

# 2nd Network Meeting of the Health Programme

## Children and youth as refugees – Polish Ministry of Health



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**Prague, 22.09.2022**

## Help for ukrainian refugees in general

- Ukrainian citizens who flee to Poland can apply for the so-called PESEL, i.e. the identification number of Polish residents. It will enable access to public services on the same terms as Polish citizens, i.e. getting medical care, social benefits or setting up a business
- Reception points have been created where Ukrainian citizens can receive information about their stay in Poland, accommodation, hot meals and medical care.
- All persons with Ukrainian citizenship and who have crossed the border no earlier than February 24 have free access to healthcare in Poland. They can go to the the primary care physicians, specialist doctors, dentists, do diagnostic tests, use hospital treatment and rehabilitation.

## Challenges for children and youth as refugees

### **Main challenges of Poland in relation to the mental health of children and adolescents - refugees after their arrival in Poland**

- The main challenge was to provide psychological support to the youngest Ukrainian citizens
- Phone Helpline - in connection with the situation, within the Children's Helpline of the Ombudsman for Children (800 12 12 12), on-duty services of specialists providing support in Ukrainian, and Russian have been started
- Children's Helpline of the Ombudsman for Children since autumn 2021 is carried out in cooperation with the Ministry of Health. It enables children and adolescents as well as their parents and guardians to support them

## Children and youth as refugees

- The number works around the clock and calls are free of charge.
- Young people who prefer a communicator to a regular phone call can use the chat available on the website of the Ombudsman for Children <https://czat.brpd.gov.pl/>



*Witamy na naszej stronie. Jeśli potrzebujesz pomocy, po prostu odpowiedz na tę wiadomość, jesteśmy online i jesteśmy gotowi do pomocy.*

Imię / Ім'я\*

Twoje pytanie / Твоє запитання\*

Rozpocznij czat / Почніть чат

## Available help in the scope of mental health

- the Ministry of Health is currently processing a draft regulation of the Minister of Health on a pilot program of therapeutic interactions addressed to people with experience of trauma and their families
- As part of the pilot program, it will be possible to create centers in which people from Ukraine who experience negative mental health effects of these experiences will be able to receive help
- Psychological and psychiatric assistance is offered to citizens from Ukraine. Specialists consult and support adults and children in Ukrainian and Russian.



Thank you for your attention!