

How to provide psychological support to both refugees and Scout team members

How have you included Psychological First Aid into your programme?



Psychological support has been a fundamental aspect of the support provided by some of the UAct NSOs, an example of which are the Polish 7 employed Ukrainian psychologists were constantly available for Ukrainian participants to reach out when needed. In addition, psychological support has also been a service offered to the Scout members themselves to prevent the volunteers and leaders from burn-out and support them on the challenges that can sometimes arise from delivering programmes with children that have suffered severe psychological trauma.

The NSO included Psychological First Aid as a training on different levels. First of all, they trained all Blue Dots case workers, and secondly, they trained all volunteers working on a first line of Humanitarian Assistance.

As throughout the entire duration of the project, the NSO has been having a big influx of volunteers providing Humanitarian support and taking part in the different activities, they decided to set at least one on-line training in Psychological First Aid every 2 weeks. These sessions were opened to anyone willing to join.

Additionally, the NSO also trained all adults working with Psychological First Aid, all adults working / volunteering during summer and winter camps with Ukrainian kids, so it was not just for leaders, but also technical staff, and even a cooks.