

Understanding trauma

A traumatic event, such as war, is difficult to take in. It is normal to experience unpleasant feelings, be frightened or even wonder if you lost control of yourself.

Although each person reacts differently, many people experience some of the common reactions to stress:

Fear and anxiety

You may feel that the world is a dangerous place, and you can never be sure when something bad is going to happen. You may also experience changes in your body, such as increased heart rate, sweating, shaking, tension and have a sense of dread.

Withdrawal

You may not feel motivated to go out or interact with other people. It is understandable.

Anger

Your anger may be directed at people causing the war or people who did not help to stop the war. Many people also feel anger towards people they love the most. This is normal.

Feelings of guilt

Traumatic events often lead to a sense of guilt. You may feel guilty for surviving or leaving your loved ones behind. Sometimes blame comes from family and friends who may not fully understand your circumstances and decisions.

Re-experiencing

You may find yourself reliving the traumatic events. This may involve nightmares or distressing images popping into your mind. They may be very vivid, and you may feel as if you are going through it all over again.

Feeling low / avoidance / withdrawal

Sadness is another common emotion. You may experience feelings of hopelessness and despair. Activities you used to enjoy may not feel of interest and the plans you had may no longer seem meaningful. That's OK.

Loss of social identity

Your social status may have changed. The job you are doing now may be less satisfying or you may struggle to find one. This may lead to feelings of uncertainty and dissatisfaction.

These feelings can feel confusing and frightening. If you or someone you know would like support, the following organizations may be able to help:



Help and Organisations

- British Red Cross [Help for Ukrainian Refugees in the UK | British Red Cross](#)
- Government guidance:
 - Welcome: a guide for Ukrainians arriving in the UK (lots of practical help- bank account etc) [Welcome guide](#)
- Ukrainian Institute London – lots of advice – in both languages [Settling into the UK – Ukrainian Refugee Support \(ukrainianinstitute.org.uk\)](#)
- Basingstoke and Deane Government website <https://www.basingstoke.gov.uk/Ukraine>
- Basingstoke Voluntary Action [Support for Ukraine - Basingstoke Voluntary Action \(bvaction.org.uk\)](#)

Immigration Advice

- [Ukraine Advice Project](#) – free immigration advice for Ukrainians
- [Here for Good](#) - Free legal advice and application advice
- [Settled's Ukraine Service](#) - Free immigration advice provided in Ukrainian, Russian and English.

Travel to the UK

- The European Union has created a list of travel arrangements for [countries in Europe](#)
- [Eurostar](#) are offering free travel to London to Ukrainians
- [National Rail](#) are offering free onward transport following arrival in the UK

Health and wellbeing

- [Baby Basics](#) are providing welcome kits for parents and babies
- [Banardos](#) have set up a helpline, in multiple languages for Ukrainians
- [Doctors of the World](#) have a series of resources about the UK healthcare system
- [Sane Ukraine](#) – trauma support for Ukrainians
- [Thrive LDN](#) - guides for wellbeing

Employment

- [Micro Rainbow](#) are able to offer integration and employment advice for LGBTQI Ukrainians
- [Refugee Employment Network](#) advertise vacancies and training for people with a refugee background
- [United for Ukraine](#) are offering assistance for Ukrainians arriving in the North of England to access employment support.





Government resources

- [Homes for Ukraine sponsor guidance](#)
- [Homes for Ukraine FAQ](#)
- [Visa application](#) for people being sponsored
- [Welcome to the UK booklet](#) for new arrivals

General

- City of Sanctuary have a great list of [useful links](#).
- Association of Ukrainians in Great Britain have [branches](#) around the UK

