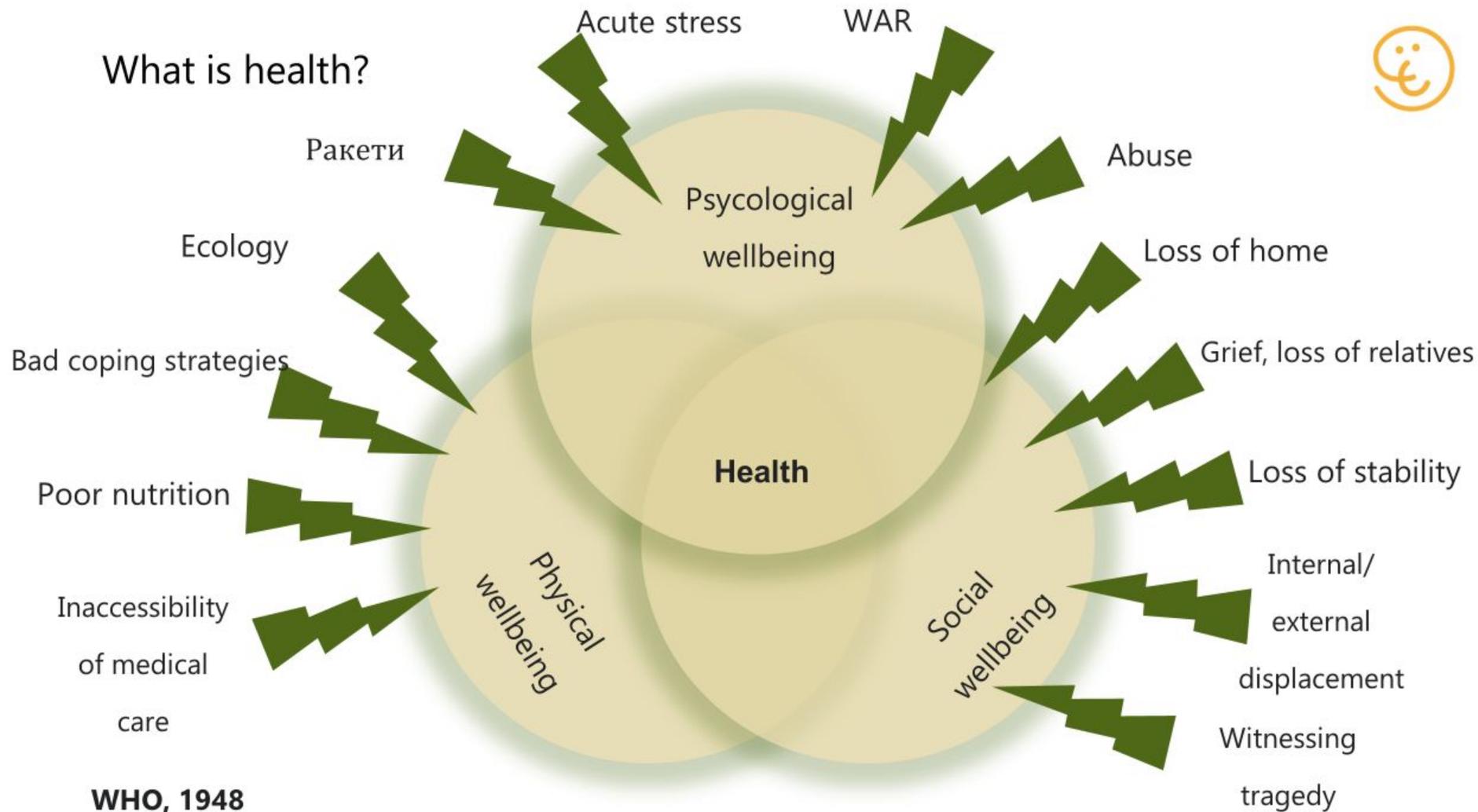


the Kakhovka dam tragedy impact on mental health

Khodan Anastasiia,
family physician, svoyi.ridni
national master-trainer in mental health

What is health?



WHO, 1948

WHO Ukraine health needs assessment (October 2024)



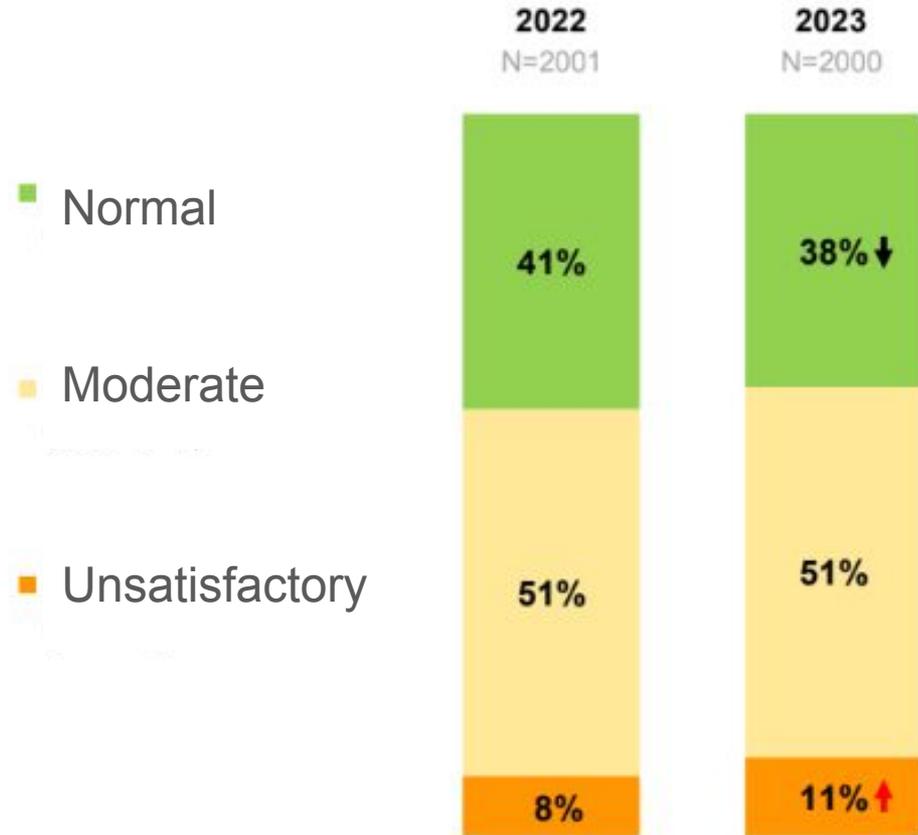
68% of Ukrainians report a decline in their health compared to the pre-war period:

mental health concerns - 46% of people affected

mental health disorders - 41%

neurological disorders - 39%

Mental health assessment of Ukrainians



Emotional and psychological state of Kherson citizens (Autumn 2023)

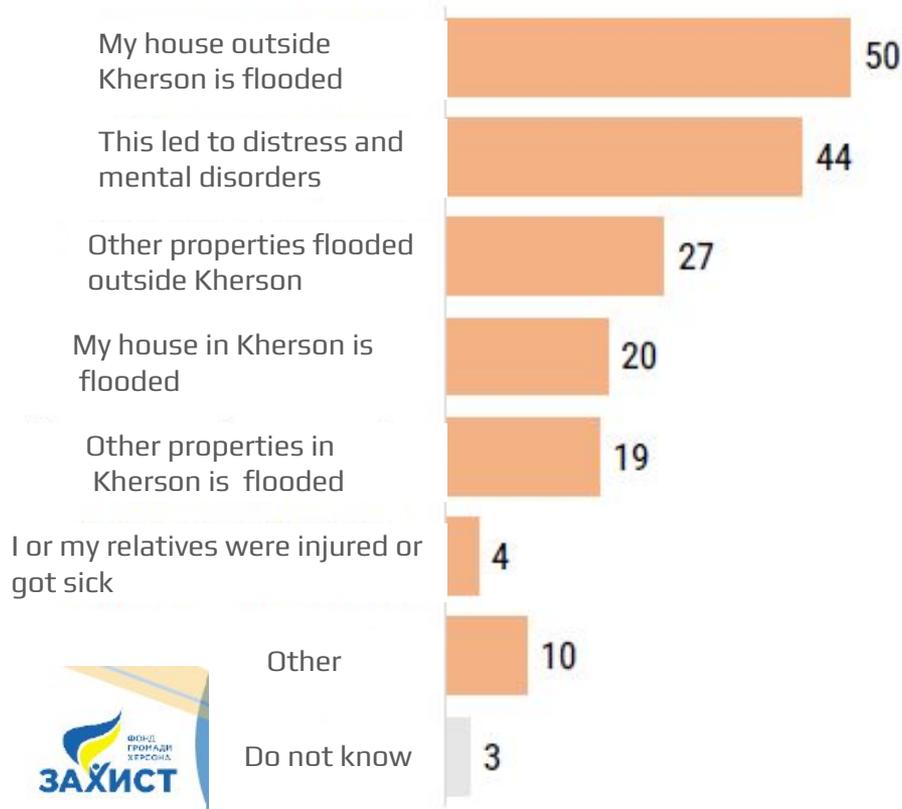
- The average score on a 5-point scale is 2.69 points (variation 30%).
- The city residents who are currently in Kherson rate their emotional and psychological state somewhat worse than those who left the city and have not yet returned (average scores are 2.66 and 2.73, respectively).
- 55% of those who are currently in Kherson and 47% of those who are currently in other regions of Ukraine or abroad say that their emotional and psychological state has worsened over the past month.



The nature of the consequences of the hydropower plant explosion on the people of Kherson

Q.: Якими саме були наслідки підриву дамби Каховської ГЕС для вашої родини?

*Множинні відповіді



The greatest pressure on mental health was experienced by respondents in

Kherson (78.7%),

Zaporizhia (77.1%),

Kharkiv (73.7%),

Sumy (67.6%)

Odessa (62.9%) regions.



ІНДЕКС ЗДОРОВ'Я.
УКРАЇНА

- The top 3 emotions that respondents note in themselves: **fatigue** (46%), **tension** (40%) and **hope** (36%).
- Compared to 2022, the number of those experiencing fatigue, powerlessness, disappointment, confusion, despair and loneliness has increased.
- 29% do not believe that their problems are sufficient to seek help

Resilience

- the ability to return to normal, to recover from difficulties
- the process of adapting well in the face of adversity, trauma, tragedy, threat, and stress (American Psychological Association)
- a branch with a fresh green living core, when it is twisted - the branch bends, not breaks, but instead relaxes and continues to grow (George Vaillant, psychologist at Harvard University)