

869 DAYS OF WAR, 869 DAYS OF INNER RESISTANCE

The silent mental health revolution in Ukraine

When war destroys from the outside... and from within

Since the first missile crossed the sky over Ukraine in February 2022, millions of lives have been put on hold. Homes have been destroyed, families separated, and a country left wounded. But there are wounds that cannot be seen, wounds that do not bleed, but beat silently: anxiety, loss, insomnia, chronic fear, trauma.

Against this heartbreaking backdrop, **mental health has emerged as the new battleground**. And there, amid the chaos, Coopera ONGD has been present. **Three years of uninterrupted work**, during which **we have assisted more than 50,910 people, 10,320 of them in the last six months alone**. Because even though the tanks rumble, **hope also knows how to shout**.

Coopera's psychosocial program: Rebuilding from within

□□ Context and origins

Coopera has been working in Ukraine since 2002, but the outbreak of war marked a Before and after. Thanks to the support of Madrid City Council and the experience gained in crises such as the one in Congo, an **ambitious mental health plan** was launched in Kyiv.

Our work is structured around four pillars:

1. **Training for psychologists** in war trauma, using cutting-edge techniques.
 2. **Free online psychotherapy** with Ukrainian specialists.
 3. **Psychiatric support** and provision of psychotropic drugs when necessary.
 4. **Post-incident debriefing** to provide immediate care to victims of bombings, violence, or loss.
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?? Platforms and centers: When help finds its place

☎ *Mudra Sprava* – A network that heals

With more than **15,927 users worldwide**, this platform has been key to breaking the isolation of victims. Eighty percent of those who requested for help had stress levels of 7 to 10 out of 10. Even so, **87% reported an improvement after just one session**.

“I survived a rocket attack. I lost my business. Now I’m afraid something will happen to my family. I can’t adapt. I can’t sleep...”

— *Patient, 31 years old*

These heartbreaking testimonies are at the heart of the project.

☑☑ *Community Centers in Zaporizhzhia and Kryvyi Rih* – Homes for the soul

Two physical community centers were opened in hard-hit regions. They are not just buildings: they are shelters where the soul finds comfort. They offer:

- Individual and group therapy (art, music, dance)
 - Child-friendly spaces
 - Conferences to destigmatize mental health
 - Training for therapists
 - Activities for more than 6,000 people per year
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🌐🌐 The impact: From Kyiv to the world

📈📈 **Shocking data, enlightening data**

- **50,910 people served in three years**
- **10,320 people in the last six months**
- **1,628 unique patients on the Mental Help platform**
- **3,669 individual psychological sessions**
- **31 media publications and 180,000 views on social media**

?? Patient profile:

- **85% women**
- Average age: 26–45 years
- Main reasons: anxiety, stress, emotional relationships, depression, and adjustment

?? A new war, a new way to fight it

What was once considered invisible is now essential. Mental health cannot wait. War not only destroys cities, it also leaves internal scars.

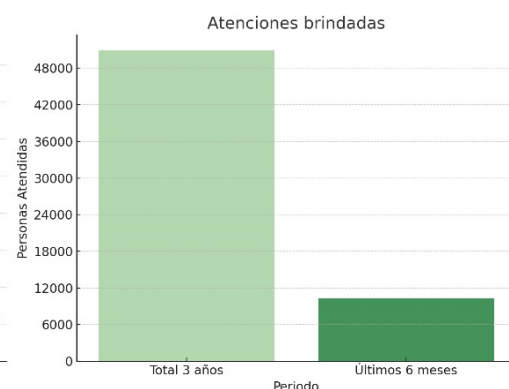
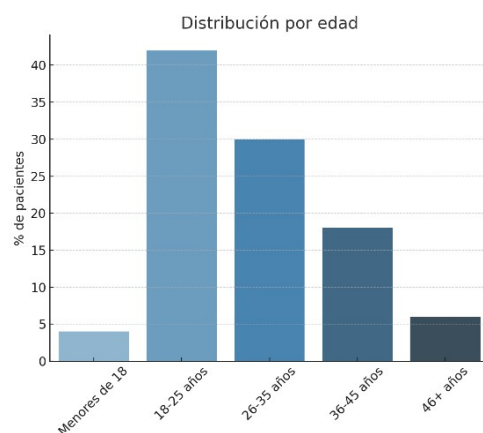
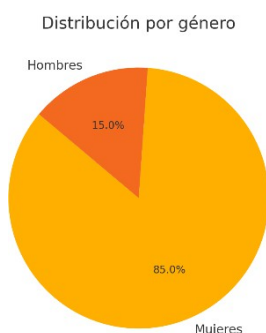
But with every session, with every psychologist trained, with every child who smiles again, **Ukraine shows that victory is also built from within.**

And **Coopera ONGD will continue to be** there. Because rebuilding a country is not just about putting up walls. It is also about healing hearts.

□□ Conclusion: Ukraine will shine again

“Will Ukraine shine again?”

Yes. With every therapy session, with every hug, with every life that regains meaning. The war continues, but so does hope.



1. Distribution by gender

85% of those assisted are women, confirming the greater emotional burden that the war has had on them, often as mothers, caregivers, or direct victims.

2. Distribution by age

The most affected age **group** is **18 to 35**, the active heart of Ukrainian society. These people have been torn from their routines, their plans, and in many cases, their families.

3. People assisted

Comparison of total impact:

- **50,910 people assisted in 3 years**
- **10,320 in the last 6 months alone**, revealing a surge in needs and possibly greater access to and trust in the programs.