## Ukraine: Mental Health Support and Donations

The GIP-Global website (<a href="https://www.gip-global.org">https://www.gip-global.org</a>) helps people in Ukraine and other countries with their mental health.

GIP-Global has made a website (<a href="https://www.samopomi.ch">https://www.samopomi.ch</a>) for people in Ukraine to access to help them with their mental health while in the midst of war.

## GIP-Global donation link to help people with mental health care in Ukraine:

https://www.paypal.com/donate/?hosted\_button\_id=NNMSF5YG7LSUA)\*

\* I found this donation link on Dr. Nicole Votruba's (a staff member of GIP-Global) LinkedIn page (in one of her posts). This link doesn't appear to be displayed on the GIP-Global website. However there is a similar donation link displayed on the GIP-Global website, but I'm not sure if the money donated to that link goes just to Ukraine or to some of the other countries GIP-Global works in as well. The donation link that Dr. Votruba shared (the one I've shared above) seems to go directly to the people in Ukraine. There is contact information on the GIP-Global website if you want to learn more.

- Matthew Dickson, www.MindAid.ca