

Remote Mental Health and Psychosocial Support Directory - Myanmar

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Remote Services

Name of the service provider/organization	Languages Available	Hours of Operation	Target Population (example: general population, persons in quarantine, children, women, elderly etc.)	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 Mental Health Services and Resource Centre	Burmese English	Based on appointment	Children Youth Organization Staff General Population	Counseling and psychotherapy (individual & groups) Psychiatric services Psychoeducation and psychosocial activities Capacity building activities & other consultancy services Resource development	Khin La Pyae Wun Phone: 09 959 540733 Email: metanoiampshrc@gmail.com Website: https://metanoiampshrc.com Facebook: https://www.facebook.com/metanoiampshrc
"Khan Sar Chat Lay Myar" (Little Emotions) Helpline Metanoia	Burmese English	2:00pm-5:00pm Monday to Friday	Children Youth and adolescents Parents and caregivers Frontline workers General Population	Basic counseling support via phone line Online Children Group Stabilization/Relaxation Activities Online Youth Group Stabilization/Relaxation Activities Referral to individual psychoeducation and psychotherapy	Helpline- 0961140000 Website: https://metanoiampshrc.com/helpline
Myanmar Art Social project (MASC)	Myanmar, Jingpo, English	According to project (Remote and face-to-face services, Nationwide)		Psycho-social support workshops and training of facilitators to use play, art and empathy based participatory techniques for facilitating basic psycho-social processes for community members Workshops to resolve conflict between staff members or teams; and training to improve communication and conflict transformation skills of staff (often a key cause of mental distress)	tanyamasc@gmail.com (in English) or mamoncamasc@gmail.com (in Myanmar) https://mascyangon.wixsite.com/masc/our-programs-
Call Me Today	Burmese	17:00 - 23:00	University students, Blue-collars, White-collars, Low income families, LGBT	Telecounseling, Psychosocial support	Hotline - 09782383145
Kachin Development Group (KDG)	Jingphaw	9:00AM to 5:00PM	Over 18 years old	Tele- Mental Health counseling service (CETA Method)	Mrs. Htoi Seng Ra, Counselor, +86 13308821647, Skype: seng ra lu nsen Ms. Mai Ra, Counseling Supervisor, mairamalang@yahoo.com, +8619169039412 https://www.facebook.com/mai.ra.5815
Dr. Hnin Mimi Than MBBS, M. Med.Sc (Mental Health), Graduate Diploma in Clinical Psychology, Certificates and Trainings in Acceptance and Commitment Therapy	Burmese / English	Based on appointment	General population	Online Psychiatric & Addiction Management, Counselling, Acceptance & Commitment Therapy, Clinical Supervision	Dr. Hnin Mi Mi Than, hninmimithan@gmail.com, 09256278234 www.facebook.com/364248677385047/
Marble Psychological Services	Burmese / English	8 Am to 8 Pm	General population	Counseling 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	info@marble-psychology.com, +95 9456124067 https://www.marble-psychology.com
Jesuit Refugee Service (JRS)				Remote MHPSS; parents and elderly	Sr. Helen Doi Ling, 0926036369774
KBC - Healing Ministry Department				Mental Health Counseling Service - CETA Method (Tele-counseling) Accepts referrals from other areas outside of Myitkyina and Waingmaw	Srn. Htu San, MHPSS Sector Coordinator, 09785516902, lanauhtusan@gmail.com
Confide Psychological Services	Burmese/ English, Jingphaw, Zaiwa	Based on appointment	General population	Online Individual Counseling, Couple Counseling, Family Counseling, Group Counseling Capacity Building Activities (skills trainings and wellbeing sessions) Consultancy and Resource Development	Brang Seng (Admin), confide.psych@gmail.com, 09891145079
Serenity Counseling and Psychological Services	Burmese/ English	Based on appointment		Trauma Counselor Training, Basic Counseling Technique Training, Wellness workshop, Psychoeducation trainings and workshop, Employee wellness program Psychological Intervention: Individual Counseling, Group Counseling (CBT, EMDR, Mindfulness and integrated approach)	The Serenity Mental Health Team, serenity.mhteam@gmail.com, 09776884275 https://www.facebook.com/serenitycounselingsupport
EMDR Myanmar Association	Burmese/ English	Based on appointment		Trauma Counseling & EMDR Therapy (online service)	Dr. Sithu Pe Thein, 095008839 Khin May Tun, 09420028266 emdrmyanmarassociation@gmail.com
&PROUD			LGBTQI community	Yin Phwint Yar (ရင်ဖွင့်ရာ) Chat Counseling via Yin Phwint Yar facebook page Phone-line consultation/counseling Peer-to-peer group counseling supervised by trained counselor	Lilly Aung, Mental Health Programme Coordinator, lilly@andproud.net, 09777131218
How She Did It	Burmese/ English		Women, children and elders	Weekly psychosocial support sessions for women, children and elders Life coaching for women and children. All services are available online.	Nang Ei Ei Mon, Founder and Certified Life Coach, mon@howshedidit.co, +959978106110 Catherine Thin Hnin Aye, Community Director, thinhnyay@gmail.com www.facebook.com/how.women.didit