The current events in Ukraine can impact each one of us in different ways. Some of us feel compelled to do something to help, for example purchasing or collecting supplies to be sent to support those affected.

Some of us feel compelled to watch the news being broadcast 24 hours a day. Others will really struggle to deal with what they are seeing on the news and feel helpless in what they can personally do to help.

It is really important that we look after our own mental health in the times when there are scary events going on in the world. The Mental Health Foundation have created some ideas to assist us:
https://www.mentalhealth.org.uk/publications/tips-look-after-your-mental-health-during-scary-world-events

An article here for how to cope with stress and anxiety caused by the war in Ukraine:
https://www.verywellmind.com/anxiety-about-ukraine-and-the-threat-of-war-5221204

This article from the BBC https://www.bbc.co.uk/news/uk-60557186 is entitled 'Ukraine conflict: how to help yourself, your kids and others.'