



ANNUAL REPORT 2025

"HOPE *worldwide* Ukraine"
Charity Foundation

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Address by the President of the Organization

Strength is in people, the future is in healing



Dear friends and partners,

This report is about our year 2025 and, above all,
about the people with whom we have walked this path.

For more than 10 years, we have been helping children and adults restore and strengthen their inner resilience, overcome the consequences of traumatic experiences, and preserve the ability to dream. The full-scale war continues to test us: daily shelling, losses, and instability are shaping a new reality in which an entire generation is growing up. Today, we are facing not only a humanitarian crisis, but also a large-scale challenge to the nation's mental health that requires a systemic and long-term response.

In 2025, thanks to the dedicated work of our team and effective cooperation with partners, we provided psychosocial support to around 3,000 children and adults in communities across Ukraine. Behind every number are hundreds of real stories of change. Restoring a sense of safety, stability, and the ability to move forward is our main outcome.

I am sincerely grateful to everyone who has stood with us — to those who found the strength to take a step toward recovery. Thank you to the team, trainers, partners, and volunteers for your trust, support, and partnership.

Deep gratitude to those who are defending Ukraine today, as well as to everyone who, in these difficult circumstances, continues to live, work, and support others. Together, we are giving children a chance not only to survive, but to recover for the future of Ukraine.

We will continue working together.

With respect and gratitude,
Volodymyr Yermakov
President of the “HOPE *worldwide* Ukraine”
Charitable Foundation

2025 in Numbers

212 416

USD

(9 397 272 UAH)

was allocated
to the
implementation
of support
programs



2 943

children and
adults received
professional
support



Who We Are



OUR MISSION

We foster volunteerism and bring people together to enhance the quality of life for children and adults who face challenging circumstances.

OUR VISION

A society in which volunteering is part of the culture, and supporting vulnerable people is a shared responsibility.

Since 2015, the psychological recovery of children and adults affected by the war against Ukraine has been the main area of the Foundation's activities.



Challenges and Solutions

Children's psychological state in wartime: figures and facts

The full-scale war has fundamentally changed the safety environment for Ukrainian children.

Constant threats to life, loss of loved ones, and forced displacement have become sources of chronic stress that directly affect the mental health of an entire generation.



Risk of PTSD: 44% of adolescents show signs of potential post-traumatic stress disorder. In frontline areas, this figure may reach 68.9% (according to the study "Future Index 2025").

Depression levels: In 2025, symptoms of depressive disorders were identified in **16,5% of children** — twice as high as pre-war levels (National Academy of Medical Sciences of Ukraine, 2022–2025).

Comorbidity: 33,9% of adolescents with PTSD additionally develop depressive disorders — four times more often than among children without traumatic experience (based on a longitudinal study in eastern Ukraine, 2016–2020).

Prevalence of symptoms: More than **40%** of children experience sleep disturbances, intrusive memories, and learning difficulties as consequences of traumatic experiences.



A systemic response to the challenges of war

These data demonstrate the depth and complexity of the challenges, which require systemic solutions, collaboration, and consolidated efforts from various organizations and professionals. In response, our Foundation implements the “Helping Hand for Ukraine” project applying the methodology “Children and War: Teaching Recovery Techniques”.

About the “Helping Hand for Ukraine” project

Operating since 2015 with the support of international and Ukrainian donors and partner organizations.

The project's goal is to improve the overall psycho-emotional well-being of children and adults who have experienced war-related trauma.

Within the project, we train professionals, provide supervision, and conduct “Children and War: Teaching Recovery Techniques” therapy groups for children and adults.



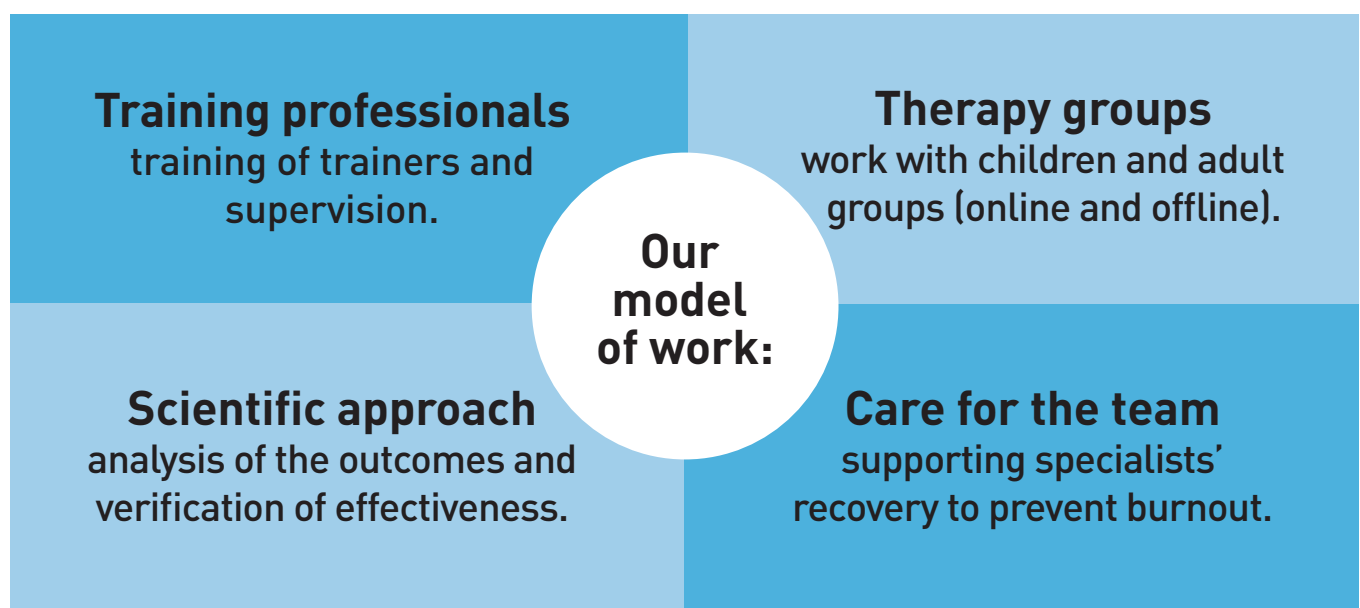
About the “Children and War: Teaching Recovery Techniques” methodology

The methodology was developed in 1998 by specialists from the Institute of Psychiatry (United Kingdom) and the Center for Crisis Psychology (Norway). It has been tested following earthquakes in Greece, Turkey, China, and Iran; the tsunami in Southeast Asia; and in conflict-affected regions in Africa, Sri Lanka, Palestine, Syria, Iraq, and Ukraine.

The manual was translated into Ukrainian and adapted by specialists from the Ukrainian Institute of Cognitive Behavioral Therapy (Lviv, Ukraine).

The methodology supports the development of skills to cope with traumatic experiences through self-help techniques, relaxation tools, and recovery practices in conditions of intense stress related to war.

It also aims to reduce anxiety levels and prevent the onset of post-traumatic stress disorder (PTSD) and other complications in the future.



Year's Results and Impact

In 2025, the project operated in 45 communities across Ukraine (16 of which were new).

245 | therapy groups conducted for children and adults

2 375 children and **568** adults received psychological support

203 | hours of supervision

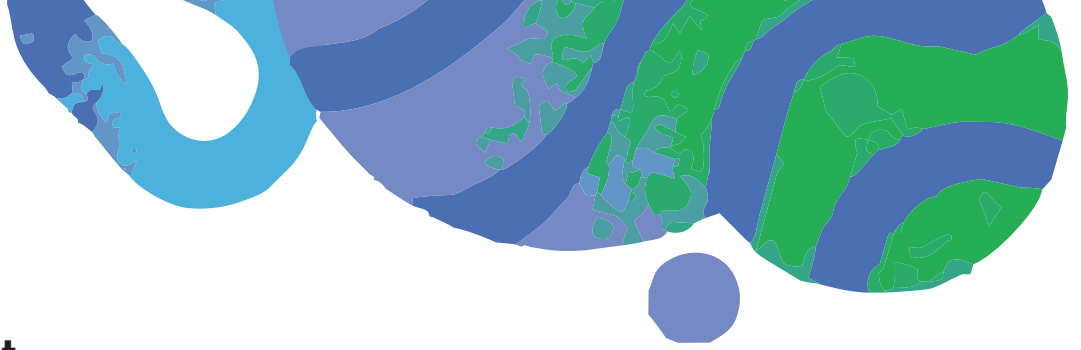
90 | hours of individual therapy for the training team

19 | workshops for the training team

44 | professionals completed training and certification

2 | scientific articles published

1 | retreat for the training team



Program impact

The effectiveness of the “Children and War: Teaching Recovery Techniques” program is confirmed by survey results collected from participants at the beginning and after the completion of the therapy course, as well as by studies on the impact of war on children’s psychological condition.

Change dynamics among participants:

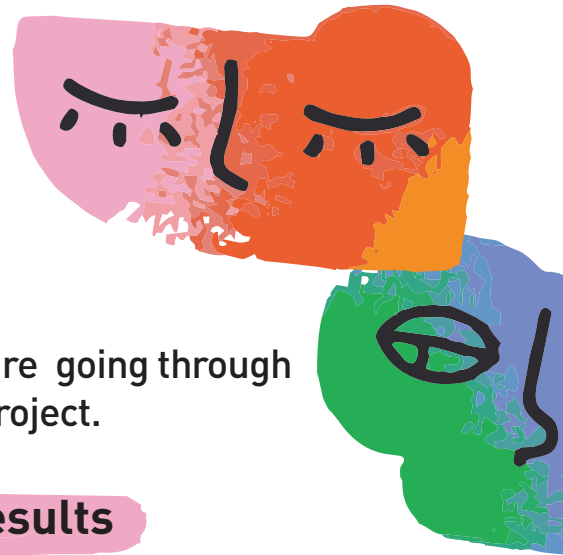
- 79%** — significant reduction in PTSD symptoms
- 91%** — improvement in overall condition (memory, attention, quality of sleep)
- 100%** — acquired practical psychological self-help techniques

[On the results of the scientific study within the project](#)

Each of these figures represents someone’s life, their experience of war, personal stories, difficult experiences, and gradual recovery as people find the strength within themselves to move forward.



Project Voices



Sincere thoughts from those who, together with us, are going through a journey of recovery and supporting the life of the project.

Professionals: professional growth and results

Tetiana Kharkova (Kamianets-Podilskyi):

“Even a few sessions give a child the confidence that they are capable of coping with difficulties. These changes are our greatest inspiration”.

Anna Horobchenko (Kyiv):

“We didn’t just listen to theory — we experienced every exercise. For me, this is a new stage of professional growth”.

Team: the strength of community and recovery

Olena Bozhor (Bucha):

“These days gave us a sense of family. Our team has been together for many years, and knowing that you are not alone is priceless. The soul rested, and the body finally relaxed”.

Nataliia Podoliak (Kyiv):

“It is amazing how comfortable we feel together, even though we all are so different. The retreat brought up many bright memories — we are a true team!”



Parents (Kharkiv, Zaporizhzhia): the return of trust and calm

“Thanks to the program, my son and I were able to calmly talk about everything we have been through for the first time. No shouting, no tears — we finally heard each other”.

“After the training, my daughter started smiling again. We can see her inner calm gradually returning”.

“Thanks to the work of the trainers, trust in adults and the courage to speak about feelings began to emerge”.

Partners: the impact of reliable cooperation

Vitalii Zeliuk (Director of the Poltava M.V. Ostrohradskyi Academy of Continuing Education, Poltava): “We sincerely value the cooperation in training professionals who today play a critical role in supporting the mental health of children, parents, and teachers.”

Greg Taylor, CEO of HOPE worldwide Canada: “We are honored to stand alongside HOPE worldwide Ukraine in providing healing support to thousands of children affected by war. We trust and are inspired by their resilience and dedication to care, dignity, and hope in the face of immense challenges.”





A Journey Spanning 10 Years (2015–2025)

Over the decade, the project has grown into a large-scale support network.

The implementation of the project began in 2015 and, thanks to the joint work of the team and partner organizations, has expanded across Ukraine, systematically reaching new regions and communities.

Total Project Impact:

2250+

trained
professionals

100+

partner
organizations
across Ukraine

2500+

group therapy
courses conducted
in 150+ locations
across Ukraine

22700+

children and

5600+

adults acquired
psychological
self-help skills

85+

trainings
conducted

2500+

hours of
supervision for
the training team

3000+

children participated
in 25+ summer
camps with the
“Children and War:
Teaching Recovery
Techniques” program

20+

training events
for the team

5+ retreats for the team

Stories That Inspire

Light Through Embraces (Karina, 16 years old)

Karina was born in the village of Novodonetske and lives with her mother and father as their only child. Since the beginning of the war, her family was forced to relocate to Lozova in the Kharkiv region to live with relatives. Karina is a communicative, active, gentle, and creative girl.



During the sessions, she shared a traumatic memory: “It was the spring of 2022. We already knew what ‘arrivals’ and air raid sirens were, but that night was extremely loud. When we heard explosions, we immediately ran into the corridor. We already had a mattress and everything needed to spend the night there. The power went out, the windows were vibrating, the explosions were very close, and they could be heard very loudly. My parents quickly put me on the mattress and lay on top of me, covering me with their bodies. We lay like that for 10–15 minutes, but it felt like an eternity... I remember my father’s words: ‘Everything will be okay, sweetheart, we are here...’ It felt so unreal, terrifying, and safe at the same time. Fragments of a missile fell into our yard — everything was burning. Even though the house survived and we were unharmed, my parents decided to leave immediately. The next day we packed our things and went to Lozova to my aunt. I can’t say it was calmer there, but we were together as a family. Later, my parents rented an apartment — and we began a new chapter of our life. Since summer 2022, I started attending camps and traveling across Ukraine (she smiles). I saw the Carpathians and Podillia — I am at this camp already for the second time.”

Karina actively engaged in breathing and tactile exercises, relaxation through tension release, and sensory techniques. She loves drawing, especially with paints. During the processing of her traumatic memory, she drew that night in her apartment and transformed the image into gentle and strong embraces of both parents.



Memory Anchor

(Artem, 15 years old)



Artem spoke about how long he struggled to fall asleep after being evacuated from his native village. The new city, unfamiliar walls, and strange voices all felt temporary, as if he were only stopping there for one night. But that night had lasted for years.

He often remembered his grandfather's hand — warm, rough, with the smell of earth. They always hid together when the siren sounded. His grandfather used to joke that their cellar was like a spaceship and they were a crew flying through a storm. Artem laughed then, although his heart tightened with fear. When they were evacuated, his grandfather stayed behind. "I have lived here all my life, Artem. I am not afraid. But you must go on living," he said, hugging his grandson. Those words became an anchor in the boy's soul — painful, but strong. In the new place, Artem stayed silent. His thoughts remained where the neighbor's house burned, where the ground shook from explosions, where his grandfather watered tomatoes even while rockets flew overhead.

But over time, something changed. In the sessions, he began to speak. First cautiously, then more confidently. He learned to breathe more deeply when sirens went off. He learned to imagine a safe place — not a fantasy, but his real home.



Restoring the Right to Smile (Lidiia, 52 years old)

Lidiia's son has been in captivity for three years. It was not easy to work with this situation, and we understood that we could not "heal" this wound completely, but we were able to create a space where Lidiia felt alive. Before joining our sessions, she said there was no sense in living, she did not want to get up in the morning, and it was difficult even to eat or sleep because of constant thoughts: "Has my son eaten today?.."

She opened up, found a circle of communication where people shared their pain and supported one another, preventing each other from falling into despair. She became more communicative and eventually allowed herself to smile and even laugh again.



Financial Overview (in USD)

EXPENDITURE WITHIN THE PROJECT:		212,416
Training of trainers (education and supervision): 10,080	Children's groups (online/offline): 126,225	Adult groups: 24,278
Scientific activities: 5,628	Team recovery and development: 10,120	Project administrative expenses: 32,378
Humanitarian aid: 3,707		
OTHER FOUNDATION EXPENDITURES:		26,910
Administrative expenses: 13,067	Implementation of projects by partner organizations: 13,843	
TOTAL EXPENDITURE:		239,326



Looking Ahead

Everything we have been able to achieve became possible only thanks to the people who stood by us.

We are grateful to our donors and partners who ensure the stability of the project. Your support allows us to confidently plan our work and provide assistance where it is critically needed.

A special word of thanks goes to our project and training team. We appreciate your resilience and daily professional dedication. You are the ones who directly work with children and adults, turning methodologies into real steps toward recovery.

We also thank every volunteer and friend of the project. You help us organize activities, share resources and time, and support our initiatives in your communities. Your involvement makes the project alive and accessible to those who are waiting for us.

A look into the future

Together into 2026: a journey we build together

We continue this journey and invite you to be with us in 2026:

Join the projects — your participation helps Ukrainian families return to life.

Build partnerships — let's open new opportunities for communities together.

Share information — so that those who need help right now can learn about it.

Thank you for this shared year. Let's keep going!

Our Donors and Partners





www.hopeww.org.ua/en

<https://www.linkedin.com/company/87245575>

<https://www.facebook.com/hope.worldwide.ukraine/>

<https://www.globalgiving.org/projects/help-children-in-ukraine-overcome-war-trauma/>

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