

Irish Red Cross: Free Mental Health & Psychosocial Support (<https://www.activelink.ie/node/114467>)



Irish Red Cross offers a range of mental health and wellbeing supports for people who have fled from Ukraine to Ireland, and for the professionals and volunteers who support them.

Our mental health support services include training and therapeutic interventions, depending on your need.

All support is FREE and of high quality.

All training and support can be provided in English, Ukrainian, or Russian. Most of our training is online, but some can be in-person.

We schedule a range of online training sessions each month. Once you register, we will contact you to inform you of any training you have expressed interest in.

If you have any questions or you are interested in setting up an in-person training or community-based support group, please do reach out to mentalhealth@redcross.ie (<mailto:mentalhealth@redcross.ie>)

SUPPORT FOR UKRAINIANS THAT WANT TO FEEL BETTER:

- CMBM Mind Body Skills Groups
- Narrative Exposure Therapy
- Self Help Plus (SH+)
- Problem Management Plus (PM+)
- Shapes of Grief
- Psychological First Aid
- Psychological First Aid for Children

SUPPORT FOR PROFESSIONALS AND VOLUNTEERS

Support to improve your skills and enhance your wellbeing

- Psychological First Aid (PFA)
- Psychological First Aid for Children (PFAC)
- Self Help Plus (SH+)
- Trauma and Crisis Intervention Training
- Problem Management Plus (PM+)
- Shapes of Grief (SoG)

For more information and details on each training in English and Ukraine, please visit our webpage: <https://www.redcross.ie/ukrainesupport/mentalhealth/> (<https://www.redcross.ie/ukrainesupport/mentalhealth/>)

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- **Closing Date** 31st July 2025
- **Contact Details** mentalhealth@redcross.ie (<mailto:mentalhealth@redcross.ie>)
- **COST** FREE
- Booking information

How to book:

Use the registration link below. When you register, a project officer will contact you to discuss options with you or enrol you in the next available training/therapy

Registration: [IRC Training Registration \(https://forms.office.com/pages/responsepage.aspx?id=W1Sai-kWkOfVrALNxeXMyM_urhw6R9Dm4boGoPxxT1UMkIxQ1VWQVVQWNLtU5VTzYwMVpNTUpNNi4u&origin=IprLink&route=shorturl\)](https://forms.office.com/pages/responsepage.aspx?id=W1Sai-kWkOfVrALNxeXMyM_urhw6R9Dm4boGoPxxT1UMkIxQ1VWQVVQWNLtU5VTzYwMVpNTUpNNi4u&origin=IprLink&route=shorturl)

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All services English.png ([https://redcrossie2-my.sharepoint.com/personal/akeane_redcross_ie/_layouts/15/onedrive.aspx?id=%2Fpersonal%2Ffakeane%5Ffredcross%5Fie%2FDocuments%2FDesktop%2FAI%20services%20English%2Epng&parent=%2Fpersonal%2Ffakeane%5Ffredcross%5Fie%2FDocuments%2FDesktop%2FAI%20services%20English%2Epng](https://redcrossie2-my.sharepoint.com/personal/akeane_redcross_ie/_layouts/15/onedrive.aspx?id=%2Fpersonal%2Ffakeane%5Ffredcross%5Fie%2FDocuments%2FDesktop%2FAI%20services%20English%2Epng&parent=%2Fpersonal%2Ffakeane%5Ffredcross%5Fie%2FDocuments%2FDesktop%2FAI%20services%20English%2Epng&parent=%2Fpersonal%2Ffakeane%5Ffredcross%5Fie%2FDocuments%2FDesktop%2FAI%20services%20English%2Epng))

All services Ukraine.png (https://redcrossie2-my.sharepoint.com/:i:/g/personal/akeane_redcross_ie/ESlamZuLQmBGiolllebpVQEBsAJAQovlwH1GBjn7TEWEsg?e=KQfjQG)

Region

Online

[More Information \(https://www.redcross.ie/ukrainesupport/mentalhealth/\)](https://www.redcross.ie/ukrainesupport/mentalhealth/)

Date Entered/Updated

18th Mar, 2025

Expiry Date

15th May, 2025

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