

## 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)

# YANGON

Township	Name of the Organization/Service Provider	Type of Services & Eligibility Criteria	Focal Person & Contact Information
Yangon			
Ahlong			
Bahan	Eden Myanmar - Trauma Focused Cognitive Behavioural Therapy	Reduction of PTSD symptoms and triggers related for survivors of human trafficking	Suan, 09793187507
	Counselling Corner	Clinical psychotherapy and counselling PTSD treatment, art and clay workshops Advocacy (webinars, workshops) Prevention programs Employee Assistance Program (EAP) Consultancy	Edwin Briels, edwin@counsellingcornermyanmar.com
Cocokyun			
Dagon			
Dagon Myothit(East)			
Dagon Myothit(North)			
Dagon Myothit(Seikkan)			
Dagon Myothit(South)			
Dala			

Dawbon			
Hlaing	Metanoia Mental Health Services and Resource Centre	Psychoeducation and psychosocial activities Capacity building activities	Khin La Pyae Wun, metanoiамsrc@gmail.com, 09959540733
Hlaingtharyar	Eden Myanmar - Trauma Focused Cognitive Behavioural Therapy	Reduction of PTSD symptoms and triggers related for survivors of human trafficking	Suan, 09793187507
Hlegu			
Hmawbi			
Htantabin			
Insein	MSF	Provides technical support and counselling: MHPSS, pretreatment counselling, adherence counselling; for Aung San Tuberculosis Hospital Eligibility Criteria: DSTB, DRTB, preXDRTB and XDRTB patients and family members	Ms. Khin Moh Moh Kyaw, Counseling Supervisor, yangon-csgsup@oca.msf.org
Kamaryut	Eden Myanmar - Trauma Focused Cognitive Behavioural Therapy	Reduction of PTSD symptoms and triggers related for survivors of human trafficking	Suan, 09793187507
	Marble Psychological Services	Adult Services (Individual Therapy, Couples Therapy), Child Services (Play Therapy, Parental Support), Organisational Services (EAP Services, Training and Workshop, MHPSS Projects)	Khin Moe Hein, Intake Coordinator, info@marble-psychology.com, 09952495181 Website: www.marble-psychology.com
Kawhmu			
Kayan			
Kungyangon			
Kyauktada	Call Me Today	Online counselling, Telecounseling, Psychosocial support Client must be over 18 years.	Kyaw Zin, kyaw.zin@callmetoday.org, 09795379627
Kyauktan			
Kyeemyindaing			
Lanmadaw			
Latha			

Mayangone			
Mingaladon			
Mingalar Taungnyunt	Well-Being Counseling & Psychological Services	Psychoeducation sessions, MHPSS trainings, Workshops, Consultancy Counseling/Therapy - Individual, Couple & Group Therapy	Dr. Soe Lwin, soelwin.wellbeigpsyservices@gmail.com, 09973170260 https://www.facebook.com/WellBeingCounselingandPsychologicalServices
North Okkalapa			
Pabedan			
Pazundaung			
Sanchaung	Citta Consultancy	<b>Psychosocial Activities:</b> Community support groups, women, men and youth, Psychosocial support and empowerment workshops and wellness programs, student support services <b>MH</b> psychoeducation sessions; Employee Assistance Program (EAP), Community MHPSS research and consultations, Community-based capacity building workshops and training <b>Psychological 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	Su Su Maung, CEO, ssmaung@cittaconsultancy.com, 09960989551
	Lan Pya Kyel former TOP and SUN Community Health (QC SCH)	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, ymaye@lanpyakyel.org, Community Engagement Manager, 09764328186
Seikgyikanaungto			
Seikkan			
Shwepyithar			
South Okkalapa			
Taikkyi			
Tamwe	Lan Pya Kyel former TOP and SUN Community Health (KPSC)	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, ymaye@lanpyakyel.org, Community Engagement Manager, 09764328186
Thaketa			

<b>Thanlyin</b>	<b>How She Did It</b>	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, thinhninaye@gmail.com <a href="http://www.facebook.com/how.women.didit">www.facebook.com/how.women.didit</a>
<b>Thingangyun</b>	<b>Well-Being Counseling &amp; Psychological Services</b>	Psychoeducation sessions, MHPSS trainings, Workshops, Consultancy Counseling/Therapy - Individual, Couple & Group Therapy	Ma Thandar, thandar.wellbeingpsyservices@gmail.com, 09976926987 <a href="https://www.facebook.com/WellBeingCounselingandPsychologicalServices">https://www.facebook.com/WellBeingCounselingandPsychologicalServices</a>
	<b>Heal the World Myanmar</b>	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) Implementing 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, thu.kha126@gmail.com, 09456666172
<b>Thongwa</b>			
<b>Twantay</b>			
<b>Yankin</b>	<b>Honest Hour</b>	Mental health services: Counselling (package and one-time), Group counselling, Free emotional support; Well-being classes; Cooperate services: Employee assistance programme, Well-being check-up	Phyoe Thet Htet Oo, Customer Service Executive, info@honesthourmm.com, +9597924522 19/B (first floor), Min Ye Kyaw Swar Road, Kyauk Kone, Yankin Township, Yangon