NEW START

Psychological Support for Ukraine's Medical Professionals

Excessive Stress & Risk of Burnout Among Medical Personnel

Medical personnel in war zones experience significant stress and trauma, requiring psychological rehabilitation and resilience-building support.

This constant pressure leads to severe burnout and emotional exhaustion, which in turn compromises the quality and stability of life-saving medical services.

Key personnel shortages make it challenging for these experts to take time off.

Adaptable, high-impact intervention strategies are required

New Start is the only program **specifically designed for war-affected frontline medical staff**, combining burnout prevention care, peer-to-peer learning, international supervision, and art therapy sessions.

✓ **Intensive, Evidence-Based Model**

We successfully implemented three multi-day rehabilitation camps (Berlin & Ukrainian Carpathians) for 25 medical professionals and first responders.

✓ **Comprehensive Methodology**

The curriculum combined evidence-based psychological support methods, including trauma-focused therapy, somatic practices, and peer-to-peer learning.

Focus Areas

Workshops were designed for trauma processing, resilience building and stress management, empowering participants with sustainable self-care habits (e.g., daily yoga and mindfulness).

Key Outputs

We delivered a total of 31 training sessions and 50 individual psychological support sessions (two per participant) to ensure personalized care and progress tracking.

Exceeding Expectations

Measurable, Life-Changing Outcomes

Direct Reach

25 frontline medical professionals received intensive support

Indirect Reach

Participants are spreading techniques to colleagues, **aiming to influence ~1,500 individuals** (use the 19-member team average).

80–85%

of participants reported **feeling emotionally impressed** after the camps

Achieved a **reduction in psychological distress** scores that exceeded

the target of

42%

PROVEN IMPACT

Emotional Well-Being & Stress Reduction

Across three rehabilitation camps, participants experienced **significant reductions in burnout, anxiety, PTSD, and depression**, while 82% reported improved emotional well-being.

These **results demonstrate the urgent need** and measurable impact **of the New Start program**.

	Berlin Camp (Dec 2024)	Carpathians Camp (Jan 2025)	Carpathians Camp (Feb 2025)	Average Across Camps
Burnout ↓	39%	30%	32.4%	**33.9% ↓**
Anxiety ↓	30%	25%	27.8%	**27.4% ↓**
PTSD ↓	25%	28%	30.2%	**27.7% ↓**
Depression ↓	—	—	29.1%	**29.1% ↓**
Emotional Health Improved ↑	85% participants	80% participants	80–85% participants	**82% ↑**

Our Mission Ukraine team received advanced **training in trauma-informed care and project management**, delivered by our **expert Canadian partners, Camp Aftermath**, drawing on their 8 years of specialized experience.

This secures our long-term operational quality and expertise:

- **Ongoing online support** platform and monthly virtual check-ins maintain peer engagement and continuous skill reinforcement.
- **Participants' hospitals are integrating techniques** into daily routines, ensuring lasting, self-sustaining impact.

Peer-to-Peer Replication

Participants are actively sharing learned techniques with colleagues in their hospitals

New Local Programs

Two participants initiated yoga classes in their medical facilities

Program Expansion

We are collaborating with one participant to develop a local support program in Kharkiv, with plans to extend to Odesa

Antonina's Story

After joining New Start, she regained strength — and now leads yoga sessions for colleagues and wounded soldiers.

> *I am now a happy, confident woman who can carry on treating soldiers.*
>
> Antonina
> Participant of the New Start Camp

Your support is vital to safeguard **the future of care in Ukraine.**

Together, we turn survival into recovery

EXPERT LEADERSHIP

TRUSTED PARTNERSHIPS

Our successful execution of the New Start project, in close cooperation with international partners demonstrates our reliability, trustworthiness, and capacity to deliver complex, high-impact programs under challenging circumstances.

Learn More & Watch Participant Testimonials:

- Project Page – summary & embedded videos
- YouTube Channel – all video testimonials

Clinical Excellence & Supervision

We collaborated with international experts, including **Dr. John Fox** (Camp Aftermath Director) who provided supervision and specialized training.

Dr. Whelan is an **author of multiple books on trauma and PTSD** and brings over 20 years of experience from the Canadian Forces and private practice.

Local Expertise

A dedicated team of four Ukrainian Mental Health Professionals and Coordinators with trauma recovery specialization, ensuring culturally sensitive and immediate support.

Strong Governance

Clear management roles across Mission Ukraine ensure efficiency, transparency, and accountability for all resources.

How Your Funding Creates Impact

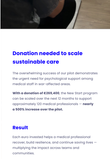
2026 Plans

Deploy 9 adaptat-rehabilitation camps, using high-impact, flexible formats (e.g., 5-day programs or intensive weekends) to fit around staff schedules.

Enable direct, measurable improvements in emotional well-being, resilience, and stress management for frontline medical teams.

Expand peer-to-peer replication, amplifying the benefits to colleagues and patients across Ukraine.

Support long-sustainability initiatives such as yoga programs and regional mental health support groups in Kharkiv and Odesa.



Donation needed to scale sustainable care

The overwhelming success of our pilot demonstrates the urgent need for psychological support among medical staff in war-affected areas.

With a donation of €200,400, the New Start program can expand its impact from 25 patients to support approximately 50 medical professionals – **nearly a 100% increase over the pilot.**

Result

Each euro invested helps a medical professional recover, build resilience, and continue saving lives – multiplying the impact across teams and communities.

Our Website:

missionukraine.world

Follow Us:

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Together We Can

Help us save lives, restore hope, and build resilience across Ukraine by supporting our mission.

CONTACTS FOR PARTNERSHIP

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