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# THE LIST: How to help the people of Ukraine

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products, first-aid kits, powder washing detergent, rice, buckwheat, and dry soups. Financial donations are also accepted. Item donations are currently being accepted for Erie for Ukraine on campus, outside of the Edinboro Campus Media Center located on the first floor of Compton Hall. More information on Erie for Ukraine can be found [here](#).

UNICEF (United Nations Children’s Fund) supports health/nutrition, education, safe drinking water, and protection. Their main focus is children and their families caught up in the conflicts. They have also called multiple times for each side to hold a ceasefire. Catherine Russell, the executive director of UNICEF comments, “The children of Ukraine need peace, desperately, now,” and “UNICEF echoes the appeal of the Secretary-General for an immediate cease-fire and calls on all parties to respect their international obligations to protect children from harm, and to ensure that humanitarian actors can safely and quickly reach children in need.” Donations are accepted through their [website](#).

Doctors Without Borders provides medical care for people affected by conflict – no matter which side of the war or the location. As of right now, they have halted normal operations and are mobilizing emergency operations with teams in Ukraine, Poland, Moldova, Hungary, Slovakia, Russia, and Belarus. There are several ways to lend help, like mail-in donations, fundraising, corporate support, donating stock, and more. Ways to give and get involved with Doctors Without Borders can be found [here](#).

Voices of Children Foundation helps children affected by war, both psychological and physiological support through art therapy, mobile psychologists, video storytelling, and individual help. According to their site, “War trauma reflects the life of a child for decades. Helping such children in time, we contribute to healthier development of a whole society in the prospect for decades.” Donations are accepted by the Voices of Children Foundation [here](#).

Sunflower of Peace Foundation’s mission is to help the people of Ukraine by providing medical and humanitarian aid. They need medical equipment, like first-aid kits, medical instruments, and other supplies to provide life live-saving care. Everything will be sent to the doctors and paramedics working in Ukraine. [Donations](#) can be monetary or something can be purchased from their [Amazon list](#).

International Committee of the Red Cross (ICRC) helps with the shortage of food, shelter, water, and electricity as the conflicts continue to devastate Ukraine. Providing assistance to



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water, physiological service, and hygiene products. According to their official site, over 400,000 children live in the conflict zone, 750 educational facilities have been damaged, over 3,000 civilians killed, and close to three million need humanitarian aid. This group is calling for a cessation of hostilities on both sides to protect children. Donations are accepted by Save the Children [here](#).

CARE is a crisis fund providing food, water, hygiene kits, and physiological support – especially to women, children, and the elderly. According to CARE, there are many ways to help the people of Ukraine, including advocacy, letter writing, donating money, volunteering and more. Click [here](#) to send a care package to a family in need. Visit [here](#) to become an advocate for CARE.

International Medical Corps mission is to provide aid to civilians in Ukraine who are caught in the cross-hairs of conflict and its neighboring countries. Donations are put towards medical, mental health, and protection services and supplies. This organization has representation ~~people~~ in Ukraine, Poland, Romania and Moldova. Donations are accepted by International Medical Corps [here](#).

Every little bit helps the people in Ukraine as this situation keeps advancing and making humanitarian and medical situations direr. Simply sharing donation links is a form of helping. To someone who has nothing, every little thing counts.

**Alexander Beatty, Staff Writer | @EdinboroNow**

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Alexander Beatty - Staff Writer

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