

# Psy4Queer

Psy4Queer Report – Psychological Support in Russian for the  
LGBTQ+ Community

**Start Date:** Fall 2023

**Organizer:** LGBT World Beside

**Location:** Amsterdam, Netherlands



The year 2024  
**About the Psy4Queer Project**

Psy4Queer is an initiative aimed at providing free psychological support to Russian-speaking members of the LGBTQ+ community, including migrants and refugees. The project was created to improve quality of life and provides consultations in Russian, which is especially important for those struggling with adaptation and access to professional help.

## Key Achievements

- 1. Establishment of the Psychological Support Line:**
  - Created a base of volunteer psychologists offering online consultations in Russian.
  - Launched a request form on the website, simplifying the process of seeking help.
  - Conducted 50 individual consultations and processed the same number of requests.
- 2. Educational Trainings:**

Over the past six months, 5 trainings were organized for volunteers and participants:

  - Transgender Literacy (Rainer Oboorin) – 25 participants.
  - Identifying Suicide Risks and Ways to Provide Support (Maria Lapich) – 40 participants.
  - Report and Research on LGBTQ+ Refugees' Access to Psychological and Psychiatric Help (Rainer Oboorin) – 50+ participants.
  - Training by RINO Group and 113 (Dutch Suicide Prevention Center) – 14 participants.
  - Psychological Support Group for Migrants and Refugees (in collaboration with FRNL) – 3 months of operation, with plans to resume in the fall.
- 3. Certificates:**

14 volunteers successfully completed the training and received certificates.

## Training Goals

The trainings within the Psy4Queer project aim to provide comprehensive support to participants:

- 1. Psychological Resilience:**
  - Helping participants develop self-regulation skills to cope with anxiety, stress, and other difficult emotional states.
- 2. Social Adaptation:**
  - Teaching skills that help participants interact more easily with others in a new environment.
- 3. Emotional Support:**
  - Creating a sense of safety and understanding, which is especially important for people in unstable conditions such as refugee camps.
- 4. Developing Volunteers' Competencies to Work with Vulnerable Groups:**
  - Volunteers were trained to work effectively with different categories of participants, including LGBTQ+ individuals, migrants, and refugees.



The trainings not only provided knowledge but also created opportunities for interaction, experience exchange, and inspiration from professionals in the field of psychology.

## Project Goals and Results

The Psy4Queer project aimed to improve the quality of life and provide free psychological support to Russian-speaking refugees and migrants, including LGBTQ+ individuals, with a focus on the accessibility of consultations in Russian.

### The main goals of the project included:

- Providing psychological support and assistance during the adaptation process in a new cultural environment.
- Training volunteers and community members in self-regulation, emotional resilience, and mutual support.
- Organizing trainings on important topics such as transgender literacy, suicide prevention, and access to psychiatric care for LGBTQ+ refugees.

### During the implementation period, the following results were achieved:

- 14 trainings covering various mental health and support topics for project participants.
- 60 requests for participation in trainings and consultations, showing high interest and demand for the project.
- 50 individual sessions with psychologists providing targeted help to participants.

These activities and sessions played an important role in supporting people in crisis situations and improving their emotional well-being.

## Challenges and Solutions:

The following challenges arose during the project's implementation:

1. **Technical Issues with the Website:** In the early days of operation, there were issues with the website functionality, affecting the processing of requests. These were promptly addressed by the technical team, and the website continued to operate smoothly.
2. **Lack of Volunteers at Certain Times:** There were moments when there were not enough volunteers to conduct sessions or coordinate operations. This was addressed by attracting new volunteers and improving internal communication within the team.
3. **Need for Additional Volunteer Training:** Over time, the need for further volunteer training emerged, particularly for working with participants in difficult situations. This became an important aspect in improving the quality of the support provided.

## Acknowledgments

The Psy4Queer project would not have been possible without the active participation of all those involved. A total of 45 volunteers participated in the project, and we express our sincere gratitude to everyone who contributed to its implementation. Currently, 21 people continue to work on the project, actively engaging with ongoing tasks and development. We would like to express our sincere thanks to the following individuals:

- **Psychologists and specialists** who provided their help on a volunteer basis, using their professional knowledge and experience to support those in need.



- **Volunteers** who ensured technical support for the project, assisted in coordinating operations, and actively participated in preparing and conducting trainings.
- **Rainer Oboorin**, whose organizational abilities and leadership qualities were key to the successful launch of the project. His contribution to the creation and launch of the project was invaluable.
- **Pauline**, for her support in coordinating the team's work and providing prompt assistance in resolving emerging issues.

We also thank everyone who continues to participate in the project and those who support its development and help us expand the scope of the assistance provided.

## Conclusion

The Psy4Queer project continues to be an important resource for the Russian-speaking LGBTQ+ community. During the reporting period, a solid foundation for psychological support and education was established. In the future, the project plans to expand, increase the number of volunteers, and conduct new educational programs.

