

## 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 အုပ်စုအလိုက် နှစ်သိမ့်ဆွေးနွေးပံ့ပိုးပေးခြင်း/ စိတ်ကူထုံဖြင့် 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
Yangon	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@counselingcornermyanmar.com
Ahlon			
Bahan	Eden Myanmar	Psychosocial Activities: art, music and dance therapy to survivors of sexual exploitation or bride trafficking; Psychosocial interventions: Trauma-Focused Cognitive Behavioural Therapy (TF-CBT) for survivors of sexual exploitation or bride trafficking; Specialised MH: PTSD Assessments	Lily Van (Programme Officer) 09978506346; Lily@edenmyanmar.org; (speaks burmese)/ Else Thiebou(Project Officer); 09796331963; else@edenmyanmar.org (speaks English)
Botahaung	Counseling Corner	Individual counselling, workshops & webinar, training in basic & advanced counselling skills as well a psychological first aid. Emotional workshops (2 hrs. - 20 persons) is their signature and a very effective and efficient way to help groups of 20 persons (relief of emotions, understanding of counselling and building up a coping system). All services are in Myanmarlanguage and can be done online.	Edwin Briels - edwin@counselingcornermyanmar.com
Cocokyun			
Dagon			
Dagon Myoith(East)			
Dagon Myoith(North)			
Dagon Myoith(Seikkan)			
Dagon Myoith(South)			
Dala			
Dawbon			
Hlaing			
Hlaingtharya			
Hlegu			

Hmawbi			
Htantabin			
Insein	MSF	In Aung San tuberculosis hospital for technical support and counselling: MHPSS, pretreatment counselling , adherence counselling. Eligibility Criteria: DSTB, DRTB , preXDRTB and XDRTB patients and family members	Ms. Khin Moh Moh Kyaw (yangon-csgsup@oca.msf.org)
Kamaryut	Marble Psychological Services	Counselling Services: Individual Counselling for Children and Adults, Family Counselling, Group Counselling and Relationship Counselling. Organisational Employee Assistant Programmes (inc individual and group counselling, webinars, trainings and mental health talks). Project Work / Consultation: working with (I)NGOs and communities.	Email: info@marble-psychology.com Telephone: 09 456 124 067
Kawhmu			
Kayan			
Kungyangon			
Kyauktada	Call Me Today	Online counselling, Telecounselling, psychosocial support, Client must be over 18 years.	Kyaw Zin, kyaw.zin@callmetoday.org / 09795379627
Kyauktan			
Kyeemyindaing			
Lanmadaw			
Latha			
Mayangone			
Mingaladon			
Mingalartaungnyunt	Well-Being Counseling & Psychological Services	Psychoeducation sessions; MHPSS trainings, Workshops, Consultancy Counseling/Therapy - Individual, Couple & Group Therapy	Dr. Soe Lwin; 09-973 170 260; soelwin.wellbeingpsyservices@gmail.com; Facebook Link- <a href="https://www.facebook.com/WellBeingCounselingandPsychologicalServices">https://www.facebook.com/WellBeingCounselingandPsychologicalServices</a>
North Okkalapa			
Pabedan			
Pazundaung			

Sanchaung	Citta Consultancy	<p><b>Psychosocial Activities:</b> Community support groups, women, men and youth psychosocial support and empowerment workshops and wellness programs, student support services;</p> <p><b>MH psychoeducation sessions;</b> Employee Assistance Program (EAP); Community MHPSS research and consultations; Community-based capacity building workshops and training</p> <p><b>Psychosocial interventions:</b> Counselling for individual, relationship and family issues by lay counsellors and licensed psychotherapist, Mental Health Checkup assessment consultations Internship Program, Online self-paced courses on Mental Health and Psychosocial Topics, and Psychosocial Wellness and Mental Health Awareness publications through newsletter, social media posts, video streaming, and Telegram Channel</p>	<p>May Zaw Naing (Program Director); 09960989551; info@cittaconsultancy.com</p>
	&PROUD	<p>For LGBTIQ community Yin Phwint Yar (ရိန်ဖွင့်ရာ) Chat Counseling via Yin Phwint Yar facebook page Phone-line consultation/counseling Peer-to-peer Group Counseling supervised by trained counselor</p>	<p>Lilly Aung, Mental Health Programme Coordinator lilly@andproud.net 09 777 131 218</p>
	Myanmar Clinical Psychology Consortium (MCPC)	<p>MCPC is a volunteer-based group of Myanmar and international mental health professionals and community partners providing education, training, supervision, and direct services in mental health.</p> <ul style="list-style-type: none"> <li>• MCPC provides continuing education courses and training on specific mental health topics and service needs to lay and professional direct service providers in the mental health field. For example, our participants are community-based lay counsellors, clergy, professional counsellors and social workers (with masters in relevant psychosocial field), medical doctors, and psychiatrists. These courses and trainings are not training-of-trainer (TOT) or for program managers or other administrative staff; they are for direct service providers—individuals who actively use the knowledge and training to provide mental health care and psychosocial services to clients. All courses and trainings are live online or can be arranged for in-person delivery if circumstances allow.</li> <li>• MCPC provides clinical consultancy and clinical supervision to NGO staff who provide direct services in mental health and psychosocial care. MCPC assigned supervisors are trained and certificated in clinical supervision by an accredited program abroad.</li> <li>• Counselling services are now provided by MCPC alumni listed in this MHPSS Referral Directory.</li> <li>• The graduate level clinical/counseling psychology 1.5-year-long diploma program with clinical practicum and supervision is no longer provided till further notice.</li> </ul>	<p>Email: mcpc.officer@gmail.com Website: <a href="https://mcpcgroup.com/">https://mcpcgroup.com/</a></p>
	Lan Pya Kyel former TOP and SUN Community Health	<p>Online stress counselling (TOP Myanmar Facebook page), Tele CETA/Full CETA treatment for common mental health disorders not limited to vulnerable population at Lan Pya Kyel and SUN Community Health.</p>	<p>Ya Min Aung, CETA supervisor, 09 972027068 and Ye Min Aye, Community Engagement Manager, 09 764328186, ymaye@lanpyakyel.org</p>
Seikgyikanaungto			
Seikkan			
Shwepyithar			
South Okkalapa			
Taikkyi			
Tamwe	Serenity (Counseling and Psychological Services)	<p>Psychological Activities: Trauma Counselor Training, Wellness workshop, Psychoeducation trainings and workshop, Employee wellness program.. Psychological Intervention: Individual Counseling, Group Counseling (CBT, EMDR, Mindfulness and integrated approach)</p>	<p><a href="mailto:Agnes.Mary.09.776884275.09.782837947.agneskhainq@gmail.com">Agnes.Mary.09.776884275.09.782837947.agneskhainq@gmail.com</a>, <a href="https://www.facebook.com/serenitycounselingsupport_serenity.mhteam@gmail.com">https://www.facebook.com/serenitycounselingsupport_serenity.mhteam@gmail.com</a></p>
	Lan Pya Kyel former TOP and SUN Community Health	<p>Online stress counselling (TOP Myanmar Facebook page), Tele CETA/Full CETA treatment for common mental health disorders not limited to vulnerable population at Lan Pya Kyel and SUN Community Health.</p>	<p>Ya Min Aung, CETA supervisor, 09 972027068 and Ye Min Aye, Community Engagement Manager, 09 764328186, ymaye@lanpyakyel.org</p>
Thaketa			
Thanlyin	How She Did It	<p>Weekly Psychosocial support sessions for women, children and elders. Life Coaching for women and children. All services are available online. Register on our Facebook Page &lt;<a href="http://www.facebook.com/how.women.didit">www.facebook.com/how.women.didit</a>&gt;</p>	<p>Nang Ei Ei Mon (Founder and Certified Life Coach) +95 9978106110, mon@howshedidit.co</p>

	Well-Being Counseling & Psychological Services	Psychoeducation sessions; MHPSS trainings, Workshops, Consultancy Counseling/Therapy - Individual, Couple & Group Therapy	Ma Thandar - 09976926987 thandar.wellbeingpsyservices@gmail.com; Facebook Link- <a href="https://www.facebook.com/WellBeingCounselingandPsychologicalServices">https://www.facebook.com/WellBeingCounselingandPsychologicalServices</a>
<b>Thingangkuun</b>	Heal the World Myanmar	Provides MHPSS related trainings, Individual Counselling Service, Sharing Circles (Group like Counselling - Peer-to-Peer Approach) with marginalized groups (LGBTQ, PWD, CSW, FDU, PLHA, FPP, etc.), Sharing Circles with Drug Users (Who has decided to quit from it) - Peer to Peer Approach) and implement MHPSS related projects. Additionally, Heal the World has accepted 2 Interns (2 students of MA International Disaster Psychology) from the University of Denver, USA for 2.5 months with effect from 28 February 2022. This will be an online/ remote internship program.	Thu Kha, Program Director, Heal the World Myanmar, Mobile: 09 45 6666 172, Email: thu.kha126@gmail.com
<b>Thongwa</b>			
<b>Twantay</b>			
<b>Yankin</b>			