

## **Ways to Help People in Afghanistan by @the\_bulletin\_buzz**

During this terrifying period where the Taliban have dominated Afghanistan, it's important to show support and help those who are seeking refuge or whose lives are in danger in Afghanistan.

Sitting across the world we don't have the fear of being killed if we use our voices, so we should use our privilege to its advantage and be vocal against this humanitarian crisis.

We've compiled a list of legitimate organisations or pages that you can donate to, sign, follow and learn from if you don't have the capacity to donate right now.

- Miles4Migrants.org  
If you have airline miles, you can donate them to refugees, asylees and others who cannot afford airfare. You can help evacuate those at risk in Afghanistan.
- @mahbobaspromise on Instagram  
Rebuilding Afghanistan through the empowerment of women and children. You can donate and support refugees on their page.
- Lutheran Immigration and Refugee Services  
(<https://chuffed.org/project/reporting-on-issues-that-affect-afghan-women-is-expensive-rukhshana-media-needs-your-help>)  
Currently helping 2,500 refugees to resettle in the U.S. click the link above to donate.
- Afghan Aid  
<https://www.afghanaid.org.uk/>  
This U.K. based organisation is providing humanitarian aid- they have multiple options for you to help those seeking refuge or aid.
- Afghan Diaspora for Equality and Progress  
(<https://docs.google.com/document/d/1fOLF0xD6DWs2JrBb1hqf2EXMbC5imN1Bm5LOXnSkfks/edit>) This organisation created a document with information and many ways to help!
- Women for Women International  
<https://www.gofundme.com/f/protect-women-leaders-in-afghanistan>
- Baba Mazari Foundation  
[https://www.gofundme.com/f/emergency-aid-for-victims-of-the-taliban-attacks?utm\\_campaign=p\\_cp+share-sheet&utm\\_medium=copy\\_link\\_all&utm\\_source=customer](https://www.gofundme.com/f/emergency-aid-for-victims-of-the-taliban-attacks?utm_campaign=p_cp+share-sheet&utm_medium=copy_link_all&utm_source=customer)  
Click the link above to donate and support victims of Taliban attacks.
- @icrc on Instagram (Int Committee of the Red Cross)  
Has been supporting communities in Afghanistan for over 3 decades, they accept donations.

- @womenforwomen on Instagram

This organisation helps women survivors of war and conflict, they need your support by donating.