

# Oklahoma Medical Board

## Ways to help in or out of Ukraine

**Before donating to any charity, you may want to review the receiving organization on charity watchdog groups like [Charity Navigator](#), [Charity Watch](#) or [GuideStar](#), or by checking with the [Better Business Bureau](#). Experts also recommend reviewing the organization's financial reports for transparency and how much of your donation goes toward the charity's mission. This is an effort to HELP; however, the Oklahoma Medical Board does NOT verify the creditability of these organizations, so you need to conduct your own due diligence.**

Here are some organizations you can check out to support that are working to aid Ukrainians.

### **Doctors Without Borders**

Doctors Without Borders is an independent organization that provides medical care where it's needed most. Its team in Ukraine is working to help residents access needed health care as well as train the country's doctors and nurses to provide medical treatment.

For more information and how to help, [click here](#).

### **International Committee of the Red Cross**

The Red Cross is helping those affected by the ongoing conflict. This week, the agency has been working to provide water to those in Dokuchaevsk and Donetsk, President Peter Maurer said in a [statement](#).

You can make a monetary donation to the Red Cross' efforts in Ukraine by [clicking here](#).

### **Nova Ukraine**

A non-profit based in Palo Alto, California, Nova Ukraine aims to raise awareness about Ukraine in the U.S. and worldwide. They also provide humanitarian aid to those in need in Ukraine, as well as support toward efforts to "build a strong civil society, to reform its educational system, and to eliminate corruption."

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### [Where will Ukrainian refugees go?](#)

If you live near Palo Alto, Nova Ukraine is [looking for volunteers](#). If you'd like to send a monetary donation, [click here](#) for details.

### **Revived Soldiers Ukraine**

Based in Nevada, [Revived Soldiers Ukraine](#) is a nonprofit organization working to provide aid to the people of Ukraine “in support of their fundamental human rights and medical rehabilitation of Ukrainian soldiers.”

Its website lists various ways to help the organization, which can be found [here](#).

### **Ukraine Crisis Media Center**

The non-governmental organization based in Kyiv, the Ukraine Crisis Media Center launched in 2014 when Russia occupied Crimea. The group aims to “promote the development of a self-sufficient Ukrainian state and society.”

### [Continuing coverage of the Ukraine crisis](#)

The Ukraine Crisis Media Center [offers tips](#) on how to help Ukraine during this crisis.

### **UNHCR**

The UN's High Commissioner for Refugees, or UNHCR, mandates aid and protects those displaced by violence. The agency says nearly three million people in Ukraine will need humanitarian assistance this year. Click [here](#) to donate to the UNHCR's donation fund for Ukraine.

### **UNICEF**

UNICEF, or the United Nations Children's Fund, is a UN agency that oversees providing humanitarian and developmental aid to children around the world. UNICEF is working to provide safe water and other necessities, as well as ensuring there is immediate help for children and families in need.

For more details about UNICEF and to donate, [click here](#).

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### **United Help Ukraine**

This nonprofit, based in Gaithersburg, Maryland, works to help those on the front lines protecting Ukraine, along with families of those who have been wounded or killed, and those who have had to leave their home. To do so, [United Help Ukraine](#) focuses on fundraising events and raising awareness of the Ukraine crisis.

For more information and how to help, [click here](#).

### **Voices of Children**

This organization helps children impacted by war in eastern Ukraine. According to its website, Voices of Children provides psychological and psychosocial support to affected children. Here's how you can [help](#).

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### **Send Medical Supplies**

Hospitals and other health care providers and manufacturers can send unused medical supplies to Ukraine. American facilities can coordinate with the AFYA Foundation to donate [needed supplies](#) only. All supplies must be new and unopened. [Learn more here](#).

Donors can also [fill out a form from Ministry of Health of Ukraine](#).

### **Volunteer On Site Medical Services**

The Ministry of Health of Ukraine has issued an appeal for foreign health care workers to come to Ukraine. The greatest need is for trauma, surgery, and anesthesiology, according to the Ukrainian Medical Association of North America.

You can register by filling out [a questionnaire](#) and can learn more by [contacting national coordinators](#) with the Ministry of Health.

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Medical Teams International is an Oregon-based nonprofit is sending supplies and volunteers Ukraine. You can apply to [serve on one its Medical Teams here](#).

Volunteers are responsible for their own travel costs.

### **Volunteer Telehealth and Other Remote Services**

The Ukraine Telehealth Relief program, Health Tech Without Borders, is looking for Ukrainian and Russian speaking physicians. Pediatrics and Child Psychologists are the primary need currently, according to the Ukrainian Medical Association of North America. [You can sign up here](#).

The U.S.-Ukraine Foundation is seeking remote administrative volunteers as well as volunteers to help with logistics and communications around shipping operations. [You can apply here](#).

### **Donate To Reputable Charities Sending Aid**

[Project C.U.R.E.](#) is sending shipping containers full of medical supplies to countries in need and has confirmed the successful delivery of its first shipment to Ukraine.

[Doctors Without Borders](#) has teams in Ukraine, Poland, Moldova, Hungary, Slovakia, Russia, and Belarus. It's providing medical supplies and training to hospitals on how to manage mass casualty incidents. It's also preparing to provide surgical care, emergency medicine and mental health support for displaced Ukrainians. Its first shipment of supplies has been successfully received.

[Project HOPE](#) is procuring medical supplies and seeking to scale-up psychosocial support for fleeing refugees, saying these and mental health needs are the most urgent health concerns for refugees currently. It's also supporting mobile medical teams, providing emergency health kits, and working with hospitals.

### **Support Health Needs of The Most Vulnerable**

The [Tabletochki Charity Foundation](#) purchases medications and medical supplies for children's hospitals in Ukraine, supporting the needs of children diagnosed with cancer.

[Humanity & Inclusion](#) responds to the essential needs of people living with disabilities amid conflicts.