The Estonian Refugee Council has relaunched a free, confidential mental health hotline providing psychosocial support to Ukrainians living in Ukraine or displaced across 21 European countries. The programme is implemented in cooperation with the Ukrainian National Psychological Association and funded by the Estonian Centre for International Development (ESTDEV).

The hotline is staffed by qualified psychologists and psychiatrists trained in crisis response, offering culturally appropriate assistance to help individuals cope with trauma and recover. For complex cases, callers can be referred to Estonian Refugee Council case managers for additional support, including financial aid for specialized services.

Source(s)

- Estonian Refugee Council | Eesti Pagulasabi (28 May, 2025), [Estonian Refugee Council's Hotline Offers Mental Health Support to Ukrainians in 21 European Countries], https://www.pagulasabi.ee/en/estonian-refugee-councils-hotline-offers-mental-health-support-ukrainians-21-european-countries

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