

Below are online resources that may be able to assist you in locating services and receiving aid in Poland.

Government Hotlines and Information

Helpline for Polish Citizens and Polish Card Holders Residing in Ukraine
+48 22 523 88 80

<https://www.gov.pl/web/polonia/specjalna-fofina-48-22-523-88-80-dla-obywateli-polskich-oraz-posiadaczy-karty-polaka-przebywajacych-na-ukrainie>
(Polish)

Information on Assistance for Ukrainian Citizens after Crossing the Polish Border
+48 47 721 75 75

<https://www.gov.pl/web/udsc/ukraina-en> (English)
<https://www.gov.pl/web/udsc/ukraina2> (Polish)

Reception Points

<https://www.gov.pl/web/udsc/punkty-recepcyjne2> (Polish)

Information and Resources for Ukrainian Citizens and Refugees

<https://www.strazgraniczna.pl> (Polish)

<https://www.gov.pl/web/granica> (Polish)

<https://www.gov.pl/web/border> (English)

<https://www.gov.pl/web/uw-opolski/polski-rzad-podejmuje-kolejne-dzialania-majace-na-celu-pomoc-uchodzcom-z-ukrainy> (Polish)

<https://pomagamukrainie.gov.pl> (Ukrainian, Polish, English)

<https://www.gov.pl/web/ua> (Ukrainian)

<https://www.gov.pl/web/ua-ru> (Russian)

<https://www.gov.pl/web/ua-pl> (Polish)

<https://www.gov.pl/web/ua-en> (English)

Updated News and Information

<https://www.tvp.info> (Polish)

<https://notesfrompoland.com> (English)

<https://wiadomosci.onet.pl/kryzys-na-ukrainie> (Polish)

<https://www.polsatnews.pl/wiadomosc/2022-03-08/wojna-w-ukrainie-trzynasty-dzien-rosyjskiej-inwazji> (Polish)

<https://www.wprost.pl/wojna-na-ukrainie> (Polish)

Community Organisations and Resources

<https://www.armia-zbawienia.pl> (Polish)

<http://cfrlubin.pl/centrum> (Polish)

<https://pcpm.org.pl/ukraina> (Polish)

<https://ocalenie.org.pl> (Polish)

<https://en.ocalenie.org.pl> (English)

<https://pmm.org.pl> (Polish)

<https://pmm.org.pl/en> (English)

<https://www.pah.org.pl> (Polish)

<https://www.pah.org.pl/en> (English)

National and International Red Cross

<https://www.icrc.org> (English, Russian, Others)

<https://pck.pl> (Polish)

Social Media Information and Resources

<https://twitter.com/poland?lang=en> (English)

<https://twitter.com/polandmoi> (English)

https://twitter.com/premierrp_en?lang=en (English)

https://twitter.com/poland_mod (English)

<https://twitter.com/AndrzejDuda> (Polish)

<https://www.facebook.com/andrzejduda> (Polish)

<https://www.facebook.com/poland> (English, Polish)

Donations and Support

Those who want to help can donate to one of the agencies below:

<https://savelife.in.ua/donate> (Ukrainian)

<https://savelife.in.ua/ru/donate> (Russian)

<https://savelife.in.ua/en/donate> (English)

<https://ain.capital/2022/02/26/bank-polski-to-aid-ukraine> (English)

- <https://ain.ua/2022/03/01/yak-daty-groshej-ukrayinskij-armiyi-ta-medykam> (Ukrainian)
- <https://ain.ua/ru/2022/03/01/yak-daty-groshej-ukrainskinskij-armij-ta-medikam> (Russian)
- <https://ain.capital/2022/02/27/how-to-support-ukraine-right-now-the-list-of-organizations-where-foreigners-can-donate%ef%bf%bc> (English)

<https://www.facebook.com/groups/683793819641997> (Polish, Ukrainian, English)

<https://pomagam.pl> (Polish)

<https://www.siepomaga.pl/pah-ukraina> (Polish)

<https://caritas.pl> (Polish)