

[DIV1ANNOUNCE] Division 1 Solidarity with Ukraine

From: [Jocelyn Turner-Musa](#)

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To: DIV1ANNOUNCE@LISTS.APA.ORG

Subject: [DIV1ANNOUNCE] Division 1 Solidarity with Ukraine

Dear Division 1 Members,

Consistent with the recent [American Psychological Association](#) motion on the Ukraine conflict, Division 1 stands in solidarity with the Ukrainian people in their quest to defend themselves against military invasion. We are shocked by the military invasion into Ukraine and the ensuing loss of life, ruin and the psychological toll of the aggressive acts on Ukraine. We admire the heroism and resilience demonstrated by Ukraine and the surrounding nations in their fight for the preservation of Ukrainian democracy, human rights, and human dignity. To our members with family, friends, and/or colleagues in Ukraine and the Eastern European region, we know this crisis is traumatizing, and offer our moral support. In addition, below we are sharing resources that the American Psychological Association has made available to members who wish to be helpful to Ukraine and its citizens. Feel free to use the Division 1 listserv div1announce@lists.apa.org or social media (Twitter @APADivision1) to express your support or share resources.

At this very difficult time we remember the dream of the Prophet Isaiah who in 700 BC shared a vision of a time when nation shall not lift up sword against nation, neither shall they learn war any more. (Isaiah 2:4). We also remember the wise words of Rev. Dr. Martin Luther King, Jr. "*Injustice anywhere is a threat to justice everywhere. We are caught in an inescapable network of mutuality, tied in a single garment of destiny. Whatever affects one directly, affects all indirectly.*"

In Solidarity,

Division 1 Presidential Trio

Jocelyn Turner-Musa, President

Clare Mehta, President-elect

Sarah Friedman, Past-President

RESOURCES AND SUGGESTIONS FOR HOW TO HELP

1. Consume information from reliable sources, and spread the word. A lot of people are either unaware or poorly informed about the current conflict and decades leading up to it. Please vet your news source and share information that is likely to be of help. If you'd like to read from local news sources in Ukraine, here are a few independent options: [The Kyiv Independent](#) has been a leading voice on the front lines, covering a timeline of ongoing events since the beginning and highlighting those who have been most impacted by the violent attack. [The New Voice of Ukraine](#) covers the news in three different languages (English, Ukrainian, and Russian) and has released informative analyses on the situation that detail how the situation led to this

point, and is continuously publishing op-eds by Ukrainian scholars and experts that give a view of the tone of the situation. [Ukrainian World](#)'s independent journalists on the front lines have gathered first-hand footage that followers can refer to in order to stay up to date. [Here](#) is an article from Rutgers with steps and tools for evaluating news resources and another helpful [article](#) from NPR with practical suggestions.

1. Donate. I've compiled a [list](#) of organizations you can consider donating to. Please feel free to add any organizations that are not listed. Human suffering also continues in Syria, Haiti, Afghanistan, and many other places around the world. Help as you can.
1. Contact your reps and encourage them to take strong action, including accepting Ukrainian refugees. APA has crafted some helpful resources on how to do so [here](#) and [here](#). You can find our U.S. Representatives and U.S. Senators [here](#).
1. You will be hearing about various economic impacts of this conflict (rising prices of gas, supply chain disruptions, etc.). Please consider donating locally to offset any disparate impacts of these downstream effects.
1. Help spread resources regarding refugee options and embassy phone numbers so that those seeking asylum can be easily helped. For example, [here](#) is the Office of Refugee Resettlement, and [here](#) is the website for the U.S. Embassy in Ukraine.
1. Learn more about the situation. If this is the first you're hearing about the crisis in Ukraine and you want to learn more about the background to the situation, read this [Kyiv Post](#) article: 10 popular misconceptions about Ukraine debunked.
1. Support the LGBTQ+ community in Ukraine. LGBTQ+ members are often even more marginalized and exposed to vulnerability than usual during times like these. OutRight Action International is helping to support LGBTQ+ groups and organizations on the ground who are setting up shelters and providing safety for citizens. If you'd like to donate, you can do so [here](#), and if you are unable to donate, or would like to do more to support LGBTQ+ citizens, you can sign up to OutRight's newsletter [here](#) to stay informed on the crisis and how it is impacting LGBTQ+ Ukrainians.
1. Consider joining a protest. Many Russian citizens are protesting, knowing that they are likely to be arrested and harshly punished. We can stand in solidarity with them and with Ukrainians. Many protests are underway in the US.

1. Report any suspicious cyber activity. Cyber attacks might include disinformation campaigns to divide us in the US. Steer clear of typical propaganda sites (including Facebook), be aware that this is a strategy to divide us, don't repost content that you have not fact-checked. Information about cyber crimes can be found on the FBI's [website](#), and you can report cyber attacks on the FBI tip line [here](#). [Here's](#) an article on common scams and how to spot them.
2. Consider sending a supportive message to your colleagues, coworkers, and others in your cohort. We've been conditioned to continue business as usual, despite the world around us falling apart. It's okay to postpone deadlines and to show up authentically. Reactions to colonialism should not be pathologized or minimized. Many of us are or have family members who were once refugees. The events of the past few weeks are triggering. Be gentle with yourselves and with others.