

23 April

## Rinat Akhmetov Foundation marks National Psychologist Day with milestone: over 1.2 million Ukrainians received psychological support



Today, Ukraine marks National Psychologist Day - a professional holiday honouring experts who care for people's mental well-being. Over the years, the [Rinat Akhmetov Foundation](#)'s psychologists have supported more than 1.2 million Ukrainians, offering both direct counselling and a wide range of educational and motivational resources. The Foundation's mental health efforts include practical webinars and video content featuring seasoned psychology experts, many of whom have completed the Foundation's ad hoc Trauma of War training course.

Amid war, the Foundation pays particular attention to the most vulnerable group, children under 18 who have lost their families or suffered trauma. This support is offered during Blogger Camp sessions as part of the Rinat Akhmetov to Children: Peaceful Recreation for the Children of Ukraine. At camp, psychologists help children work through their trauma, manage stress, regain emotional balance, and

find inner strength to adapt to a new reality. A safe and supportive environment encourages children to open up and express their feelings.

The Foundation has also developed a psychological self-help guide for children, Time to Care for Yourself, which includes exercises and tips to help kids restore emotional balance, cope with stress, and gradually regain a sense of security about the future - all through play-based activities.

Download the guide here: <https://bit.ly/42IKbu2>

Through the Rinat Akhmetov to Children programme, nearly six million children in Ukraine have received medical care, hearing aids, and access to psychological and physical rehabilitation. The programme continues to empower young people to grow, heal, and pursue their dreams.