

Irish Red Cross: Free Mental Health & Psychosocial Support (https://www.activelink.ie/node/115645)







Irish Red Cross offers a range of mental health and wellbeing supports for people who have fled from Ukraine to Ireland, and for the professionals and volunteers who support them

Our mental health support services include training and therapeutic interventions, depending on your need

All support is FREE and of high quality

All training and support can be provided in English, Ukrainian, or Russian. Most of our training is online, but some can be in-person.

We schedule a range of online training sessions each month. Once you register, we will contact you to inform you of any training you have expressed interest in.

If you have any questions or you are interested in setting up an in-person training or community-based support group, please do reach out tomentalhealth@redcross.ie (mailto:mentalhealth@redcross.ie)

SUPPORT FOR UKRAINIANS THAT WANT TO FEEL BETTER:

- CMBM Mind-Body Skills Groups (In-person group support)
- Narrative Exposure Therapy (Online one-to-one mental health support)
- Self Help Plus (SH+) (Online support to manage stress or anxiety) Problem Management Plus (PM+) (Online mental health support)
- Shapes of Grief (Self-paced audio in Ukrainian)
- Psychological First Aid (Online or in-person training to strengthen your skills)
- Psychological First Aid for Children (Online or in-person training to strengthen your skills)

SUPPORT FOR PROFESSIONALS AND VOLUNTEERS

Support to improve your skills and enhance your wellbeing

- Psychological First Aid (PFA) (Online or in-person training to strengthen your skills)
- Psychological First Aid for Children (PFAC) (Online or in-person training to strengthen your skills)
- Self Help Plus (SH+) (Online support to manage stress or anxiety)
- Trauma and Crisis Intervention Training (In-person training to strengthen your skills) Problem Management Plus (PM+) (Online mental health support)
- Shapes of Grief (SoG) (Self-paced audio in Ukrainian)

For more information and details on each training in English and Ukraine, please visit our webpage: https://www.redcross.ie/ukrainesupport/mentalhealth/ (https://www.redcross.ie/ukrainesupport/mentalhealth/)

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Closing Date 31st July 2025

- Contact Details mentalhealth@redcross.ie (mailto:mentalhealth@redcross.ie)
- **COST FREE**
- Booking information

How to book:

Use the registration link below. When you register, a project officer will contact you to discuss options with you or enrol you in the next available training/therapy

Registration: IRC Training Registration (https://forms.office.com/pages/responsepage.aspx?id=W1Sai

kWkOfVrALNxeXMyM_urhw6R9Dm4boGoPxxT1UMklxQ1VWQVVQWINLTU5VTzYwMVpNTUpNNi4u&origin=lprLink&route=shorturl)

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All services English.png (https://redcrossie2-my.sharepoint.com/personal/akeane_redcross_ie/_layouts/15/onedrive.aspx?

id=%2Fpersonal%2Fakeane%5Fredcross%5Fie%2FDocuments%2FDesktop%2FAll%20services%20English%2Epng&parent=%2Fpersonal%2Fakeane%5Fredcross%5Fie%2FDocuments%2FDesktop

All services Ukraine.png (https://redcrossie2-my.sharepoint.com/:i:/g/personal/akeane_redcross_ie/ESlamZuLQmBGiollebpVVQEBsAJAQovlwH1GBjn7TEWEsg?e=KQfjQG)

Region

More Information (https://www.redcross.ie/ukrainesupport/mentalhealth/)

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