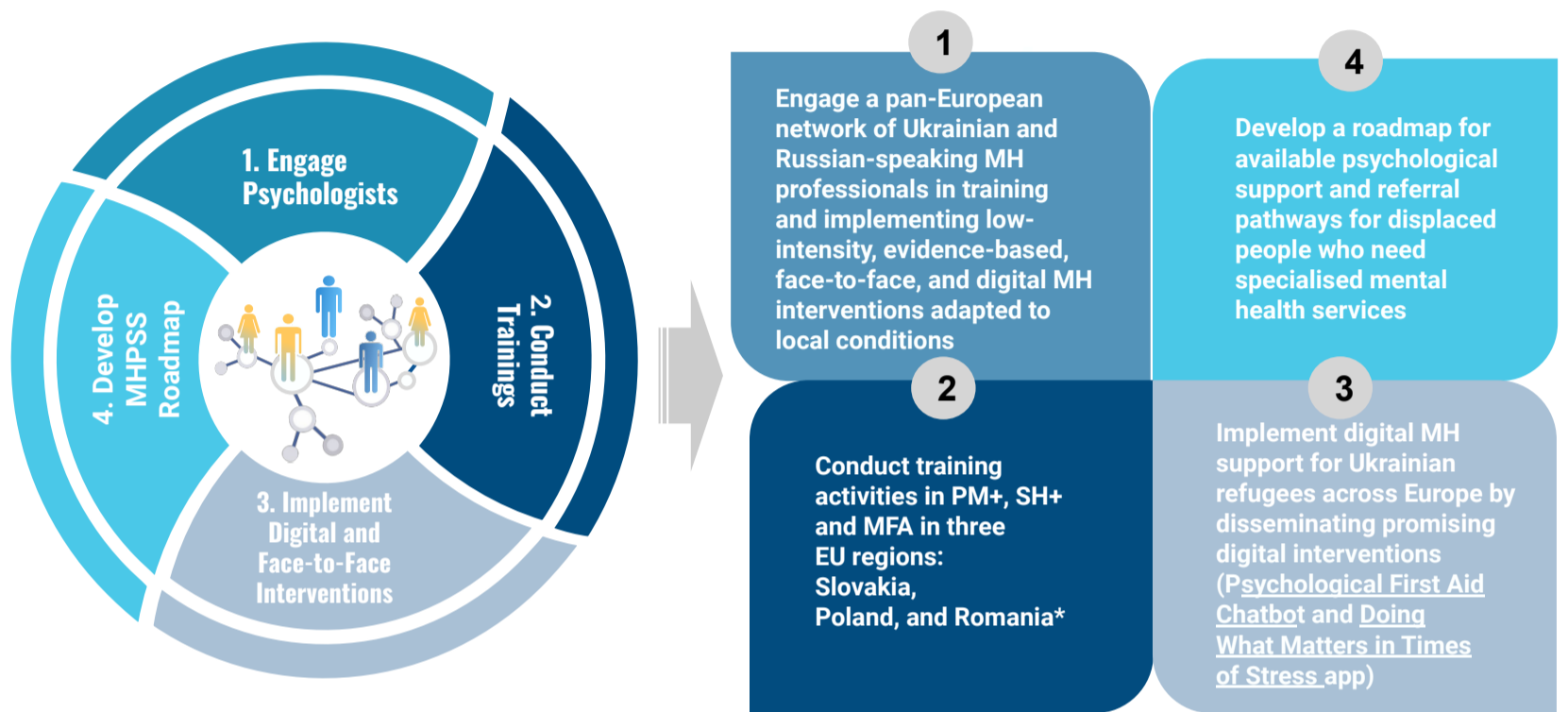


U-RISE PROJECT: UKRAINE'S DISPLACED PEOPLE IN THE EU: REACH OUT, IMPLEMENT, SCALE UP AND EVALUATE INTERVENTIONS PROMOTING MENTAL WELL-BEING

Ukrainian forcibly displaced persons are at high risk of developing mental health problems due to war-related trauma. The U-RISE project aims to improve the mental health and psychological well-being of the displaced people from Ukraine in the EU with the following objectives:



***Participants are trained to provide the following interventions:**

- Self-Help Plus (SH+)

WHO's group intervention for coping with stress

- Problem Management Plus (PM+)

WHO's individual psychological intervention for individuals with anxiety and depression symptoms following exposure to adversity

- Multi-Family Approach (MFA)

Intervention provided in a group setting to empower a family support network

