

Ukraine Information and Resources

People may be concerned over the Russian invasion of Ukraine. This occurred after months of Putin's increased military presence along Ukraine's borders and U.S. efforts to resolve the issue with diplomacy. Those not directly affected may be concerned for the safety of loved ones or worried about the future involvement of their nation in the conflict. The below news sources explain more on the developing situation:

- The United Nations keeps a running update of the humanitarian impact here: <https://ukraine.un.org/en>
- **CNN** – “LIVE UPDATES: Russia invades Ukraine”: <https://www.cnn.com/europe/live-news/ukraine-russia-putin-news-03-02-22/index.html>
- **NBC News** – “Russia-Ukraine crisis update”: <https://www.nbcnews.com/world/russia-ukraine-news>
- **Wall Street Journal** – “The Latest News on the Russia-Ukraine Conflict: Live Updates”: <https://www.wsj.com/livecoverage/russia-ukraine-latest-news-2022-03-02>

Below are online resources that may be able to assist you in locating services and receiving aid in Ukraine. To access the websites, please click on the links. You may wish to contact these providers for additional information.

Government Hotlines

- Government Contact Centre's hotline for removal from danger zone: 101
 - <https://www.ukc.gov.ua/a-dovidkova-informatsiya-a/gromadyanam-z-pytan-peremishhennya-z-tymchasovo-okupovanoyi-terytoriyi-ta-rajoniv-provedennya-ato/>
 - <https://www.ukc.gov.ua/a-dovidkova-informatsiya-a>
- Government hotline: 1545
<https://www.kmu.gov.ua/uryadova-garyacha-liniya-1545>

Government Departments

- <https://mvs.gov.ua/uk/ministry/struktura/organs-system-mia/state-emergency-service-1>
- <https://www.president.gov.ua>

Shelter and Practical Support Within Ukraine

- <https://help.unhcr.org/ukraine/uk>

Support From Poland

- Reception Points: <https://www.gov.pl/web/udsc/punkty-recepcyjne2>
- UNHCR Poland
 - Hotline: +48 22 628 6930
 - <https://help.unhcr.org/poland/>

- Office for Foreigners Hotline: +48 47 721 75 75
- Border Guard: +48 82 568 51 19
- <https://www.gov.pl/web/udsc/ukraina-en>

Support From Hungary

- <https://helsinki.hu/informacio-az-ukrainabol-menekuloknek>
- <https://www.facebook.com/helsinkibizottsag>
- <https://www.facebook.com/kormanyzat>
- <https://www.origo.hu/itthon/20220227-a-magyarukran-hataratkelohelyek-nyitvatartasat-024-oras.html>
- Border Information:
 - <https://www.police.hu/hirek-es-informaciok/hatarinfo>
 - <https://help.unhcr.org/hungary>

Support From Slovakia

- Hotline for People from Ukraine: +421 918 366 968
- <https://ua.gov.sk/en.html>
- Border Crossing Veľké Štremence - Mali Štremenci: 0961764815
 - <https://www.minv.sk/?hranicne-priechody-1>
 - <https://www.presov.sk/ca/313625/oznamy.html>

Support From Moldova

- The Information Center of the Office for Migration and Asylum: 0 8000 15 27
- <http://bma.gov.md/ro/content/%D0%B2%D0%B0%D0%B6%D0%BB%D0%B8%D0%B2%D0%BE>
- Hotlines for Ukrainians in Moldova
 - <https://dopomoga.gov.md>
 - <https://www.border.gov.md/informare-4>
- List of border districts of Moldova
 - https://www.ipn.md/ro/in-patru-puncte-de-trecere-a-frontierei-pe-partea-7967_1088176.html
 - <https://border.gov.md/ro/ucraina>
 - <https://www.facebook.com/moldova4peace>

Support From Romania

- Romanian National Council for Refugees (CNRR) hotline: (004)0730073170
- <https://help.unhcr.org/romania>
- <https://www.cnrr.ro/index.php/ro>

Updated Information

- <https://uacrisis.org/uk>
- <https://ukraine.ua/ukraine-news>
- <https://www.cfr.org/global-conflict-tracker/conflict/conflict-ukraine>

- <https://www.msp.gov.ua/news/21435.html>
- <https://www.radiosvoboda.org/a/rosiya-ukrayina-zahroza-viyny/31703318.html>
- https://www.ukrinform.ua/rubric-other_news/3410864-rosia-rozpocala-vijnu-proti-ukraini.html
- <https://suspilne.media/200484-zagroza-vijskovogo-vtorgnenna-rosii-v-ukrainu-tekstovij-onlajn/>

Safety Tips and Advice for Conflict

- <https://babel.ua/profit/73258-spodivayemos-rosiya-ne-sprobuye-zahopiti-ukrajinu-a-yakshcho-velike-vtorgnennya-taki-bude-os-poradi-specialistiv-z-riznih-krajn-yak-pidgotuvati-do-viyini-sebe-ta-svoje-zhitlo>
- <https://armyinform.com.ua/2022/02/24/spysok-ukryttiv-po-vsij-ukrayini/>
- <https://kiev.segodnya.ua/ua/kyiv/kother/kak-i-gde-spasatsya-kyivlyanam-v-sluchae-napadeniya-rossii-adresa-bomboubezhishch-i-sovety-1598322.html>

Social Media Information and Resources

- <https://twitter.com/Ukraine>
- https://twitter.com/MFA_Ukraine
- <https://www.facebook.com/UkraineMFA>
- <https://www.instagram.com/ukraine.ua>
- <https://www.facebook.com/zelenskiy.official>

Community Resources

- <https://salvationarmy.org.ua>
- <https://eleos.com.ua>

National and International Red Cross

- <https://redcross.org.ua>
- <https://www.icrc.org/en>

Donation and Support

- <https://savelife.in.ua/donate/>
- <https://ukraine.ua/news/donate-to-the-nbu-fund/>
- <https://novaukraine.org/>

In response to the situation, we are offering these free webinars:

- [Remaining Resilient During a Crisis](#)
- [Maintaining Your Team's Resilience During a Crisis](#)

Finally, the following articles from this website may help readers cope with stress:

- [Managing Anxiety in Times of National or International Tension](#)
- [Coping with Crisis in the Media \(Part 1\)](#)
- [Coping with Crisis in the Media \(Part 2\)](#)

- [Tips for Parents on Media Coverage of Violent Events](#)
- [Manager's Response to Traumatic Events](#)
- [Coping with the Stress of Emergency Relocation](#)
- [Helping Young People Cope with the Stress of Emergency or Forced Relocation](#)
- [Steps to Take if You Lose Contact with Someone in Another Country During a Crisis](#)
- [When You're Concerned About Loved Ones in an Area of Armed Conflict](#)

How to Help

For those who want to help, the below links explain ways that people can support refugees and others displaced from their homes due to conflict:

- [How to Help Refugees from Ukraine](#)
- The *#WeHelpUkraine* website is a worldwide appeal to help Ukrainian refugees, <https://www.wehelpukraine.org>. Additionally, if you'd like to volunteer to answer phones for this initiative, please fill out the volunteer form here: https://docs.google.com/forms/d/e/1FAIpQLSct_wPvaShqCaMwdn6GNdrXR9VMGgJ0O3oCSX5Pef9Dr0qCTg/viewform
- The U.S. Ukraine Foundation explains how you can help here, <https://usukraine.org>
- United Nations High Commissioner for Refugees (UNHCR) is asking for a one-time donation to provide clean water, food, medicine, and shelter to displaced people throughout Ukraine, https://give.unrefugees.org/170101ukr_mainpg_d_3000
- Mercy Corps (Although written refugees from Syria, the same tips can apply for those displaced out of Ukraine and Russia due to the current situation.), <https://www.mercycorps.org/blog/what-refugees-need-after-leaving>
- The International Rescue Committee (IRC), <https://medium.com/uprooted/what-s-in-my-bag-758d435f6e62>