

"I am the founder of Teenergizer, the largest youth network for young people in Eastern Europe. I hope other young people never experience the toxic cocktail of anxiety, risk, and isolation that we face today in Ukraine.

For the past 7 years, Teenergizer has helped those who needed it and supported those who felt lost. We talked about mental health, fought against discrimination, and taught self-help techniques. We strived for as many happy, confident, free people as possible in our world.

And then the war came to our home. It changed our lives, our cities, and our way of life. Millions of young Ukrainians like me have been living a new reality of death, tears, and fears for almost a year. Today, a whole generation of my friends, peers, young women, students, and children left their cities, villages, and homes.

They are not statistics. Behind every refugee, internally displaced person, and young person who lost someone in this war is a tragic story of despair and depression. They need support.

We must ensure that young people have access to professional mental health services during and after this crisis. Teenerizer has provided online counseling to thousands of young people this year. We conducted training and internships and did everything we could to support young people. In 2022, despite everything, we kept working, supporting, and helping. And we will keep doing so!"

YANA PANFILOVA, HEAD OF THE BOARD, TEENERGIZER



### ADVOCACY AND PUBLIC ACTIVITY

The last year has been incredibly challenging but productive for the Teenergizer team. We directed all our knowledge and skills to help young Ukrainians and convey the truth about the war to the world.

## "DIALOGUE WITH YOUTH" WITH THE PARTICIPATION OF THE FIRST LADY OF UKRAINE

"Mental health is not just important. Mental health is like oxygen or water.

It is essential for survival and prosperity."

In February 2022, a dialogue with young people, "Care for mental health," was held. During the event, young people, together with the first lady, government representatives, celebrities, and international and non-governmental organizations, discussed teenagers' and young people's mental health problems.



During the dialogue, they discussed expanding access to free psychological support for young people and its connection with the Action Plan for 2021-2023 within the framework of implementing the Concept of Mental Health Care Development in Ukraine. Adolescent mental health is a complex issue at the border of different sectors. In order to ensure that every teenager receives the services and support they need, the education, social services, health, youth policy, media, and other sectors need to work together.



#### YANA PANFILOVA GAVE A SPEECH AT THE UNAIDS COORDINATING BOARD MEETING

"It's been 40 years since the first cases of AIDS were discovered, but society is still afraid of people like me living with HIV. Every year, young people with HIV still die, not from the virus, but from fear, social stigma, and anxiety caused by discrimination."

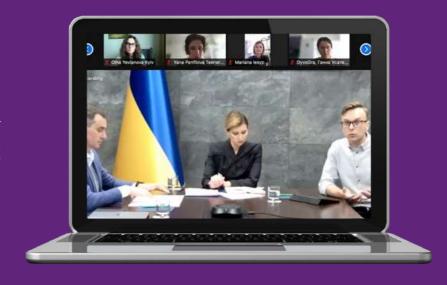


The leader of Teenergizer, Yana Panfilova, spoke at the 50th meeting of the UNAIDS Coordinating Council in Geneva. She emphasized the numerous problems faced by the youth of Ukraine today. This is the loss of relatives, forced separation from relatives, and many others.

# MEETING REGARDING THE IMPLEMENTATION OF THE "NATIONAL PROGRAM OF MENTAL HEALTH AND PSYCHOSOCIAL SUPPORT"

"Teenergizer has been actively dealing with mental health issues in recent years. The challenges have always been there, but now they are even more difficult. Help for teenagers and young people is needed now!"

Teenergizer took part in an online meeting regarding implementing the "National Program of Mental Health and Psychosocial Support" initiated by the First Lady of Ukraine, Olena Zelenska. During her speech, Yana Panfilova shared the problems faced by Ukrainian teenagers after the full-scale invasion.



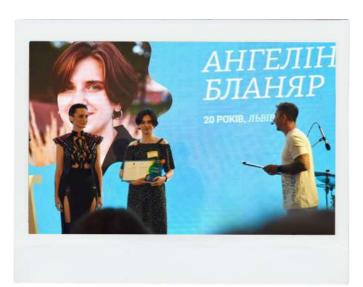
### YANA PANFILOVA AT THE 77TH UN GENERAL ASSEMBLY IN NEW YORK

Teenergizer leader Yana Panfilova took part in events during the 77th UN General Assembly in New York. Yana told the world about how the war affected HIV-positive youth in Ukraine, the importance of psychological support, and the activities of Teenergizer in such difficult times.



### TEENERGIZER ACTIVIST RECEIVED THE UNICEF YOUTH AWARDS

"If I had the opportunity to address all teenagers today, I would say: you are not alone! Don't be afraid to ask for help. There's always someone ready to listen and help. I am ready to help you!" Angelina, 20 years old



The United Nations Children's Fund UNICEF Ukraine launched the UNICEF YOUTH AWARDS to recognize young Ukrainians who, with the support of UNICEF, are changing our world. This year, Teenergizer peer consultant Angelina Blanyar received an award in the Psychological Support category.

Angelina has been volunteering in the project for a year: she provides psychological support to teenagers and young people.

# TEENERGIZER'S LEADER YANA PANFILOVA TOOK PART AT THE WORLD HEALTH SUMMIT

The purpose of the meeting is to call on global, regional, and national leaders to prioritize the health of these groups to build a just and safer world and contribute to achieving Sustainable Development Goals.

Yana Panfilova was the moderator of the session dedicated to the health care of women, children, and adolescents.



Yana addressed the audience once again reminding them that if the world cannot ensure the health and well-being of the people of Ukraine, the people of Tigray, Northern Nigeria, or Palestine, we will never achieve the goals of sustainable development. In addition, she reminded why it is important to support initiatives that are related to mental health:

"Recently, Russia released dozens of bombs on civilian objects in Ukraine. Most of them landed in the center of Kyiv. This is how Russia congratulated the world on World Mental Health Day.

Even during the war, Teenerizer is continuing to provide online counseling to more than 10,000 young people. But even after this war is over, a whole generation of young people in Ukraine will still suffer from the psychological scars of this conflict for years to come."

### TEENERGIZER AT THE CONSERVATIVE PARTY CONFERENCE IN GREAT BRITAIN

"Today is an important moment to ask how the UK will demonstrate its future commitment to the people of Ukraine and demonstrate its global leadership in this new, complex world."

The leader of Teenergizer took part in the conference of the Conservative Party in Great Britain #CPC22. Yana Panfilova shared the story of her life with HIV, talked about the war's impact on the Ukraine youth, and urged them not to stand aside.



### TEENERGIZER PARTICIPATED IN A DIALOGUE WITH YOUTH

"During and after this crisis, we must ensure young people have access to professional mental health services, especially peer counseling."

Yana Panfilova



The event with a topic "Tell me honestly, how are you?" was held on November 18 with the support of the First Lady, Teenerizer, Oleksandr Pedan's Junior movement, and UNICEF! The event took place on the occasion of World Children's Day and within the initiative of First Lady Olena Zelenska to create the National Program of Mental Health and Psychosocial Support.

The head of UNICEF in Ukraine, Murat Shahin, representatives of the Ministry of Health, founder Yana Panfilova, Ukrainian celebrities Roksolana, Wellboy, and Oleksandr Pedan, as well as young people from all over Ukraine, including Teenergizer's activists, also joined the discussion.

#### **KEY RESULTS OF THE YEAR**

The #ShareWeCare online campaign, which reached 2,411,713 adolescents and young adults in the EECA region, was a continuation of the #StaySafe campaign to respond to the challenge during the COVID-19 outbreak to help adolescents feel safe.

#### MENTAL HEALTH ONLINE COUNSELING

16,304 teenagers received peer-to-peer counseling

Free, confidential, on a peer-to-peer basis - this is how we help young people cope with challenges and life situations during online consultations. Each teenager is given the opportunity to contact an anonymous counselor and receive an answer within an hour.

Our professional psychologists have trained more than 74 equal counselors, and constant supervisions help to improve the quality of counseling. 107 peer consultants were also trained between May and June 2022 and instructed by a professional gestalt therapist between September and October 2022. 30 equal consultants are already in the "Crisis counseling during military action" project.



# "WE ARE THE ONES WHO TEACH YOUTH WHO SPEAK THE SAME LANGUAGE AS TEENAGERS FROM THE ENTIRE EECA REGION"

1138 teenagers received basic knowledge about mental health (79 pieces of training) in 4 EECA countries (Ukraine, Kazakhstan, Kyrgyzstan, and Tajikistan) in 11 cities (Kyiv, Almaty, Pavlodar, Shymkent, Karaganda, Ust-Kamenogorsk, Almaty region, Osh, Bishkek, Dushanbe, Kulyab).

#### In 4 EECA countries in 11 cities were held:

- 53 pieces of training on HIV/AIDS prevention and sexual health attended by 1,716 teenagers and young adults
- 11 internships for 138 trainees
- 7 HIV parties for 243 young people, during which we tested 68 young people for HIV
- **144** support groups for **639** HIV-positive teenagers
- City festivals, eco-actions, discussion platforms, and flash mobs attended by 194 teenagers (47 teenagers tested)
- **3** summer camps for **145** HIV-positive teenagers





#### FEEDBACK ON OUR WORK

"Today, Teenergizer is a platform with support groups, online psychological counseling, and training on the topic of HIV, sexual and mental health. The organization has grown and become international — now it works for four countries and ten cities in Eastern Europe and Central Asia" —

ELLE Ukraine

"Since 2016, Teenergizer has been working internationally, promoting the rights of teenagers and young people in Ukraine and in seven cities in five countries across eastern Europe and central Asia. In 2019, the organization began providing peer counseling and psychological support to adolescents, and has trained more than 120 online consultants-psychologists to support young people across the region" — UNAIDS

"Angelina has been volunteering in the Teenergizer for almost a year: she provides psychological support to teenagers and advises young people under conditions of complete anonymity. With the support of UNICEF, volunteer psychologists from Teenergizer have already conducted 9,000 consultations since February this year" — UNICEF Ukraine

"Yana and her organization Teenergizer have been very passionate about mental health for a long time. If teenagers or parents of teenagers listen to us, they can ask for help" — Public Radio

"Since the pandemic's beginning, UNICEF and Teenergizer have been implementing a project to improve such assistance. During this time, 130 consultants were trained and provided more than 12,000 online consultations for teenagers. The participants of the dialogue discussed expanding access to free psychological support for youth at the state level - within the framework of the Concept of the Development of Mental Health Care in Ukraine" — an official online representation of the President of Ukraine

"Eight years ago, Yana helped found Teenergizer, an organization supported by UNAIDS that seeks to end discrimination against youth in Ukraine living with HIV. Over time, its scope widened to include other youth groups and its services expanded into mental health counselling and sexual health training. In the face of Covid-19 and, most recently, the Russian invasion of Ukraine, Teenergizer greatly enlarged its network in Ukraine from 20 to over 120 counsellors" — CSIS



#### **FINANCE**

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IBE "Eurasian Union of Adolescents and Youth" Teenergizer (Georgia): 9 945 360,15 UAH



#### **DONORS AND PARTNERS**

























