

## HOW TO HELP UKRAINE NOW!

**NEWS: The Kyiv Independent** is Ukraine's English-language media outlet and is still in operation at press time reporting on the invasion from the ground. Subscribe for email updates. Support this newspaper by donating to its [GoFundMe](#) or [Patreon](#). Free press journalism is foundational for democracy. “*Democracy Dies in Darkness*” – [The Washington Post](#).

**WRITE TO YOUR ELECTED OFFICIALS:** This is one thing everyone can do to support Ukraine right now - write to your representatives in Congress, call and write to the White House, and speak with your elected officials about supporting Ukraine.

**Spirit of America:** <https://spiritofamerica.org/>. Spirit of America is working closely with US military and State Department personnel to meet the urgent needs of Ukrainian forces, provide humanitarian support inside Ukraine, and send assistance to refugees who have fled to safety.

**United Help Ukraine** distributes medical supplies, food, and donations to Ukrainian refugees and people on the ground in Ukraine. Offers support to Ukrainian families who have lost soldiers to war. Donations toward their current fundraiser will help provide emergency medical aid and humanitarian relief to those on the front lines.

**USA for UNHCR:** The UN Refugee Agency is accepting donations via a restricted fund to provide emergency aid to children, women and men displaced by the violence in Ukraine.

**Razom for Ukraine:** Razom, which in Ukrainian means “together,” was originally founded in 2014 to support Ukrainians after Russia annexed Crimea. Now, the volunteer organization is on the ground providing relief for soldiers and doctors on the frontlines.

**The Red Cross:** The global nonprofit's Ukrainian branch is accepting donations to go towards distributing vital aid and resources to Ukrainian civilians affected by the Russian invasion.

**Voices of Children:** Works to provide psychological and psychosocial support to Ukrainian children affected by conflict.

**Nova Ukraine:** An American nonprofit that works with activists and other organizations in Ukraine to offer humanitarian aid to vulnerable groups and individuals. Accepts both monetary donations and the donation of children's shoes and clothing, bedding, personal hygiene items, wheelchairs, and more.

**Come Back Alive:** An organization which *The Kyiv Independent* has suggested donating to. It supports the Ukrainian military by offering supplies, protection, training, and psychological support to soldiers.

**Army SOS:** Directly helps Ukrainian troops by providing food and other supplies.

**UNICEF:** together with its partners, at the forefront of the humanitarian response in eastern Ukraine supporting vulnerable children and families affected by the conflict with essential services, including health, education, protection, water, and sanitation. The organization is seeking \$66.4 million to provide access to these services and emergency cash assistance for up to 7.5 million children. Donate [here](#).

**CARE** has launched a relief effort in Ukraine along with local partners on the ground. Poised to help at least four million Ukrainians with immediate aid and recovery in the form of food, water, hygiene kits, psychosocial support services, and cash assistance.

**International Medical Corps**: Los Angeles-based nonprofit and global first responder has been working in Ukraine since 1999, from delivering essential medicines to healthcare facilities to training more than 500 local doctors and staff. Now, it's providing free medical and mental health services to civilians there, and you can help support the work by donating [here](#).

**Other Ways to Help**: In addition to offering financial support, sharing accurate, fact-based information about the Russian invasion of Ukraine with your friends, family, and social media followers can help raise awareness about the situation. You can also choose to boycott Russian goods and services, a move that echoes the [new sanctions](#) announced by President Biden.

**MORE** All the listed charities below are registered in the USA and are 501(c)(3) Not-for-Profit organizations. Donations and gifts are tax-deductible to the full extent allowable under IRS regulations.

**Ukrainian Congress Committee of America (UCCA)**. Donate to Humanitarian Effort

<https://www.facebook.com/donate/1790857681112387>

**Revived Soldiers Ukraine**. Donate to Treatment of the wounded and the provision of hospitals

<https://www.facebook.com/donate/349402380213614/2361219087352065>

<https://www.facebook.com/donate/1158240871580789/10223987229401655/>

**Sunflower of Peace**. Donate to Tactical medicine

<https://www.facebook.com/donate/507886070680475/2099553790222204/>

**Razom For Ukraine** has a comprehensive list of organizations helping Ukraine.

*Connections* thanks Julia Mensinger, Diana Loomis, and Feliks Samborski for their help in compiling this list. Some sources came from [Forbes](#) magazine.