

Ukraine-Russia Conflict

The current conflict between Russia and Ukraine has been building for years, driven by Russian Federation President Vladimir Putin's desire to retain control of former states of the Soviet Union and to prevent the expansion of western presence in his sphere of influence. With the rapid deployments of military forces, the breakdown of diplomatic talks, and the escalation of missile and artillery bombardments and firefights on the ground, the world is watching the culmination of the aggression Russia has placed on Ukraine with tremendous concern.

For those who have family serving in the armed forces, friends working in Ukraine or neighboring countries, or relatives still residing in and around the potential conflict zones, there are real fears about what might happen with a new war erupting.



This special resource section was created to help anyone concerned by world events understand what is happening, follow developments as they occur, and address the emotional wellbeing concerns that can arise when armed conflicts take place. As the United States is still healing from recent activity in Afghanistan and Iraq, we recognize that images of military actions, including the discharging of weapons and war-related injuries can be highly upsetting--especially for those recovering from their own battlefield experiences. This section includes links to resources that assist with addressing post-traumatic stress disorder and the challenges that re-traumatization can create for those who were able to find a comfortable or manageable place with their past experiences.

Remember, if you feel that you are struggling--at any time--with what you are hearing, seeing, or reading, help is available. Reach out to EAP or a loved one or friend for support and connect with your assistance provider to discuss your options and locate a professional who can provide the guidance and reinforcement needed to help you address your concerns.

- [Russian Federation President Orders Special Operation in Ukraine](#)
- [2.US Security Alert: Attack on Ukraine](#)
- [5.National Center for PTSD](#)
- [6.Coping Tips for Traumatic Events](#)
- [7.Talking to Children About Deployment, War, & Fear](#)
- [8.How to Talk to Children About Tragedies in the Media](#)
- [9.CyberAttacks: Readiness and Protection](#)
- [10.What is the Minsk Agreement of 2015?](#)

