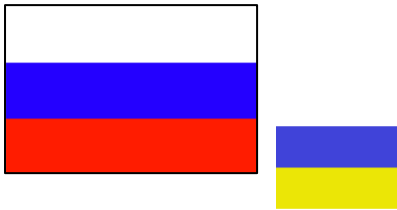


Russia and Ukraine



There are lots of stories in the news about Russia and Ukraine.



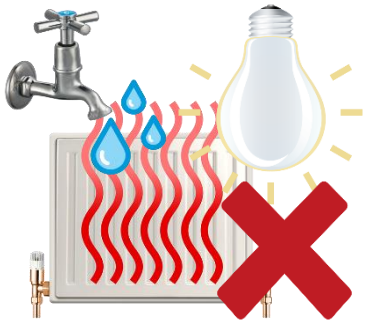
Russia wants to control some areas of Ukraine.



Soldiers from Russia are dropping bombs from planes and attacking buildings in Ukraine.



People in Ukraine are trying to hide so they do not get hurt by the bombs and the attacks.



Some places in Ukraine do not have any food, water, heating, electricity or internet because of the attacks.



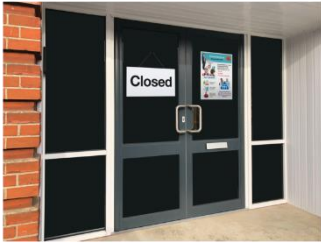
Lots of people in Ukraine have been killed.



Lots of people in Ukraine are trying to leave the country because they do not feel safe.



Some countries have stopped sending things to Russia.



Some companies like McDonalds have closed their shops in Russia.



Some people in Russia do not like what is happening with Ukraine.



Lots of people in other countries are trying to help the people who live in Ukraine or who have left Ukraine.



If you are feeling upset about what is happening in Ukraine, you could:



- talk to someone you trust about how you feel



- look at the information about wellbeing and mental health on [this page](#) of the Mencap website



- contact the Learning Disability Helpline on 0808 808 1111 or email helpline@mencap.org.uk