



Digital app for mental support for Ukrainian refugees

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Current issue

Ukrainian refugees face significant mental health challenges due to:

- the trauma of war,
- displacement,
- the stress of resettlement in unfamiliar environments.

Traditional mental health services are often overwhelmed or difficult to access due to language barriers, limited resources, or logistical constraints. This creates a gap in critical mental health support, leaving many individuals without the help they need to cope with **anxiety**, **depression**, and **post-traumatic stress**.

The scale of this issue is substantial, as millions of Ukrainians have been displaced since the onset of the conflict, with many facing uncertain futures and significant mental health impacts. The demand for accessible mental health resources far exceeds the available supply, creating a pressing need for innovative solutions like our digital app to bridge this gap. Providing continuous mental health support can play a vital role in improving the well-being and resilience of affected communities.





Solution

To address the mental health challenges faced by Ukrainian refugees, we propose a **digital app** that provides accessible and culturally relevant mental health support. This app will bridge the gap created by limited access to traditional mental health services, which are often overwhelmed or unavailable due to *language* and *logistical barriers*.

We have chosen to develop an app that combines various support methods, such as **immediate crisis counseling**, **self-guided mental health resources**, and **a community support network**. This approach leverages technology to ensure continuous, user-friendly assistance available in multiple languages. By integrating these methods, the app can offer scalable and flexible support that adapts to the needs of users and helps build resilience in affected communities.



Hackathon:

Empowering Refugee Entrepreneurship through Technology



Innovation

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Scale

Millions of Ukrainian refugees are spread across Europe, with a growing mental health crisis due to ongoing displacement and isolation.

Importance

Addressing these mental health needs is crucial for refugees' well-being, resilience, and successful integration into new communities.

Differentiation

The app's integration of crisis support, self-help tools, and peer networks, alongside AI-driven personalization and multi-language accessibility, makes it unique in addressing the specific needs of Ukrainian refugees.

Novelty and Technology

This app combines crisis counseling, self-guided resources, and community support in one platform. It uses AI for personalized recommendations and is culturally tailored, available in multiple languages to meet the specific needs of Ukrainian refugees.





Potential

Long-term Impact

The app can continue to support refugees by expanding its services to cover various stages of mental recovery and adaptation to new environments.

Scalability

With a flexible structure, the app can scale to support other refugee communities and integrate with existing humanitarian aid platforms.

Sustainable Partnerships

By collaborating with NGOs, mental health professionals, and government bodies, we can ensure ongoing funding and resource availability to grow the project.

Team's Ability to Implement

- **Technical Expertise**

Skilled developers ready to implement a reliable, accessible, and secure platform.

- **Mental Health Knowledge**

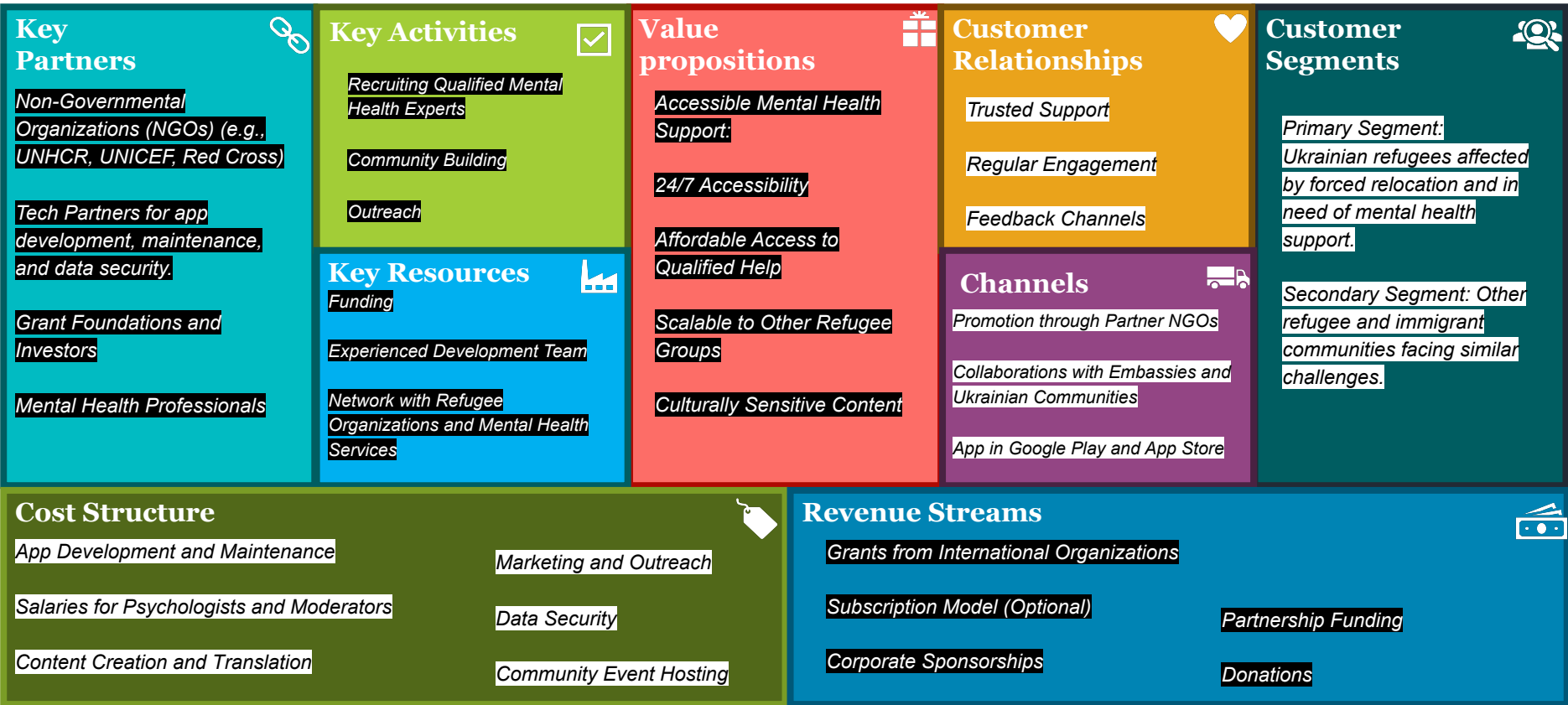
Psychologists and mental health experts on board to ensure the app offers effective, culturally sensitive support.

- **Project Management**

With clear timelines and established connections in the mental health and refugee support sectors, we are equipped to bring this idea from prototype to reality.



Business Model Canvas





Impact and scale

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Impact on Refugee Challenges:

- **Addresses Critical Needs:** Provides accessible, culturally relevant mental health support to millions of Ukrainian refugees facing anxiety, depression, and PTSD.
- **Bridges Service Gaps:** Overcomes barriers of traditional mental health services, such as language and logistical constraints.
- **Enhances Well-being:** Continuous support improves resilience and integration into new communities.

Scalability:

- **Flexible and Adaptable:** Designed to scale and support other refugee communities beyond Ukrainians.
- **Integration Potential:** Can be integrated with existing humanitarian aid platforms for broader reach.
- **Sustainable Growth:** Partnerships with NGOs, mental health professionals, and government bodies ensure ongoing funding and resource availability.



Next steps

Market Research

Conduct surveys and focus groups with Ukrainian refugees to identify their mental health needs and preferences.

Prototype Development

Collaborate with mental health professionals and developers to create a beta app with key features:

- *therapy matching;*
- *self-help resources;*
- *multilingual support.*

Pilot Testing

Launch the app in select refugee communities to gather feedback and refine features.

Partnership Building

Partner with NGOs, international organizations (e.g., UNHCR), and healthcare providers to expand reach and integrate with existing support networks.

Marketing & Outreach

Promote the app via social media, community centers, and partnerships with refugee aid organizations.

Continuous Improvement

Regularly update the app based on user feedback, incorporating new features and improvements, such as AI tools or additional content.

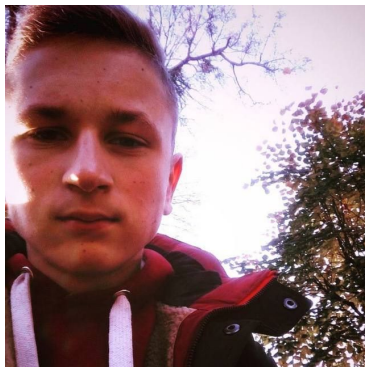


Team

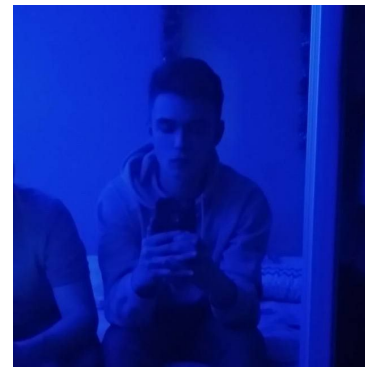
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