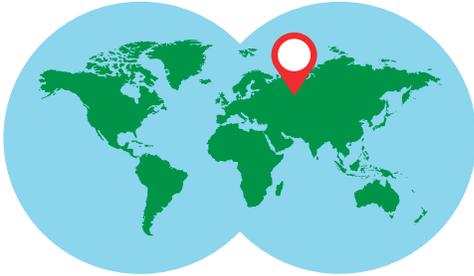


Anxiety Around the War with Russia and Ukraine



There is fighting and a war between Russia and Ukraine.



I might hear about the war, or see photos and videos that make me feel sad, angry, scared, or confused. It is okay to feel any or all of these emotions.

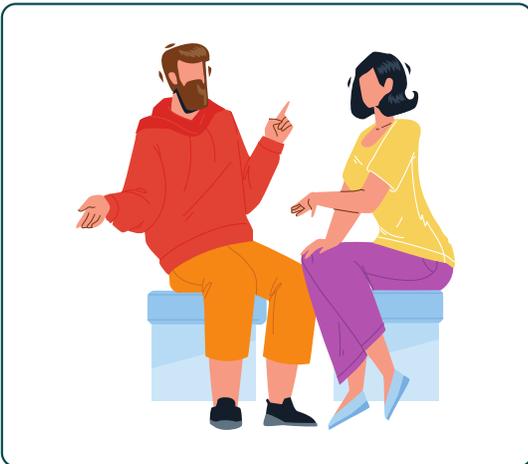


Wars can make people feel big feelings. I might feel sad, stressed, or anxious, or upset.

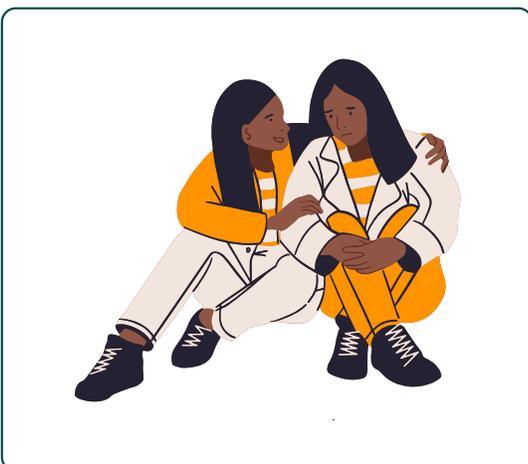
Anxiety Around the War with Russia and Ukraine



Sometimes when people have many big feelings, it can be hard to do ordinary things like getting out of bed, going to school or work, or being in my community.



If I feel upset, or if I have questions, I can ask someone I trust for help.



Talking to a parent, friend, therapist, teacher or someone I trust might make me feel better.

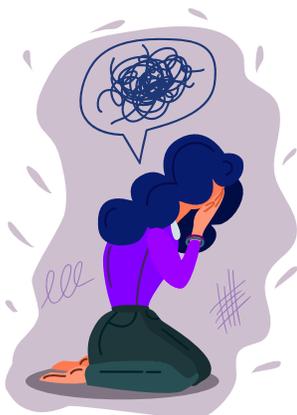
Anxiety Around the War with Russia and Ukraine



There are support groups where I can talk about my feelings with other people who are also upset about the war.



I can ask for help finding a support group in person or online.



Sometimes, when people feel very sad, stressed, angry, or anxious for a long time, they need help to feel better.

Anxiety Around the War with Russia and Ukraine



If I ever feel so upset that I have feelings or thoughts about hurting myself or hurting others, I need to tell someone I trust so they can help me feel better.

For additional information, resources and support, please contact our National Helpline at 800-3-AUTISM or info@autism-society.org.

Please note the National Helpline is not a crisis line.

If you or your loved one is experiencing thoughts of suicide or a mental health emergency, please contact the Suicide Prevention Lifeline by phone at 1-800-273-TALK(8255) or online at [Lifeline Chat](#), or connect to emergency community services by calling 211.