

## 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/ စိတ်ကုထုံးဖြင့် ပံ့ပိုးပေးခြင်း စသည်ဖြင့်) နှင့် စိတ်ကျန်းမာရေးဝန်ဆောင်မှုများ (စိတ်ပိုင်းဆိုင်ရာ၊ ဦးနှောက်နှင့်အာရုံကြောဆိုင်ရာနှင့် မူးယစ်ဆေးဝါးသုံးစွဲမှုဆိုင်ရာ ရောဂါဝေဒနာများ၊ ခံစားရသူများအတွက် ကျွမ်းကျင်ပညာရှင်မှ သို့မဟုတ် ကျွမ်းကျင်ပညာရှင်မဟုတ်သော ကျန်းမာရေးစောင့်ရှောက်မှုပေးသူမှ ပံ့ပိုးပေးသော ဆန်းစစ်လေ့လာမှုနှင့် ကုသမှု၊ အထက်ပါရောဂါဝေဒနာများ ခံစားနေရသူများ၏ အုပ်ထိန်းပံ့ပိုးပေးနေသူများကို ထောက်ပံ့ပေးမှု)

### SHAN (North)

Township	Name of the Organization/Service Provider	Type of Services & Eligibility Criteria	Focal Person & Contact Information
Hopang			
Hseni	IRC	Community focused MHPSS: Women and girl centers, Group and activity based psychosocial support (emotional support sessions, information, education, and awareness on GBV risk mitigation, SRHR, and other life-saving information, yoga, coping skills, handicraft and recreational activities) Individual MHPSS - GBV case management and psychosocial support for GBV survivors and non-survivors, GBV hotline service	Lway Mya Aye, WPE Manager, LwayMya.Aye@rescue.org, 09960576555
Hsipaw	IRC	Telecounseling / Community based and clinic based MHPSS service - group / individual	Nan Yee Hmue Kyaw, Health Counselor, IRC/ Lashio, 09401524985 A Me Me Jue, Health Counselor, IRC/ Lashio, 09450484277
		Community focused MHPSS: Women and girl centers, Group and activity based psychosocial support (emotional support sessions, information, education, and awareness on GBV risk mitigation, SRHR, and other life-saving information, yoga, coping skills, handicraft and recreational activities) Individual MHPSS - GBV case management and psychosocial support for GBV survivors and non-survivors, GBV hotline service	Lway Mya Aye, WPE Manager, LwayMya.Aye@rescue.org, 09960576555
	CPI	MHPSS through PHC services (clinics/mobile team) and community volunteers Individual Therapy Group Work, Social Skills Groups, Parents Support, Parenting Courses Training and Consultancy	U Arkar Linn Naing, arkarlinnaing@cpintl.org
Konkyan			
Kunlong			

Name	Organization	Services	Contact
<b>Kutkai</b>	<b>IRC</b>	Community focused MHPSS: Women and girl centers, Group and activity based psychosocial support (emotional support sessions, information, education, and awareness on GBV risk mitigation, SRHR, and other life-saving information, yoga, coping skills, handicraft and recreational activities) Individual MHPSS - GBV case management and psychosocial support for GBV survivors and non-survivors, GBV hotline service	Lway Mya Aye, WPE Manager, LwayMya.Aye@rescue.org, 09960576555
		Community Awareness & Education activities on MHPSS Psychosocial Support and Individual Counseling, Basic Psychosocial Support including PFA services to clients during COVID 19 pandemic Referral support services	Nan Yee Hmue Kyaw, Health Counselor, IRC/ Lashio, 09401524985 A Me Me Jue, Health Counselor, IRC/ Lashio, 09450484277
	<b>Metta</b>	<b>Psychosocial Activities:</b> Group Psychosocial activities <b>Psychological Interventions:</b> Psychosocial support by female case workers	Humanitarian.metta.iso@gmail.com 09265556391, 09458621102
	<b>YMCA</b>	Psychosocial Interventions: Psychosocial support, Counselling by project staff	09-403733340
	<b>CPI</b>	MHPSS through PHC services (clinics/mobile team) and community volunteers Individual Therapy Group Work, Social Skills Groups, Parents Support, Parenting Courses Training and Consultancy	U Arkar Linn Naing, arkarlinnaing@cpintl.org
<b>Kyuakme</b>	<b>IRC</b>	Community Awareness & Education activities on MHPSS Psychosocial Support and Individual Counseling, Basic Psychosocial Support including PFA services to clients during COVID 19 pandemic Referral support services	Nan Yee Hmue Kyaw, Health Counselor, IRC/ Lashio, 09401524985 A Me Me Jue, Health Counselor, IRC/ Lashio, 09450484277
<b>Lashio</b>	<b>MSF</b>	Psychosocial Activities (Child Friendly Space, Psychoeducation) Psychological Interventions (Individual/Group Counseling) Mental Health Services (Assessment and Clinical Management of Mental, Substance Use Disorders) Eligible Criteria: HIV, TB /DRTB patients, NCD Patient, PWID/PWUD, Pregnant women, SGBV survival	Mrs. Htang Nu, Health Promoter Supervisor, shan-hps@oca.msf.org
	<b>Lan Pya Kyel former TOP and SUN Community Health (KPSC)</b>	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	Ya Min Aung, CETA supervisor, 09972027068 Ye Min Aye, Community Engagement Manager, ymaye@lanpyakyel.org, 09764328186, Sai Own Myint, somyint@lanpyakyel.org, 09259505582
	<b>IRC</b>	Community Awareness & Education activities on MHPSS Psychosocial Support and Individual Counseling, Basic Psychosocial Support including PFA services to clients during COVID 19 pandemic Referral support services	Nan Yee Hmue Kyaw, Health Counselor, IRC/ Lashio, 09401524985 A Me Me Jue, Health Counselor, IRC/ Lashio, 09450484277
		Community focused MHPSS: Women and girl centers, Group and activity based psychosocial support (emotional support sessions, information, education, and awareness on GBV risk mitigation, SRHR, and other life-saving information, yoga, coping skills, handicraft and recreational activities) Individual MHPSS - GBV case management and psychosocial support for GBV survivors and non-survivors, GBV hotline service	Lway Mya Aye, WPE Manager, LwayMya.Aye@rescue.org, 09960576555
	<b>CPI</b>	MHPSS through PHC services (clinics/mobile team) and community volunteers Individual Therapy Group Work, Social Skills Groups, Parents Support, Parenting Courses Training and Consultancy	U Arkar Linn Naing, arkarlinnaing@cpintl.org
	<b>YMCA</b>	Psychosocial Interventions: Psychosocial support, Counselling by project staff	09-429320800
<b>Eden Myanmar - Trauma Focused Cognitive Behavioural Therapy</b>	Reduction of PTSD symptoms and triggers for survivors of human trafficking and GBV	Lily, 09759747049	
<b>Laukkaing</b>			
<b>Mahlaing</b>			

Mae			
<b>Manton</b>	<b>IRC</b>	Community focused MHPSS: Women and girl centers, Group and activity based psychosocial support (emotional support sessions, information, education, and awareness on GBV risk mitigation, SRHR, and other life-saving information, yoga, coping skills, handicraft and recreational activities) Individual MHPSS - GBV case management and psychosocial support for GBV survivors and non-survivors, GBV hotline service	Lway Mya Aye, WPE Manager, LwayMya.Aye@rescue.org, 09960576555
	<b>CPI</b>	MHPSS through PHC services (clinics/mobile team) and community volunteers Individual Therapy Group Work, Social Skills Groups, Parents Support, Parenting Courses Training and Consultancy	U Arkar Linn Naing, arkarlinnaing@cpintl.org
<b>Mongmao</b>			
<b>Moangmit</b>			
<b>Mongyai</b>	<b>CPI</b>	MHPSS through PHC services (clinics/mobile team) and community volunteers Individual Therapy Group Work, Social Skills Groups, Parents Support, Parenting Courses Training and Consultancy	U Arkar Linn Naing, arkarlinnaing@cpintl.org
<b>Muse</b>	<b>IRC</b>	Community focused MHPSS: Women and girl centers, Group and activity based psychosocial support (emotional support sessions, information, education, and awareness on GBV risk mitigation, SRHR, and other life-saving information, yoga, coping skills, handicraft and recreational activities) Individual MHPSS - GBV case management and psychosocial support for GBV survivors and non-survivors, GBV hotline service	Lway Mya Aye, WPE Manager, LwayMya.Aye@rescue.org, 09960576555
	<b>Lan Pya Kyel former TOP and SUN Community Health (KPSC)</b>	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	Ya Min Aung, CETA supervisor, 09972027068 Ye Min Aye, Community Engagement Manager, ymaye@lanpyakyel.org, 09764328186, Sai Own Myint, somyint@lanpyakyel.org, 09259505582
	<b>MSF</b>	Psychosocial Activities (Child Friendly Space, Psychoeducation) Psychological Interventions (Individual/Group Counseling) Mental Health Services (Assessment and Clinical Management of Mental, Substance Use Disorders) Eligible Criteria: HIV, TB /DRTB patients, NCD Patient, PWID/PWUD, Pregnant women, SGBV survival	Mrs. Htang Nu, Health Promoter Supervisor, shan-hps@oca.msf.org
	<b>YMCA</b>	Psychosocial Interventions: Psychosocial support, Counselling by project staff	09-403734600
	<b>KWAT</b>	Psychosocial Interventions: Psychosocial support by female case workers	Bawk Aung, Muse Safe house Manager, atpsafehouse.kwat@gmail.com, 09403744654
<b>Namhsan</b>			
<b>Namphan</b>			
<b>Namtu</b>	<b>IRC</b>	Community focused MHPSS: Women and girl centers, Group and activity based psychosocial support (emotional support sessions, information, education, and awareness on GBV risk mitigation, SRHR, and other life-saving information, yoga, coping skills, handicraft and recreational activities) Individual MHPSS - GBV case management and psychosocial support for GBV survivors and non-survivors, GBV hotline service	Lway Mya Aye, WPE Manager, LwayMya.Aye@rescue.org, 09960576555

		Community Awareness & Education activities on MHPSS Psychosocial Support and Individual Counseling, Basic Psychosocial Support including PFA services to clients during COVID 19 pandemic Referral support services	Nan Yee Hmue Kyaw, Health Counselor, IRC/ Lashio, 09401524985 A Me Me Jue, Health Counselor, IRC/ Lashio, 09450484277
Nanhkan	Metta	<b>Psychosocial Activities:</b> Group Psychosocial activities <b>Psychological Interventions:</b> Psychosocial support by female case workers	Humanitarian.metta.lso@gmail.com 09256493498, 09422433183, 09421175660
	IRC	Community focused MHPSS: Women and girl centers, Group and activity based psychosocial support (emotional support sessions, information, education, and awareness on GBV risk mitigation, SRHR, and other life-saving information, yoga, coping skills, handicraft and recreational activities) Individual MHPSS - GBV case management and psychosocial support for GBV survivors and non-survivors, GBV hotline service	Lway Mya Aye, WPE Manager, LwayMya.Aye@rescue.org, 09960576555
	CPI	MHPSS through PHC services (clinics/mobile team) and community volunteers Individual Therapy Group Work, Social Skills Groups, Parents Support, Parenting Courses Training and Consultancy	U Arkar Linn Naing, arkarlinnaing@cpintl.org
Nawngkhio	IRC	Community focused MHPSS: Women and girl centers, Group and activity based psychosocial support (emotional support sessions, information, education, and awareness on GBV risk mitigation, SRHR, and other life-saving information, yoga, coping skills, handicraft and recreational activities) Individual MHPSS - GBV case management and psychosocial support for GBV survivors and non-survivors, GBV hotline service	Lway Mya Aye, WPE Manager, LwayMya.Aye@rescue.org, 09960576555
Pangsang			
Pangwaun			
Tangyan	IRC	Community focused MHPSS: Women and girl centers, Group and activity based psychosocial support (emotional support sessions, information, education, and awareness on GBV risk mitigation, SRHR, and other life-saving information, yoga, coping skills, handicraft and recreational activities) Individual MHPSS - GBV case management and psychosocial support for GBV survivors and non-survivors, GBV hotline service	Lway Mya Aye, WPE Manager, LwayMya.Aye@rescue.org, 09960576555
	CPI	MHPSS through PHC services (clinics/mobile team) and community volunteers Individual Therapy Group Work, Social Skills Groups, Parents Support, Parenting Courses Training and Consultancy	U Arkar Linn Naing, arkarlinnaing@cpintl.org