 2 Capacity Building

- On-site trainings of trainers
- On-site trainings of peer helpers

Phase 3 Implementation

- Developing an implementation plan
- Implementing low-intensity on-site programs
- Adjusting the plan based on stakeholders' feedback

Phase 4 Evaluation and Dissemination

- Publishing project data on partners' websites
- Engaging future stakeholders in SH+, PM+ and MFA
- Evaluation of digital interventions

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