

Mental Health and Psychosocial Support

စိတ်ကျန်းမာရေး နှင့် စိတ်လူမှုဆက်ဆံရေး အထောက်အပံ့

Including **Psychosocial Activities** (community, group and family support activities; child, women and youth friendly spaces; assistance to vulnerable individuals and families; parenting classes, early childhood development and psycho-education for individuals and families.)

စိတ်လူမှုဆက်ဆံရေး အထောက်အပံ့လုပ်ငန်းစဉ်များအပါအဝင် (ရပ်ရွာလူထုအလိုက်၊ အုပ်စုအလိုက်နှင့် မိသားစုအလိုက် ပံ့ပိုးပေးသည့် လုပ်ငန်းစဉ်များ၊ ကလေး၊ အမျိုးသမီးနှင့် လူငယ်ပျော်နေရာများ၊ ထိခိုက်လွယ်သောသူများနှင့် မိသားစုများအတွက် ထောက်ပံ့ ပံ့ပိုးမှုများ၊ မိဘပညာပေး သင်တန်းများ၊ တစ်ဦးချင်းစီနှင့် မိသားစုများအတွက် ရှေးဦးအရွယ် ကလေးသူငယ်ဖွံ့ဖြိုးတိုးတက်ရေး နှင့် ပတ်သက်၍ ပညာပေးခြင်းများ နှင့် စိတ်ပိုင်းဆိုင်ရာ ပညာပေးခြင်းများ)

Psychological Interventions (such as individual, family or group counselling/ therapy) and **Mental Health Services** (assessment and clinical management of mental, neurological and substance use (MNS) disorders (whether by specialised or non-specialised health care providers); and support to the caregivers of persons with MNS disorders.)

စိတ်ပိုင်းဆိုင်ရာ ပံ့ပိုးမှု လုပ်ငန်းစဉ်များ (တစ်ဦးချင်းစီ၊ မိသားစုအလိုက် သို့မဟုတ် အုပ်စုလိုက် နှစ်သိမ်းဆွေးနွေးပံ့ပိုးပေးခြင်း/ စိတ်ကုထုံးဖြင့် ပံ့ပိုးပေးခြင်း စသည်ဖြင့်) နှင့် စိတ်ကျန်းမာရေးဝန်ဆောင်မှုများ (စိတ်ပိုင်းဆိုင်ရာ၊ ဦးနှောက်နှင့်အာရုံကြောဆိုင်ရာနှင့် မူးယစ်ဆေးဝါးသုံးစွဲမှုဆိုင်ရာ ရောဂါဝေဒနာများ၊ ခံစားရသူများအတွက် ကျွမ်းကျင်ပညာရှင်မှ သို့မဟုတ် ကျွမ်းကျင်ပညာရှင်မဟုတ်သော ကျန်းမာရေးစောင့်ရှောက်မှုပေးသူမှ ပံ့ပိုးပေးသော ဆန်းစစ်လေ့လာမှုနှင့် ကုသမှု၊ အထက်ပါရောဂါဝေဒနာများ ခံစားနေရသူများ၏ အုပ်ထိန်းပံ့ပိုးပေးနေသူများကို ထောက်ပံ့ပေးမှု)

| Township | Name of the Organization / Service Provider | Type of Services & Eligibility Criteria | Focal Person & Contact Information |
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| Rakhine | Counseling Corner | Trained people all over Myanmar to become counsellors (and provide supervision for these counsellors) including in IDP camps in Kayah state, people in Rakhine, Kachin, Shan, Mon & Kayin state as well as Mandalay, Yangon and Nay Pyi Taw. | Edwin Briels - edwin@counselingcomemyanmar.com |
| Ann | | | |
| Buthidaung | ACF | Type of services: Individual and group mental health counselling, baby stimulation sessions, IYCF counselling, individual and group early childhood development (ECD) session. Eligibility criteria: Caregivers of SAM children under 5 years old and MAM PLWs evaluated as vulnerable in mental health and/or ECD. | Sawna Ullah, Deputy Program Manager NRS, '09427859125, dymhcppm-btd@mm-actioncontrelafaim.org |
| | Community and Family Services International (CFSI) | GBV Case Management and PSS for GBV survivors and GBV/SRH/MHPSS integrated information awareness session Individual MHPSS : Basic Psychosocial Support including PFA services to non GBV survivors such as SRH cases | Tawsmín, GBV Case Manager, tawsmín@cfsi.ph, 09254336247 |
| | MSF | MHPSS & PFA in children and adults: Individual counselling & follow-up; psycho-educational group sessions; SGBV/IPV counselling; Psychiatric care & prescription of psychotropics; Mental Health awareness activities. | Mental Health Supervisor Nway Nway Lwin - nrs-mhs@oca.msf.org Mental Health Activity Manager - rakhine-mho@oca.msf.org |
| Gwa | | | |
| Kyaukpyu | | | |
| Kyauktaw | GBV Program-Danish Refugee Council (DRC) | Community focused MHPSS : Activity Based Psychosocial Support Activities (Group) at Women and Girls Centres (Yoga, story telling, beautifying sessions, Mandala coloring, sports and exercises, and crafts) including emotional awareness sessions | Myo Thiri Thwe, GBV Prevention Team Leader, myo.thwe@drc.ngo, 09451412828 |
| | | Case Focused MHPSS : GBV case management and Psychosocial support services for GBV survivors | Soe Myat Htet, GBV Response Team Leader, soe.htet@drc.ngo , 09450050925 |
| | | Individual MHPSS : Basic Psychosocial Support including PFA services to non GBV clients during COVID 19 | Soe Myat Htet, GBV Response Team Leader, soe.htet@drc.ngo , 09450050925 |
| | | Community Focused MHPSS : Activity based Psychosocial Support activities for men and boys (sports and exercises, emotional awareness sessions) | Myo Thiri Thwe, GBV Prevention Team Leader, myo.thwe@drc.ngo, 09451412828 |
| | Relief International (RI) | GBV Case Management and PSS for GBV survivors and GBV/SRH information awareness session, integrated women's protection and psychosocial support services | Focal person- Aye Aye Mon, GBV Officer, Kyauk Taw. Mobile: +959251043020; email: ayeaye.mon@ri.org |
| Humanity & Inclusion (HI) through partners organization (Thazin Community Development Institute (TCDI) and Center for social integrity (CSI)) | Basic Psychosocial support including Psychological first Aid to mine victims emergency cash support rehabilitation support to children, adult and elderly people counselling sessions for mine victims MHPSS awareness session Peer support activities by former EO victims | Moe Moe Aye, Senior MHPSS Officer, Mobile - 09450646359, m.aye@hi.org | |

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| Maungdaw | ACF | Type of services: Individual and group mental health counselling, baby stimulation sessions, IYCF counselling, individual and group early childhood development (ECD) session. Eligibility criteria: Caregivers of SAM children under 5 years old and MAM PLWs evaluated as vulnerable in mental health and/or ECD. | Sawna Ullah, MHPSS and Protection Deputy Program Manager (NRS), '09427859125, dymhcppm-btd@mm-actionconrelafaim.org |
| | Community and Family Services International (CFSI) | GBV Case Management and PSS for GBV survivors and GBV/SRH/MHPSS integrated information awareness session Individual MHPSS : Basic Psychosocial Support including PFA services to non GBV survivors such as SRH cases | Tawmsin, GBV Case Manager, tawmsin@cfsi.ph, 09254336247 |
| | MSF | MHPSS & PFA in children and adults: Individual counselling & follow-up; psycho-educational group sessions; SGBV/IPV counselling; Psychiatric care & prescription of psychotropics; Mental Health awareness activities. | Mental Health Supervisor Nway Nway Lwin - nrs-mhs@oca.msf.org Mental Health Activity Manager - rakhine-mho@oca.msf.org |
| Minbya | Plan International - Myanmar | Static & Mobile Child Friendly Space (CFS) Activities, Positive Parenting Awareness Activities, Child Protection Case Management | Thida Kyaw (CPIE PM), 09798366665, 09420045514 |
| | MSF | MHPSS & PFA in children and adults: Individual counselling & follow-up; psycho-educational group sessions; SGBV/IPV counselling; Psychiatric care & prescription of psychotropics; Mental Health awareness activities. | Mental Health Supervisor Naw Nay Tha Moo - ers-mhs@oca.msf.org Mental Health Activity Manager - rakhine-mho@oca.msf.org |
| | International Rescue Committee (IRC) | Individual MHPSS - GBV case management and psychosocial support for GBV survivors and non-survivors | Shwe Ein San WPE Program Officer Phone: 09970904884 |
| | International Rescue Committee (IRC) | Community Focused MHPSS - safe space for women and girls; recreational activities; information, education, and awareness on GBV risk mitigation, SRHR, and other life-saving information based on context like COVID and AWD; breathing and relaxation skills; coping skills | Shwe Ein San WPE Program Officer Phone: 09970904884 |
| | PIN | Home-based PSS activities - must reside in PIN target displacement sites - Thay Kan Monastery or Ann Thar Monastery | Thein Than - thein.than@peopleinneed.cz |
| | Humanity & Inclusion (HI) through partners organization (Thazin Community Development Institute (TCDI) and Center for social integrity (CSI)) | Basic Psychosocial support including Psychological first Aid to mine victims emergency cash support rehabilitation support to children, adult and elderly people counselling sessions for mine victims MHPSS awareness session Peer support activities by former EO victims | Moe Moe Aye, Senior MHPSS Officer, Mobile - 09450646359, m.aye@hi.org |
| Mrauk-U | GBV Program-Danish Refugee Council (DRC) | Community focused MHPSS : Activity Based Psychosocial Support Activities (Group) at Women and Girls Centres (Yoga, story telling, beautifying sessions, Mandala coloring, sports and exercises, and crafts) including emotional awareness sessions | Myo Thiri Thwe, GBV Prevention Team Leader, myo.thwe@drc.ngo, 09451412828 |
| | | Case Focused MHPSS : GBV case management and Psychosocial support services for GBV survivors | Soe Myat Htet, GBV Response Team Leader, soe.htet@drc.ngo , 09450050925 |
| | | Individual MHPSS : Basic Psychosocial Support including PFA services to non GBV clients during COVID 19 | Soe Myat Htet, GBV Response Team Leader, soe.htet@drc.ngo , 09450050925 |
| | | Community Focused MHPSS : Activity based Psychosocial Support activities for men and boys (sports and exercises, emotional awareness sessions) | Myo Thiri Thwe, GBV Prevention Team Leader, myo.thwe@drc.ngo, 09451412828 |
| | Relief International (RI) | GBV prevention/awareness sessions, MHPSS coaching & training with a CSO collaborator, MHPSS awareness sessions | Focal person- Than Than Soe, GBV& MHPSS Outreach Assistant, Mrauk Uo. Mobile: +959250828096; +959673355564 email: thanthan.soe@ri.org |
| | MSF | MHPSS & PFA in children and adults: Individual counselling & follow-up; psycho-educational group sessions; SGBV/IPV counselling; Psychiatric care & prescription of psychotropics; Mental Health awareness activities. | Mental Health Supervisor Naw Nay Tha Moo - ers-mhs@oca.msf.org Mental Health Activity Manager - rakhine-mho@oca.msf.org |
| | PIN | Home-based PSS activities - must reside in PIN target displacement sites - Pi Pi Yin Village, Taung Myint Village, Tin Htein Kan Village, Wet Hla village, Ywar Thit Kay, Pya Hla, Na Kan Village (east), Pu Zun Hpe or Kular Chaung Monastery. | Thein Than - thein.than@peopleinneed.cz |
| | | Child Friendly spaces - must reside in PIN target displacement sites - | Thein Than - thein.than@peopleinneed.cz |
| | Humanity & Inclusion (HI) through partners organization (Thazin Community Development Institute (TCDI) and Center for social integrity (CSI)) | Basic Psychosocial support including Psychological first Aid to mine victims emergency cash support rehabilitation support to children, adult and elderly people counselling sessions for mine victims MHPSS awareness session Peer support activities by former EO victims | Moe Moe Aye, Senior MHPSS Officer, Mobile - 09450646359, m.aye@hi.org |
| Munaung | | | |

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| Myebon | Relief International (RI) | Peer support activities, GBV/SRH information awareness session, integrated women's protection and psychosocial support services, empowerment classes and case management services, Protection Mainstreaming, Adolescent life skills, WGC, Child friendly space activities (recreational activities), GBV and MHPSS service hotline | Focal person-Ei Phyu Mon, MHPSS Officer, Myebon. Mobile: +959427428056; email: eiphyu.mon@ri.org |
| Pauktaw | GBV Program-Danish Refugee Council (DRC) | Community focused MHPSS : Activity Based Psychosocial Support Activities (Group) at Women and Girls Centres (Yoga, story telling, beautifying sessions, Mandala coloring, sports and exercises, and crafts) including emotional awareness sessions | Myo Thanda, GBV Prevention Team Leader, myo.thanda@drc.ngo, 09 262334473 |
| | | Community focused MHPSS : Activity Based Psychosocial Support Activities (Group) at Women and Girls Centres (Yoga, story telling, beautifying sessions, Mandala coloring, sports and exercises, and crafts) including emotional awareness sessions | Moe Moe Zan, GBV Response Team Leader, moe.zan@drc.ngo , 09421742318 |
| | | Individual MHPSS : Basic Psychosocial Support including PFA services to non GBV clients during COVID 19 | Moe Moe Zan, GBV Response Team Leader, moe.zan@drc.ngo , 09421742318 |
| | MSF | Community Focused MHPSS : Activity based Psychosocial Support activities for men and boys (sports and exercises, emotional awareness sessions) | Myo Thanda, GBV Prevention Team Leader, myo.thanda@drc.ngo, 09 262334473 |
| | MSF | MHPSS & PFA in children and adults: Individual counselling & follow-up; psycho-educational group sessions; SGBV/IPV counselling; Psychiatric care & prescription of psychotropics; Mental Health awareness activities. | Mental Health Supervisor Naw Nay Tha Moo - ers-mhs@oca.msf.org Mental Health Activity Manager - rakhine-mho@oca.msf.org |
| Ponnagyun | | | |
| Ramree | | | |
| Rauthedaung | IRC | Community Awareness & Education activities on MHPSS, Psycho Social Support and Individual Counseling, Basic Psychosocial Support including PFA services to clients during COVID 19 pandemic, Referral Support services | Kyawt Shin Thant AungHealth Counselor, IRC/ RathedaugPhone: 09257850729 |
| | | Individual MHPSS - GBV case management and psychosocial support for GBV survivors and non-survivors | Yu War AungWPE Program OfficerPhone: 09450100013 |
| | | Community Focused MHPSS - safe space for women and girls to learn about social emotional skills; understanding and communicating emotions; managing stress; conflict resolution; breathing and relaxation skills; coping plans and coping skills; information, education, and awareness on GBV risk mitigation; SRHR, and other life-saving information based on context like COVID and AWD | Yu War AungWPE Program OfficerPhone: 09450100013 |
| | Community and Family Services International (CFSI) | GBV Case Management and PSS for GBV survivors and GBV/SRH/MHPSS integrated information awareness sessionIndividual MHPSS : Basic Psychosocial Support including PFA services to non GBV survivors such as SRH cases | Tawsmín, GBV Case Manager, tawsmín@cfsi.ph, 09254336247 |
| | MSF | MHPSS & PFA in children and adults: Individual counselling & follow-up; psycho-educational group sessions; SGBV/IPV counselling; Psychiatric care & prescription of psychotropics; Mental Health awareness activities. | Mental Health Supervisor Nway Nway Lwin - nrs-mhs@oca.msf.org Mental Health Activity Manager - rakhine-mho@oca.msf.org |
| | Plan International | Mobile Child Friendly Space (CFS) Activities | Naw Purity (CPIE- Humanitarian Project Manager) 09777339414, naw.purity@plan-international.org |
| | | Positive Parenting Awareness Activities | |
| | | Child Protection Case Management | |
| | ACF | Type of services: Individual and group mental health counselling, baby stimulation sessions, IYCF counselling, individual and group early childhood development (ECD) session. Eligibility criteria: Caregivers of SAM children under 5 years old and MAM PLWs evaluated as vulnerable in mental health and/or ECD. | Maung Maung Tin, MHPSS and Protection Head of Project (CRS), '09 421737378, hopmhcp-stw@mm-actioncontrelafaim.org |
| | IRC | Community Awareness & Education activities on MHPSS, Psycho Social Support and Individual Counseling, Basic Psychosocial Support including PFA services to clients during COVID 19 pandemic, Referral Support services | Khin SanThu Health Counselor, IRC/ Sittwe E mail: KhinSan.Thu@rescue.org |
| | | Individual MHPSS - GBV case management and psychosocial support for GBV survivors and non-survivors | Ei Ei Thin WPE Sr Response Officer Phone: 09429393024 |
| Community focused MHPSS - safe space for women and girls; Women Rise/ PSSG, Girl Shine, coping skills sessions, yoga, recreational activities; information, education, and awareness on GBV risk mitigation, SRHR, and other life-saving information based on context like COVID and AWD | | Ei Ei Thin WPE Sr Response Officer Phone: 09429393024 | |

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| Sittwe | | Community Focused MHPSS - information, education, and awareness for men and women on healthy relationships within families, anger management, parenting skills, conflict resolution | Ah Thein WPE Senior Prevention Officer Phone: 09263684340 |
| | GBV Program-Danish Refugee Council (DRC) | Community focused MHPSS : Activity Based Psychosocial Support Activities (Group) at Women and Girls Centres (Yoga, story telling, beautifying sessions, Mandala coloring, sports and exercises, and crafts) including emotional awareness sessions | Myo Thanda, GBV Prevention Team Leader, myo.thanda@drc.ngo, 09 262334473 |
| | | Case Focused MHPSS : GBV case management and Psychosocial support services for GBV survivors | Moe Moe Zan, GBV Response Team Leader, moe.zan@drc.ngo , 09421742318 |
| | | Individual MHPSS : Basic Psychosocial Support including PFA services to non GBV clients during COVID 19 | Moe Moe Zan, GBV Response Team Leader, moe.zan@drc.ngo , 09421742318 |
| | | Community Focused MHPSS : Activity based Psychosocial Support activities for men and boys (sports and exercises, emotional awareness sessions) | Myo Thanda, GBV Prevention Team Leader, myo.thanda@drc.ngo, 09 262334473 |
| | MMA | Mental and psychological support in mobile clinics and referral support | Dr. Hla Soe, Project Coordinator, hrakhineprojectsittwe@gmail.com , 09892890362 |
| | MSF | MHPSS & PFA in children and adults: Individual counselling & follow-up; psycho-educational group sessions; SGBV/IPV counselling; Psychiatric care & prescription of psychotropics; Mental Health awareness activities. | Mental Health Supervisor Naw Nay Tha Moo - ers-mhs@oca.msf.org Mental Health Activity Manager - rakhine-mho@oca.msf.org |
| Thandwe | | | |
| Toungup | | | |