

# Volunteers for Ukraine Launches Project Uplift to Support Mental Health and Resilience Among Youth

*Project Uplift addresses trauma and fosters emotional growth for children in Ukraine.*

PHILADELPHIA , PA, UNITED STATES, January 14, 2025 /EINPresswire.com/ -- [Volunteers for Ukraine \(VfU\)](#), a leading nonprofit dedicated to supporting Ukraine's recovery, announces Project Uplift: Mental Health and Resilience for Ukraine's Youth, an initiative to address the critical mental health challenges faced by children impacted by the ongoing war.

The full-scale invasion of Ukraine has left a generation of children grappling with psychological trauma, including anxiety, depression, and post-traumatic stress disorder. Many young people have experienced displacement, loss, and exposure to violence, significantly affecting their emotional well-being. Despite this widespread need, mental health resources remain scarce, particularly in rural and conflict-affected areas. Project Uplift seeks to bridge this gap by offering trauma-informed care and emotional resilience support tailored to the unique needs of Ukrainian youth.

This innovative initiative will provide young participants with opportunities to process their experiences, build emotional resilience, and regain a sense of stability. Drawing on evidence-based mental health practices, the project integrates therapeutic methods into structured activities to foster recovery and emotional growth. These efforts aim not only to address the immediate psychological needs of children but also to create an environment where they feel supported and secure.

Project Uplift also emphasizes long-term impact by strengthening the capacity of local communities to address mental health challenges. By equipping those who work closely with children—educators, caregivers, and community leaders—with trauma-sensitive strategies, the initiative ensures ongoing support for youth, creating a sustainable framework for resilience and



Ukrainians participating in the project outside of Kyiv



Project Uplift is a testament to the resilience of the Ukrainian people and a commitment to helping the next generation heal and thrive despite the hardships they've endured."

*Aaron Farrell, CFO at  
Volunteers for Ukraine*

recovery.

"The well-being of Ukraine's children is critical to the nation's future," said Aaron Farrell, CFO of Volunteers for Ukraine. "Project Uplift is a testament to the resilience of the Ukrainian people and a commitment to helping the next generation heal and thrive despite the hardships they've endured."

For more information on how to get involved, visit [volunteersforukraine.org](https://volunteersforukraine.org)

## Media

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