

Remote Mental Health and Psychosocial Support Directory - Myanmar

စိတ်ကျန်းမာရေး နှင့် စိတ်လူမှုဆက်ဆံရေး အထောက်အပံ့

Remote Services

Name of the service provider/organization	Languages Available	Hours of Operation	Target Population <i>(example: general population, persons in quarantine, children, women, elderly etc.)</i>	Type of Remote MHPSS Services	Access services through (please provide chat address, phonenumber, hotline number or app)
UNFPA	English & Burmese	Based on appointment	General population, women and girls, child and adolescents. We accept everyone from all the geographical locations across Myanmar.	UNFPA Myanmar has created a platform to connect people who may need mental health and psychosocial support with the service providers. The team is consisted of Burmese speaking mental health professionals with diverse backgrounds, including clinical psychologists, psychiatrists, and professional counselors. Services that are provided remotely by the team include basic emotional support, psychological first aid (PFA), counseling, psychotherapy, and psychoeducation. However, the team will consider types of service based on the initial assessment of clients' needs and/or emotional challenges they may face.	Client need to indicate their interest in receiving the service in an individual or group setting through the Booking page below: https://www.mentalhealthsupportmyanmar.org/booking
Metanoia	Burmese English	12:00pm-8:00pm	Children Youth Organization Staff General Population	psychotherapy (individual & groups) psychiatric services psychoeducation and psychosocial activities remote capacity building activities & other consultancy services resource development	Phone: 09 959 540733, 09 784420563 Email: metanoiamhsrc@gmail.com Website: https://metanoiamhsrc.com Facebook: https://www.facebook.com/metanoiamhsrc
"Khan Sar Chat Lay Myar" (Little Emotions) Helpline Metanoia & UNICEF	Burmese Kayin (Sagaw) Mon Chin Rakhine	9:00am-9:00pm (Mon-Sat)	children, youth, parents and caregivers, frontline workers	Basic counseling support via phone line Online Children Group Stabilization/Relaxation Activities Online Youth Group Stabilization/Relaxation Activities Referral to individual psychoeducation and psychotherapy (All services are free)	09961140000 (9:00am-9:00pm Monday to Saturday) Website: https://metanoiamhsrc.com/helpline
Myanmar Art Social projeCt (MASC)	Myanmar, Jingpo, English	According to project	Volunteers and staff of CSOs, NGOs and INGOS	Online psycho-social workshops and training of facilitators to use play, art and empathy based participatory techniques for facilitating basic group psycho-social processes for community members	Contact tanyamasc@gmail.com (in English) or mamonicamasc@gmail.com (in Myanmar) https://mascyangoon.wixsite.com/masc/our-programs-
Myanmar Art Social projeCt (MASC)	Myanmar, Jingpo, English	8-10pm on the last Friday of every month	Staff of NGOs and INGOS	Body and breath based stabilisation group sessions (yoga, breathing exercises, mindfulness meditation)	Zoom link sent out to interested participants; tanyamasc@gmail.com
Call Me Today	Burmese	17:00 - 23:00	University students, Blue-collars, White-collars, Low income families, LGBT	Telecounseling, psychosocial supports	hotline number - 09782383145
Kachin Development Group (KDG)	Kachin(jinghpaw)	9:00AM to 5:00PM	age over 18 years old	Tele- Mental Health counseling service (CETA Method)	Mrs. Htoi Seng Ra(Counselor), Ph: +86 13308821647, skype: seng ra lu nsen Ms. Lum Naw (counselor), Ph: +86 15308828389, skype: Eve Ahnaw
Dr. Hnin Mi Mi Than	Burmese / English	Based on appointment	General population	Online Psychiatric & Addiction Management, Counselling, Acceptance & Commitment Therapy, Clinical Supervision	Mimi The Psychiatrist, Mandalay, Myanmar. MBBS Master of Medical Science in Mental Health Graduate Diploma in Clinical Psychology. Certificates and Trainings in Acceptance and... www.facebook.com 09 hninmimithan@gmail.com www.facebook.com/364248677385047/
Marble Psychological Services	Burmese / English	8 Am to 8 Pm	General population	Individual Therapy (Adults), Couples Therapy, Family Therapy, Individual Therapy (Children), Play Therapy, Group Work, Social Skills Groups, Parents Support, Parenting Courses, Assessments (Cognitive, Educational, Developmental, Behavior Assessments), Employee Assistance Services, Stress and Wellbeing – Training and Consultancy, Mental Health – Training and Consultancy	Website: https://www.marble-psychology.com/ Phone: +95 9456124067 Email: info@marble-psychology.com