

Welcome to the National Institute of
Mental Health NIMH

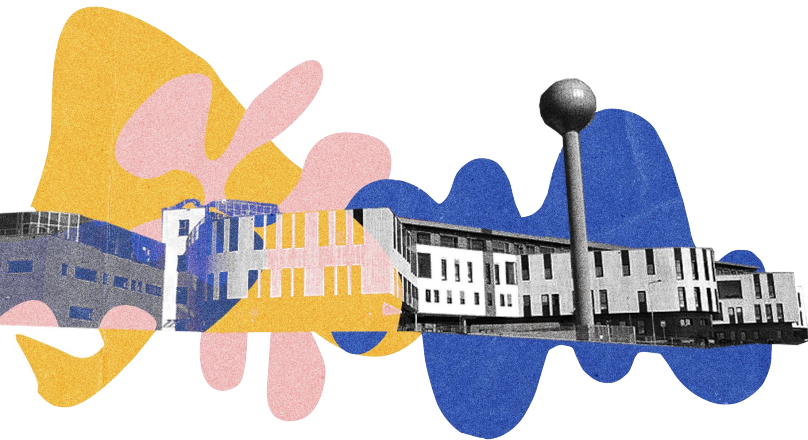
Who are we?

ХТО МИ?

1961 - VÚP, Centre for Psychiatric Research (Z. Matejček, K. Freund, S. Hrof and others)

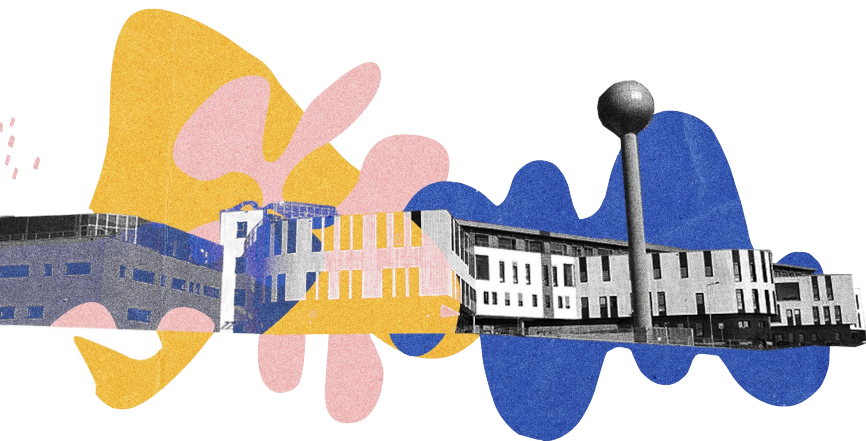
1990 - PCP, Psychiatric Centre Prague (director - C. Höschl)

2015 - NIMH, National Institute of Mental Health (director from 2019 P. Winkler)



12 research centres:

- preclinical, clinical, social mental health research,
- sleep, psychedelics, early development of SMI,
- VR applications in mental health and neuroscience, and sexual health,
- advanced brain and consciousness research,
- perinatal mental health,
- technology transfer,
- contractual clinical trials.



Clinical department

Outpatient department: general, clinical and psychological, paediatric psychiatric, bipolar disorder, sleep disorders, sexology, physiotherapy, ergotherapy, neurostimulation approach.

Diagnostic departments: MRI, EEG, clinical and psychological

Inpatient department: anxiety and affective disorders (CBT, pharmacotherapy, art therapy and other approaches), psychotic disorders, sleep disorders

Day inpatient department: psychotherapeutic and psychoeducational programmes

NIMH projects aimed at supporting Ukrainians in the Czech Republic

Starting from July 2022:

01.07.2022 - 30.06.2023 (RSJ) - Longterm development of psychosocial support for the Ukrainian population in Czechia.

Translation of the Opatruj.se portal into Ukrainian - Samopomi.ch.

01.09.2022 - 29.02.2024 (UNICEF, WHO) - MHPSS programmes for children from Ukraine and their parents, classmates, and teachers in Czechia.

01.08.2022 - 30.10.2023 (WHO) - Mapping of psychosocial services for Ukrainians in Czechia.

01.02.2024 - 31.05.2024 (WHO) and 01.06.2024 - 31.12.2024 (MZ ČR) - Promoting mental health literacy among ukrainian war refugees in Czechia and beyond.

Development of psychosocial support for Ukrainians in the Czech Republic

01.07.2022 - 30.06.2023



Psychosocial support

23 therapists, 1727 clients, 12540 hours of support over one year. Launch of seminars.

Project objectives

- Provide employment opportunities for Ukrainian psychotherapists and their adaptation in the Czech Republic.
- Strengthen psychosocial assistance for Ukrainians to improve their well-being and resilience.
- Determine the mental health status and needs of refugees through a comprehensive assessment.

Research

In cooperation with PAQ Research (10.2022)

- N = 1347
- The symptoms of 42% of adult respondents correspond to mild depression (as do, for comparison, only 8% of Czechs), 14% - moderate depression, and 7% - severe depression. Women are more likely to be affected.
- Signs of moderate anxiety are shown by 23% of refugees in the Czech Republic, compared to 7% of Czechs. Anxiety is again more prevalent among women, who make up over 70% of refugees in the Czech Republic.

More info:



The study:

Guerrero, Z., Melicharová, H., Kavanová, M., Prokop, D., Škvřák, M., Kunc, M., Leontiyeva, Y., Vitíková, J., Spurný, M., Pilnáček, M., Kyselá, M., Zhmurko, O., Tabery, P., & Winkler, P. (2023). Mental health conditions and help-seeking among Ukrainian war refugees in Czechia: A cross-sectional study. *Psychiatry Research*, 329, 115552. <https://doi.org/10.1016/j.psychres.2023.115552>

Research (unpublished)

759 and 518 clients completed the pretest and posttest respectively, results based on 491 participants (455 F, 36 M, most aged 30-40). 25% had a one-time consultation, with an average of 9 meetings among the rest.

Based on the PHQ-9, 30.1% of clients had symptoms of depression, and 26.6% had symptoms of anxiety based on the GAD-7. After psychosocial support, 8.1% and 8.3% respectively.

Launch of the communication campaign

“Психосоціальна підтримка українців у Чехії” @nudz_dopomoha_ua “Психосоціальна підтримка NUDZ CZUA”



Psycho-educational posting. Information about psychosocial support, interviews with psychologists, illustrations of grounding techniques and other tools.

Information about the services offered. Direct psychosocial support, the website Samopomi.ch, the map of support in Czechia and workshops.

Distribution among partner organisations.

Group singing



*First social meeting - singing
Christmas carols
2022/2023*

Newspaper



English version PDF



Ukrainian version PDF

*Production and distribution of
printed news on psychosocial
support - 5000 copies in
Ukrainian, 500 in Czech.*

Supporting the mental health of children, parents and teachers affected by the Russian-Ukrainian war in the Czech Republic.



Project outcomes

Teachers

- 38 seminars + 7 online-seminars
- 652 teachers absolved training
- 170 schools participated

Parents

- 13 seminars
- 201 parents absolved training

Children and adolescents (10-14 y.o.)

- 70,469 pupils taught by trained teachers, out of them 4 101 Ukrainian
- 7,082 children, who received educational materials and absolved a training with their class

Among them 725 Ukrainian

Seminars for UA parents



Picture competition



*Dedicated to the experience
of refugee children who had
left home*

Seminars throughout the Czech Republic



Content of the workshops for Ukrainian parents

Introduction to the topic of mental health	Introduction to mental health - risk and protective factors for mental health. Understand your child and yourself better - what is the connection between thoughts, behaviour, actions and body.
Physiology of trauma	How our brains react to traumatic experiences. Behavioural reactions to trauma. Chronic/acute stress reactions in children. Self-harm, behavioural regression and why does it happen?
Stress/trauma management	Building family resilience through routines and lifestyles. What is supportive parenting? How to respond to a child experiencing intrusive thoughts. Tools/practical activities to support children and adolescents through difficulties and stress. Children learn best by example - modelling healthy coaching strategies.
Self-care	Why is self-care important? What can you do for yourself? Mindfulness-based techniques and sleep. Where to look for help?

Feedback from parents who attended the seminar:

'Interesting and clear training. Good tips for family communication and the need to take care of yourself.'

'Thank you for such meetings for Ukrainians. It is very important and valuable!'

'An opportunity to communicate with like-minded people, a warm and friendly atmosphere, new useful and interesting information.'

'Very nice psychologists, I received useful information. Thank you for the time they gave me and for the children's corner for my children.'

'Everything was very well organised, I felt cared for, a warm and caring atmosphere. I am very grateful to the lecturers and organisers!'

'I learnt a lot and will use it in my life. I really enjoyed it.'

Promoting awareness of mental health and
psychosocial well-being among Ukrainian refugees in
the Czech Republic and beyond



Project implementation - results

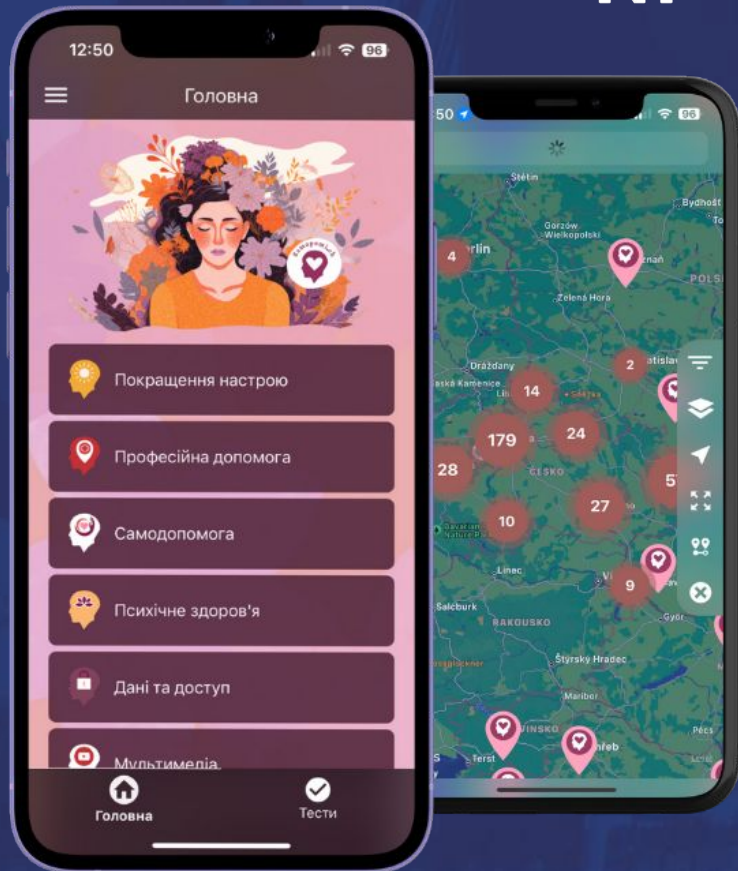
In four months, the project provided support to Ukrainians in the form of repeated individual and group therapy to more than **400** people, with a total of more than **2,200** therapy hours.

During the same period, a team of seven qualified Ukrainian psychotherapists organised **17** educational seminars attended by **236** people.



At the same time, the project team conducted a large-scale communication campaign aimed at raising awareness of mental health and psychosocial support services among Ukrainians, which reached more than **300,000** people from the target group in the EU. The campaign included, among other things, **7** professionally produced videos aimed at overcoming stigma and **20** adapted materials.



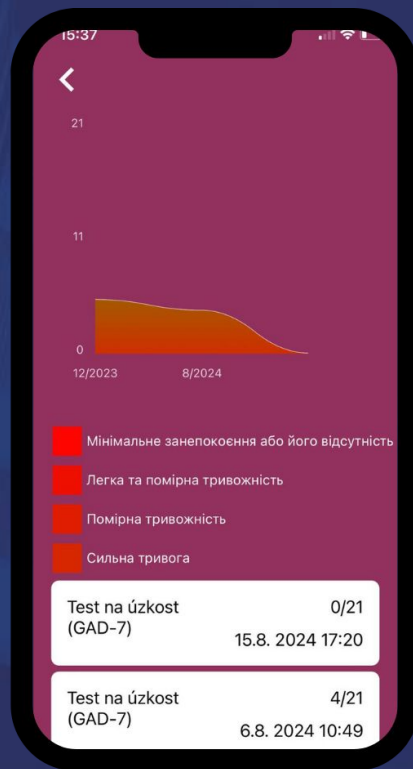
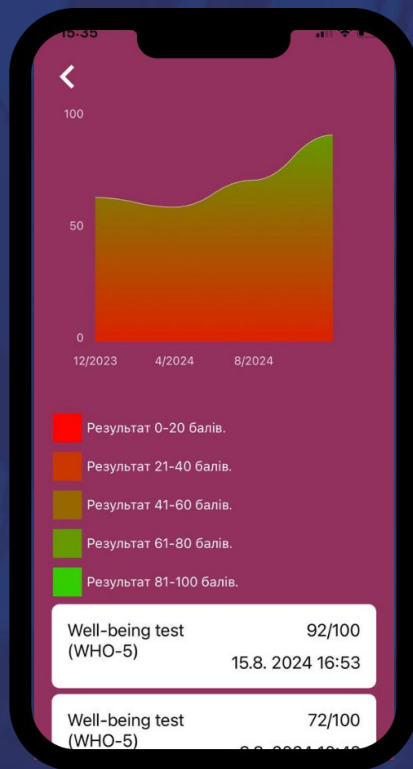


Samopomi.ch App

As part of the communication campaign, the map of psychosocial support for Ukrainian refugees was updated and a mobile application Samopomi.ch was developed based on the Ukrainian localisation of the Opatruj.se website.

Samopomi.ch App

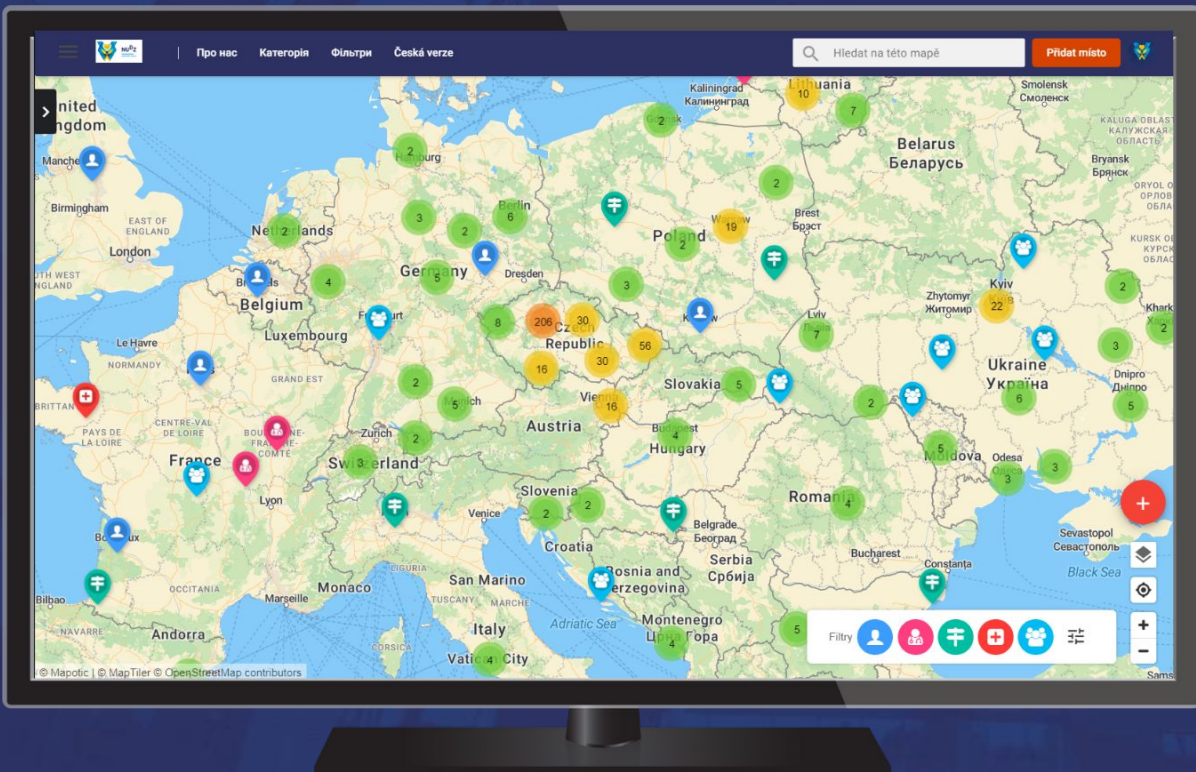
- Help contacts and crisis lines
- Testing and monitoring results over time
- Techniques to improve mood and calm down
- Information about mental health



The map of relevant psychosocial support contacts for Ukrainians, which was created as part of a specially targeted project and covered only the Czech Republic, was expanded by the team to include the EU and some other countries that host refugees on their territory.

mapa.nudz.cz

Know more contacts in your country? Send them here:
oleksandra.vytvytska@nudz.cz





NUDz НАЦІОНАЛЬНИЙ ІНСТИТУТ
ПСИХІЧНОГО ЗДОРОВ'Я

Психосоціальна підтримка українців у Чехії

Ми пропонуємо таку допомогу українським біженцям:

- індивідуальна та групова терапія
- семінари на теми психічного здоров'я
- мапа допомоги для українців у Європі
- мобільний застосунок Samopomi.ch
- корисна інформація на теми психічного здоров'я у соціальних мережах

Контакти:

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Samopomi ♥ ch

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Мобільний застосунок Samopomi.ch

чітка й експертна інформація, тестування на психічне здоров'я, інтерактивна мапа та інші корисні посилання для швидкого отримання психіатричної допомоги людям, які її потребують

Мапа психосоціальної допомоги для громадян України

в одному місці зібрано фахівців та установи, де надають психологічну допомогу й підтримку та соціальні послуги

NUDz НАЦІОНАЛЬНИЙ ІНСТИТУТ
ПСИХІЧНОГО ЗДОРОВ'Я



In the current phase, the team will focus on continuing current activities, including direct psychotherapeutic support, community events and continuously informing Ukrainians about mental health and psychosocial support services.

The project continued its work with the support of NIMH itself, and the following results were achieved in three months:

Individual therapy with insurance: 893 hours of counselling; 587 hours without insurance.

Group therapy: 263 hours; Seminars 150 participants.



Thanks for attention!