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## **MENTAL HEALTH CARE IN UKRAINE**

Today our country is going through difficult times caused by the armed aggression of the neighbouring state – the Russian Federation. Martial law affected all spheres of human life without exception, changed our views, forced us to reconsider our values. The basic human need, the need for security, has been destroyed, and the stable picture of the world has been violated. We must find the strength not only to survive all the horrors of the war and cope with different stressful situations, but also influence everyone at their place. That is why we are talking so much about mental health, its factors and components, prevention and promotion. Although mental health has always been important. It gives us an opportunity to live a fulfilling life.

The World Health Organization (WHO) describes mental health as “a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community” [2].

Mental health is a problem that needs to be solved in all spheres: communities, education, medicine, organizations, family life. And, of course, a lot of attention should be paid to the military men, their rehabilitation and people affected by the war. WHO estimates that up to 10 million people are at risk of some form of mental disorders, varying from anxiety and stress to more severe conditions. By the order of the Cabinet of Ministers of Ukraine dated 27<sup>th</sup> December 2017 the Concept of development of mental health care in Ukraine for the period until 2030 was approved. It states that “if the action plan is implemented, it is expected to create a holistic and effective system of mental health protection of the population which will provide for an increase in the level of mental health and an improvement in the quality of life” [1].

Along this way, we have to overcome a lot of stereotypes and stigmas about mental health, the culture of each in our society is very low. A great number of people distrust psychologists and the effectiveness of their work. The Modern Ukrainian mental health system as a whole inherited the organizational structure as well as strategies and practices of the Soviet System with all its advantages and disadvantages [1]. This system has to undergo changes and such changes should be implemented into different mental health programmes and projects.

One of them is Mental Health for Ukraine (MH4U) [3]. This is a four-year project, the goal of which is to improve the quality and availability of assistance and psychological support for people from Ukraine. The project is implemented with the support of Switzerland and embodies the approaches of the Concept of development of mental health care in Ukraine for the period until 2030. The MH4U site contains a great amount of different resources and will be useful for those who want to learn more, look for help, help others, represent an organization or community or being mental health specialist.

Viktoriiia Horbunova and Vitalii Klymchuk contribute to mental health care in Ukraine. Within the framework of the project their and other researchers' achievements

are presented. Among them are Mental Health Media Guide, Universal Training in Mental Health and also The Concept of a Mental Health Sensitive School [3]. These are important and necessary steps towards mental health care in our country.

### **REFERENCES**

1. The Concept of development of mental health care in Ukraine for the period until 2030. URL: <https://zakon.rada.gov.ua/laws/show/1018-2017> (Last accessed: 7.04.2023).
2. Mental Health. URL: <https://www.paho.org/en/topics/mental-health> (Last accessed: 8.04.2023).
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