

Practical Guide for Ukrainian Refugees Entering Estonia



HOW TO ENTER ESTONIA

- kriis.ee
- <https://kriis.ee/ru/media/1458/download>
- https://www.estonia-for-ukraine.com/?fbclid=IwAR11aN0XeQLB_gDOHFo0wGuYnj-bDvZwY5Gyhi4RkB6Xt5VudgOcvgxAZUo

TRANSPORTATION FROM BORDERS

- kriis.ee
- www.pagulasabi.ee/uk
- https://www.estonia-for-ukraine.com/?fbclid=IwAR11aN0XeQLB_gDOHFo0wGuYnj-bDvZwY5Gyhi4RkB6Xt5VudgOcvgxAZUo

FIND THE ACCOMMODATION

- https://www.estonia-for-ukraine.com/?fbclid=IwAR11aN0XeQLB_gDOHFo0wGuYnj-bDvZwY5Gyhi4RkB6Xt5VudgOcvgxAZUo
- <https://www.facebook.com/groups/1548399682110889>



HEALTH INSURANCE

kriis.ee

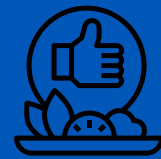
Urgent medical aid is ensured to all persons staying in Estonia if they have a severe or life-threatening health issue. The Family Doctor's Advice Line 1220 (or +372 634 6630 when calling from abroad) is offering health advice in English and Russian. If necessary, the person will be forwarded to the emergency line 112.

Basic medical assistance is available at the reception center for refugees of Ukraine that has been set up in Tallinn.

Additionally, private initiatives like Viveo Health offer their services to Ukrainians.

FOOD AND CLOTHES

- <https://www.ukrainaheaks.ee/ru/eesti-pagulasabi>
- <https://www.facebook.com/groups/1548399682110889>
- <https://lunest.ee/et/kontaktandmed/>



HARM REDUCTION SERVICES

- https://convictus.ee/ru_RU/sustlavahetus-ja-sotsiaalnoustamine/
- <https://www.narko.ee/ru/zdes-mozhno-najti-pomoshh/tsentry-snizheniya-vreda-sposobstvuyushhie-bolee-bezopasnomu-upotrebleniyu/>
- <https://lunest.ee/>
- <https://ehpv.ee/>

PSYCHOLOGICAL SUPPORT

The psychosocial crisis support phone line of the Social Insurance Board, 116 006 (+372 6147 393 when calling from a foreign phone number). Free psychological support online and offline: write an email to psychhelp.est@gmail.com explaining who you are and what is the situation. They will contact you within 24 hours. Or you can fill the form:

- <https://tellme.com.ua/>
- <https://www.palunabi.ee/ru>
- <https://ehpv.ee/>
- <https://lunest.ee/>
- https://convictus.ee/ru_RU/sustlavahetus-ja-sotsiaalnoustamine/



OPIOID SUBSTITUTION TREATMENT

Methadone-based substitution therapy is free for all patients, including those without health insurance. Buprenorphine-based substitution therapy (subutex, suboxone) is a paid service.

<https://www.narko.ee/ru/zdes-mozhno-najti-pomoshh/lechenie-ot-zavisimosti-v-t-ch-zamestitelnaya-terapiya-pri-opioidnoj-zavisimosti/>

ANTIRETROVIRAL THERAPY

ARV therapy and ARV drugs are free for residents of Estonia, regardless of whether they have health insurance. People need confirmation about their HIV-positive status to get ARV drugs.

- <https://www.hiv.ee/ru/kontakty-dlya-polucheniya-pomoschi/konsultatsionnye-uslugi-dlya-lyudej-zhivuschikh-s-vich/>
- <https://www.hiv.ee/ru/kontakty-dlya-polucheniya-pomoschi/priem-vracha-infektsionista/>
- ehpv.ee
- <https://www.hiv.ee/ru/zhizn-s-vich/lechenie-vich-infektsii/>

