

ASSISTING WOMEN DURING WARTIME

” *“I want to thank UNFPA for its help and support. The hygiene kit and the rest of the backpack [dignity kit] contents are a godsend in this situation,”*
– Iryna, recipient of the female essentials pack.

Since the start of the full-scale war in Ukraine, UNFPA provided internally displaced women and girls with female essentials packs and dignity kits.

In March, women and girls who evacuated from conflict-affected areas and those staying in areas of humanitarian crisis received 5,000 kits. Distributed kits contain commodities for menstrual hygiene and personal care of women and girls. The kits help women and girls meet essential hygiene needs with dignity as they stay in temporary homes or shelters in Zaporizhzhia, Dnipro and Poltava seeking refuge from hostilities.



NON-STOP SUPPORT OF THE GBV HOTLINE



Even as the country was waking to the shocks of the war, the national GBV hotline maintained service provision to everyone in need. Operated by La Strada with UNFPA and UK Government support, the 116 123 national toll-free hotline on prevention of domestic violence, trafficking and gender discrimination ensured non-stop provision of psychological counselling via messengers.

UNFPA supported the installation of a virtual teleconferencing system to enable operators' work without attachment to the physical office in Kyiv. On 11 March, the hotline resumed phone consultations in full capacity.

In March 2022, the hotline for GBV survivors received 997 calls and provided free, confidential and accessible assistance in 314 cases of domestic and gender-based violence. Additionally, 589 beneficiaries received online psychological consultations and support.

Uninterrupted service provision by the hotline was both instrumental for timely response to GBV and reassuring for Ukrainians in times of uncertainty.

PROTECTION AND CARING THROUGH INFORMATION SHARING

The war has unquestionably changed the lives of every citizen of Ukraine, causing a wave of internal and external migration. Facing uncertainty, people required information adapted to their specific needs. Many women, who moved to other countries, travelling alone or with children, sought security advice and information on available services. Other people, who stayed in the country as internally displaced, faced a higher risk of exposure or witnessing mistreatment and violence, and needed contacts for help.

To meet the demand, UNFPA, developed sets of materials with contact information of specialised GBV services in Ukraine and abroad, possible ways to act in case of domestic violence (as a survivor or witness), and useful tips from psychologists and doctors. Jointly with partners, UNFPA distributed 450,000 information leaflets at border crossings and cities hosting IDPs. Additionally, this information was disseminated via programme's social networks – Facebook and Instagram pages of the “Break the Circle” information campaign and “(No) trivia in relationships” project pages.

The availability of helpful information informed the decisions of Ukrainians and helped mitigate the risks of GBV throughout their journeys to safety.

ПОЛЬЩА
КУДИ ЗВЕРТАТИСЯ, ЯКЩО ВИ ЗІТКНУЛИСЯ З ГЕНДЕРНО ЗУМОВЛЕНИМ ТА/АБО ДОМАШНІМ НАСИЛЬСТВОМ?

- Поліція: **112** або **997**
- Національна польська служба екстреної допомоги для постраждалих від домашнього насильства:
☎ **800 12 00 02**
- Центр прав жінок:
e crk.org.pl/ua
☎ **600 07 07 17**
(24/7, психологічна, соціальна і правова підтримка)
- Офіційний сайт для українців, які приїждять до Польщі
☎ +48 477 21 75 75
e ukraina@udsc.gov.pl
e gov.pl/web/udsc/ukraina-en

Знайдіть підтримку

Зверніться до іншої людини, яка може мати більше переваг над кривдником і попросить про допомогу. Наприклад, якщо ви знаходитесь у кафе, пошукайте охоронця і вкажіть на те, що відбувається.

PSYCHOLOGICAL SUPPORT FOR VULNERABLE WOMEN AND GIRLS

” *“I am infinitely grateful to you for your caring attitude and attention to everyone. I got into this programme not by chance, but because I live in conditions of psychological, physical and economic violence in the family... Therefore, your sessions, and especially practical classes for me – it’s a breath of fresh air and a kind of guide to a deeper understanding of the problems, and, finally, to a healthy life, to a happy self,”* – Olena, an attendee of the psychological consultation session.

Since February, four psychologists of the “Break the Circle” online Women Career Hub extended the scope of their support not only for hub clients but also for all women seeking help during wartime hardships.

In less than two months, specialists provided more than 320 hours of group and individual consultations. To enhance their work, UNFPA prepared 5 sets of information materials:

- Some things should never be put off. Protection against domestic violence is one of them;
- How to support relatives in temporarily occupied cities;
- How to cope with anxiety;
- Methodical recommendations for people whose relatives are now defending Ukraine;
- Self-assistance in stress.

Consultations revealed that most women have faced new dangers they never experienced and did not know how to respond. Many clients requested help in dealing with trauma caused by losses of relatives or homes. They also asked for support with overcoming apathy, fatigue, exhaustion and learning to control aggressive emotional outbursts towards others. In addition, psychologists assisted internally displaced women who evacuated from temporarily occupied territories.

Participants’ feedback demonstrated that meetings were timely and helpful. Some of them registered for individual consultations after the group meetings, others started networking and supporting each other.

For many women, economic resilience became a new priority, as they come to realise it may take long to return home. In such circumstances, referral to career counsellors of the “Break the Circle” Career Hub was more than handy. Women, who decided to enrol for employability counselling, were also receiving psychological supervision and coaching. Such sessions helped them adjust to the new context, maintain internal balance and find effective solutions in life.

Working with the support of the UK Government, the [“Break the Circle”](#) online career hub makes comprehensive employability support available for Ukrainian vulnerable women and girls across the country.



SOCIAL ENTERPRISES JOIN HUMANITARIAN RESPONSE

War changed routines and approaches on all levels – state, community, and family. Business is no different – many enterprises shifted their operation to support defenders and help the population in need.

Several social enterprises, launched with the support of UNFPA and the UK Government, have also adapted their work. Entrepreneurs joined rapid response to humanitarian needs while providing jobs to women survivors of domestic and gender-based violence.

Before the start of the war, NGO “Synergy Hub” received additional funding from UNFPA to increase the economic viability of GBV survivors by expanding production capacity and creating more workplaces at Adoro Café in Kryvyi Rih. After the hostilities started, the social café swiftly repurposed the funds to procure humanitarian assistance kits for the war-affected population. In March, the social enterprise distributed individual female essentials kits to 193 women who evacuated from the east and north of the country.

In the meantime, the social studio “Butterfly” became the centre of the volunteer movement in Lviv region. The studio serves as a platform for providing comprehensive social assistance to IDPs,



offering advice on employment, accommodation and relocation. Currently, the social atelier sews clothes for IDPs and flags of Ukraine.

Committed to social mission, UNFPA-supported enterprises ensure secure employment of GBV survivors and do their best to strengthen communities' resilience.

