

Student support: conflict in Ukraine

The war in Ukraine has dominated headlines over the last couple of weeks, tearing the country apart, separating families and displacing millions of people. We've seen harrowing news articles, heart-breaking stories, and prayed for the people affected.

Those directly affected have had their lives turned upside by the events. But the impact of the conflict spans far and wide—to all corners of the world. Maybe you have family members caught up in the conflict, you're worried about what might happen in the future, or you're unsure how to navigate the constant stream of information.

It's important to remember that it's normal to be affected by the devastation we're seeing. Try to acknowledge how you're feeling and don't let it bottle up.

Limit time reading news

It can be tempting to endlessly consume the stream of 24-hour news updates about the conflict. Traumatic events are anxiety-inducing, and often, our instant response is to find out all we can about it. But for others, you might be more inclined to shut yourself off to protect yourself from horrifying events.

We all deal with things in different ways, so ensure you're doing what's right for you. But we'd recommend capping the amount of time you spend consuming information about the conflict. Stay educated but try not to overconsume.

Find ways to help

Many people feel helpless about the conflict, wanting to help but unsure how. These emotions can be overwhelming and difficult to manage. Try to combat these feelings of helplessness by finding ways to support the people affected. You could donate to a trusted charity or donate household supplies or volunteer your time at a drop off centre.

Reach out for support

However you feel about what's happening, remember that it is okay. Try to acknowledge your emotions and talk to someone you trust if you need to get things off your chest. If you've noticed you're feeling low in mood, more anxious than normal, or you've been experiencing negative thoughts, then it could be worth reaching out to your university or college to see what kind of support they can offer you.

Don't forget, you can always call our FREE 24-hour Confidential Helpline:

0800 028 3766