



Conflict in Ukraine

Situation Report #50

January – March 2026 Updates | Published May 05, 2026

Situation Overview

As Ukraine moves further into the fifth year of full-scale war, the humanitarian crisis remains severe. Driven by repeated displacement, prolonged disruption of essential services, and continued attacks on civilians and critical infrastructure, health and humanitarian needs remain urgent. Large segments of the population have been forced to evacuate and remain displaced, facing ongoing uncertainty and limited access to basic needs.

Russian armed forces have continued to deliberately and systematically target Ukraine's energy infrastructure, resulting in extensive and sustained damage. As of January 2026, Ukraine had lost more than half of its pre-war electricity generation capacity due to occupation and repeated attacks. This lack of electricity severely limited access to heating and water, further compounding humanitarian needs during the coldest months. At the same time, attacks increasingly targeted heating infrastructure. These disruptions had a cascading effect on health service delivery, particularly in hospitals and rural clinics lacking adequate backup systems.

KEY HIGHLIGHTS



Since the conflict erupted in 2022, millions have been displaced. Currently, over **5.7 million** Ukrainians are living as refugees and **3.7 million** Ukrainians are internally displaced. Nearly **1 million** Ukrainian refugees are living in Poland and more than **140,000** are living in Moldova.



Our team in **Ukraine** continues to focus on providing critical support to **conflict-affected communities near the front lines** in eastern and southern Ukraine, where individuals are often without access to **primary health, WASH, and MHPSS services.**



Project HOPE teams in **Poland and Moldova** continue to address gaps in essential services, including **primary health, MHPSS, and protection services** for refugees and host community members.

Healthcare facilities near the frontline — already strained by staff shortages and war-related damage — were further impacted by power outages that disrupted surgical, diagnostic, and chronic care. Health experts have noted that health workers, including maternal care providers, trauma surgeons, and emergency patient transporters, have been forced to operate in austere conditions, often relying on generators or partial functionality in makeshift environments.

Mental health concerns are widespread, as exposure to chronic stress, grief, trauma, and displacement has led to near-universal psychological impacts across the Ukrainian population. The conflict also continues to damage critical infrastructure and disrupt essential services, further deteriorating living conditions and limiting access to timely, lifesaving care. **Since February 2022, there have been a total of verified 2,992 attacks on healthcare,** including multiple attacks on ambulance teams supported by Project HOPE. These attacks on healthcare include those on infrastructure, patients receiving care, medical transportation, medical supplies, and health workers.

Project HOPE'S Response

In the face of increasing challenges and security threats, Project HOPE continues to implement a highly coordinated, comprehensive humanitarian intervention in Ukraine and the neighboring countries of Moldova and Poland. **In Ukraine,** Project HOPE's humanitarian assistance focuses on supporting local primary and secondary health facilities with essential medicine, medical supplies, equipment, and reconstruction projects for healthcare and social service facilities. Project HOPE's team in Ukraine is also addressing mental health and psychosocial support (MHPSS); protection; water, sanitation, and hygiene (WASH) and winterization needs (heaters, fuel vouchers, and more).

In Moldova and Poland, the team is working to address gaps in essential services for refugees and selected communities, including primary health, MHPSS, and protection services.

In all areas of our response, Project HOPE works closely with government officials, local partners, and coordination clusters (groups of humanitarian organizations coordinating relief work across multiple sectors) to ensure that our efforts address the most pressing needs. The following pages outline the impact of our response activities to date.



Project HOPE CEO, Rabi Torbay, receives the Order of Merit, III Degree from Olena Koval'ska, who presented the award on behalf of the of the President of Ukraine, Volodymyr Zelenskyy.

Photo by Nikita Hlazyrin for Project HOPE, 2026.



Project HOPE, in partnership with the U.S. Government and Ukraine's Ministry of Health, delivers 25 new Type C ambulances to strengthen emergency care in frontline areas.

Photo by Stanislav Vierbii for Project HOPE, 2026.



A member of Project HOPE's mobile MHPSS team conducts a group session with older adults living in a collective accommodation center.

Photo by Nikita Hlazyrin for Project HOPE, 2026.

Ukraine

- **Provided humanitarian assistance to over 200 various facilities to date**, including **115 health facilities**, 13 centers for internally displaced people (IDPs), 57 local administrations, and 21 non-governmental organizations in 23 oblasts.
- Distributed lifesaving medicines and medical supplies worth of nearly **\$16.5 million** to healthcare facilities across Ukraine.
- Distributed over **89,032 winterization supplies and non-food items**, including thermal clothes, electrical heaters, kettles, mattresses, pillows, blankets, bed linens, and solid fuel to 87 health and social service facilities — with 450 room heaters and 450 kettles delivered to 25 healthcare facilities in the first quarter of 2026.
- Supported **4,222 households** with **cash assistance for utility payments** as part of winterization activities, reaching 11,897 individuals across Kherson, Kharkiv, Zaporizhzhia, Sumy, and Donetsk oblasts during the 2024 – 2025 winter season.
- Delivered and installed **234 generators** to strengthen the capacity of **128 facilities**.
- Equipped first responders in Kherson, Kharkiv, and Dnipro oblasts with **13 ambulances**, supporting a total of **36,929 patient transportations** — including **900 transportations** in the first quarter of 2026.
- In partnership with the U.S. Government and the Ministry of Health of Ukraine, Project HOPE delivered **25 new Type C ambulances** in April 2026, strengthening emergency medical services systems in frontline oblasts.
- Through our **Local Medical Units**, Project HOPE has supported 206 health workers who have gone on to provide a total of **2,040,795 medical consultations** to 775,725 patients at 28 health facilities across Ukraine — including **55,965 patients** reached with 174,369 separate consultations in the first quarter of 2026.
- Launched **two mobile pharmacies** that have provided **168,738 pharmaceutical items** to 5,273 people in Chernihiv and Sumy oblasts to address critical gaps in medication access and health care capacity in conflict-affected regions — reaching 2,508 people with 150,111 pharmaceutical items in the first quarter of 2026.
- Provided gender-based violence prevention and response services to **85,467 people** to protect survivors — reaching **11,136 people** in the first quarter of 2026.
- Provided **MHPSS services to war veterans and their families**, reaching people in Mykoliav, Odesa, and Chernihiv oblasts with 17,741 consultations.
- Reached **13,841 health care workers** across **87 health facilities** with trainings on topics like European Pediatric Advanced Life Support, Trauma and Disaster Team Response, Psychological First Aid, Mental Health Gap, Basic Life Support, Infection Prevention and Control, WASH, Sexual and Gender-Based Violence, Medical Supply Chain, and nursing — with **409 health workers** trained in the first quarter of 2026.



Project HOPE's team in the Dnipro region distributes drinking water in Novopilskaya.

Photo by Stanislav Vierbii for Project HOPE, 2026.



Project HOPE currently operates **42 mobile medical units (MMUs)**. To date, Project HOPE's MMU activities in Ukraine have provided **1,900,756 medical consultations** (including 27,840 mental health consultations) to **718,694 patients** in Zaporizhzhia, Odesa, Mykolaiv, Kherson, Dnipropetrovsk, Donetsk, Dnipro and Kharkiv oblasts — reaching **58,783 patients** with **180,822 consultations** in the first quarter of 2026.



Rabih Torbay, Project HOPE CEO, and representatives of The Church of Jesus Christ of Latter-day Saints tour the Hostomel Outpatient Clinic in Kyiv oblast, which is undergoing reconstruction.

Photo by Nikita Hlazyrin for Project HOPE, 2026.



Project HOPE provided **MHPSS services to 389,801** Ukrainians at five IDP centers, nine MHPSS sites established by Project HOPE, 27 hospitals, 17 MMUs, and through online consultations — reaching **31,958 participants** in the first quarter of 2026.

- Continued **renovation** of the Hostomel Ambulatory in Kyiv Oblast and started a **repair project** at the Infectious Disease Department of Valky Central District Hospital in Kharkiv Oblast. To date, **21 healthcare and social service facilities have been successfully reconstructed** by Project HOPE's team and reopened across Kyiv, Chernihiv, Kharkiv, Kherson, Mykolaiv, Dnipro, and Sumy oblasts.
- Distributed **201,451 hygiene kits and essential non-food items** to cover the basic needs of **382,845 individuals** — with **8,397 hygiene kits** delivered in the first quarter of 2026.
- Renovated and rehabilitated **288 sanitation stations** in 24 healthcare facilities, benefiting nearly **792,603 people**.
- Delivered **1,652,784 six-liter bottles of drinking water** to 12 health facilities and community members in 35 settlements to cover the needs of **173,655 Ukrainians** — with 37,824 six-liter bottles delivered to 6,522 Ukrainians in the first quarter of 2026.
- Rehabilitated **seven boreholes** in Kherson and Kyiv Region, to secure consistent **access to clean water** for over 202,059 individuals.



Project HOPE's team in the Dnipro region delivers heaters and kettles to an outpatient clinic in Ocheretenska.
Photo by Stanislav Vierbii for Project HOPE, 2026.

Moldova.

- Distributed **10,777 units of pharmaceuticals, 43,069 units of medical supplies, and 1,604 pieces of medical equipment** worth over \$417,244 to primary health facilities in Ștefan Vodă, Florești and Telenеști.
- Supported **397 patients** from Florești and Ștefan-Vodă districts with **eye screenings** and **rapid tests** for blood glucose and cholesterol levels.
- Supported **2,016 Ukrainian refugees** and **host community members** with **medical vouchers**, as well as **150 individuals** with **hygiene vouchers**.
- Reached **366 health workers** at **56 health facilities** with trainings on topics like on basic life support, palliative care training, natal check-up, mental health, communication skills, and tele-mentoring.
- Provided a **first aid training session** to **24 community members** in Ștefan Vodă and Florești districts, to strengthen community resilience and improve basic emergency response skills.
- Within the **Patient School program, 183 patients and family members** have participated in **nine workshops** focusing on home-based care, disease prevention, nutrition, and managing chronic conditions like diabetes and hypertension.
- Distributed over **1,650 informational leaflets** covering topics such as **breastfeeding, nutrition in pregnancy, postnatal care, diabetes management, decubitus prevention, and hand hygiene** to primary health facilities in Ștefan Vodă, Florești and Telenesti.



Project HOPE's team in Moldova donates a vehicle to support home-based care teams in Criuleni.
Photo by Project HOPE staff, 2026.



Project HOPE is currently operating **four MMUs**. To date, MMU teams have provided **8,128 medical consultations** to 4,708 patients and **3,925 mental health consultations** to 2,414 patients in Ștefan Vodă, Florești, Telenеști, Ocnița and Criuleni districts — launching two of these MMUs in the first quarter of 2026 and reaching 605 patients with 927 medical consultations and 260 patients with 409 mental health consultations in the same time period.

Poland

- In partnership with the Institute of Psychology at Jagiellonian University in Krakow, the Project HOPE Polska team launched and continues to support the **Mind C.A.R.E. (Communication, Acceptance, Relationships, and Empowerment) training program**, which continues to improve the mental well-being of school nurses and professionals and empower them with the skills they need to better support students. To date, the program has reached **448 school and health professionals** from the Małopolskie, Mazowieckie, Podlaskie, Podkarpackie, Lubelskie, Opolskie, Śląskie, and Wielkopolskie voivodeships — with **31 individuals** reached in the first quarter of 2026.
- Facilitated **3,384 Polish and English language classes** for **1,523 people**.
- Supported **107 individuals** with **translation services** for medical and administrative documents.
- Organized a **winter camp** for 19 adults and 7 children, which included MHPSS services, somatic therapy activities, and recreational activities.
- In response to **increased migration at the Poland-Belarus border**, Project HOPE implemented a project to strengthen the capacity of **frontline responders** and support the needs of **migrants** on the move and **asylum seekers** staying in Open Reception Centers managed by the Office for Foreigners. In coordination with Polish Border Guard units and local emergency medical services, **Project HOPE completed the following:**
 - Provided **70 medical translation devices** and additional **diagnostic and trauma equipment** to frontline responders and emergency medical teams.
 - Delivered **1,440 food kits, 920 winter kits, 720 hygiene kits, and 48 hospital kits** to border guards for further distribution to migrants they encounter in areas near the Poland-Belarus border.
 - Directly distributed **684 hygiene kits** and **245 pieces of child, medical, and orthopedic/rehabilitation equipment** to eight Open Reception Centers receiving asylum seekers, supporting a total of 329 family representatives (roughly 700 individuals).



Project HOPE is operating **three mobile MHPSS units** that have since provided **2,827 mental health consultations** to 637 participants, **1,252 individual information sessions** to 231 participants, and **1,094 social cohesion sessions** to 552 participants. To date, these activities have supported a total of **2,007 people** across ten shelters, five schools, and seven language centers in Małopolskie, Podkarpackie, and Lubelskie. These MHPSS units reached **406 people** during **3,125 site visits** in the first quarter of 2026.



Project HOPE team members distribute hygiene kits to asylum seekers residing in facilities near Warsaw, Biała Podlaska, and Lublin.

Photo by Nikita Hlazyrin for Project HOPE, 2026.



A member of Project HOPE's mobile MHPSS team provides psychosocial support to a Ukrainian refugee living with autism.

Photo by Nikita Hlazyrin for Project HOPE, 2026.