

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

RAKHINE State

Township	Name of the Organization / Service Provider	Type of Services & Eligibility Criteria	Focal Person & Contact Information
Ann			
Buthidaung	ACF	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 <u>vulnerable in mental health and/or ECD</u>	Sawna Ullah, MHPSS and Protection Deputy Program Manager NRS, dymhcppm-btd@mm-actioncontrelafaim.org, 09427859125
	Community and Family Services International (CFSI)	GBV Case Management and PSS for GBV survivors and GBV/SRH/MHPSS integrated information awareness session <u>Individual MHPSS - Basic Psychosocial Support including PFA services to non-GBV survivors</u>	Tawsmín, GBV Case Manager, tawsmín@cfsi.ph, 09254336247 Myint Naing, Community Facilitator, mnaing@cfsi.ph, 09258497440
	MSF	MHPSS & PFA with children and adults: Individual counselling & follow-up; psycho-educational group sessions; SGBV/IPV counselling Psychiatric care & prescription of psychotropics Mental Health awareness activities, Psychosocial activities with Children & Adult.	Nway Nway Lwin, Mental Health Supervisor, nrs-mhs@oca.msf.org Mental Health Activity Manager - rakhine-mho@oca.msf.org
Gwa			
Kyaukpyu			
Kyauktaw	DRC	Community focused MHPSS : Recreational activities for all ages provided at community centers. Focused non specialised PSS for adults provided at community centers	Saw Nwe Win, Community Empowerment officer saw.win1@drc.ngo, 09789505661
		Case focused MHPSS : GP Case Management, Individual Psychosocial Support to GP clients Focused non specialised PSS for adults provided at community centers	Win Win Htay, Case management assistant win.htay@drc.ngo, 09250995782
	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 including WGC	Aye Aye Mon, GBV Protection Officer, Kyauk Taw, ayeaye.mon@ri.org, +959251043020

	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, Peer support activities by former EO victims MHPSS awareness session	Moe Moe Aye, Senior MHPSS Officer, m.aye@hi.org, 09450646359 Mrs. Saw Myat Aye, Case Management Officer, s.aye@hi.org, 09770504660
Maungdaw	ACF	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, dymhcppm-btd@mm-actioncontrelafaim.org, 09427859125
	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	Tawsmine, GBV Case Manager, tawsmine@cfsi.ph, 09254336247 Mohammed Khaled, Community Facilitator, mled@cfsi.ph, 09254818299
	MSF	MHPSS & PFA with children and adults: Individual counselling & follow-up; psycho-educational group sessions; SGBV/IPV counselling Psychiatric care & prescription of psychotropics Mental Health awareness activities, Psychosocial activities with Children & Adult	Nway Nway Lwin, Mental Health Supervisor, 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, Parenting Training, Child Protection Case Management (only in project locations)	Thida Kyaw, CPIE PM, 09798366665, 09420045514
	MSF	MHPSS & PFA with children and adults: Individual counselling & follow-up; psycho-educational group sessions; SGBV/IPV counselling Psychiatric care & prescription of psychotropics Mental Health awareness activities, Psychosocial activities with Children & Adult	Mon Yee Htet Paing, Mental Health Supervisor, 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 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, 09970904884
	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, Peer support activities by former EO victims MHPSS awareness session	Moe Moe Aye, Senior MHPSS Officer, m.aye@hi.org, 09450646359 Mrs. Saw Myat Aye, Case Management Officer, s.aye@hi.org, 09770504660
Mrauk-U	DRC	Community focused MHPSS : Recreational activities for all ages provided at community centers. Focused non specialised PSS for adults provided at community centers	Saw Nwe Win, Community Empowerment officer saw.win1@drc.ngo, 09789505661
		Case focused MHPSS : GP Case Management, Individual Psychosocial Support to GP clients Focused non specialised PSS for adults provided at community centers	Win Win Htay, Case management assistant win.htay@drc.ngo, 09250995782
	Relief International (RI)	GBV awareness sessions, MHPSS awareness sessions	Than Than Soe, GBV & MHPSS Outreach Assistant, Mrauk Oo, thanthan.soe@ri.org, +959250828096, +95967335564
	MSF	MHPSS & PFA with children and adults: Individual counselling & follow-up; psycho-educational group sessions; SGBV/IPV counselling Psychiatric care & prescription of psychotropics Mental Health awareness activities, Psychosocial activities with Children & Adult	Mon Yee Htet Paing, Mental Health Supervisor, ers-mhs@oca.msf.org Mental Health Activity Manager, rakhine-mho@oca.msf.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, Peer support activities by former EO victims MHPSS awareness session	Moe Moe Aye, Senior MHPSS Officer, m.aye@hi.org, 09450646359 Mrs. Saw Myat Aye, Case Management Officer, s.aye@hi.org, 09770504660
Munaung			

Myebon	Relief International (RI)	Peer support activities, GBV/SRH information awareness session integrated women's protection and psychosocial support services(self care, coping stress, anger management, home visits for non-GBV cases) Vocational classes, Regular group discussions, Adolescent life skills, WGC, Child friendly space activities (recreational activities) GBV and CP case management. GBV and MHPSS service hotline	Ei Phyu Mon, MHPSS Officer, Myebon, eiphyu.mon@ri.org, +959427428056
Pauktaw	DRC	Community focused MHPSS : Recreational activities for all ages provided at community centers.	Aung Thiha, Community Empowerment officer aung.ha@drc.ngo, 09890360193
		Case focused MHPSS : GP Case Management, Individual Psychosocial Support to GP clients	Ei Thinzar Aung, Case management officer ei.aung@drc.ngo, 09892364172
	MSF	MHPSS & PFA with children and adults: Individual counselling & follow-up; psycho-educational group sessions; SGBV/IPV counselling Psychiatric care & prescription of psychotropics Mental Health awareness activities, Psychosocial activities with Children & Adult	Mon Yee Htet Paing, Mental Health Supervisor, 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 Aung, Health Counselor, IRC/ Rauthedaung, 09257850729
		Individual MHPSS - GBV case management and psychosocial support for GBV survivors and non-survivors 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 Aung, WPE Program Officer, 09450100013
	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 Hla Hla Aye, Community Facilitator, haye@cfsi, 09894941211
	MSF	MHPSS & PFA with children and adults: Individual counselling & follow-up; psycho-educational group sessions; SGBV/IPV counselling Psychiatric care & prescription of psychotropics Mental Health awareness activities, Psychosocial activities with Children & Adult	Nway Nway Lwin, Mental Health Supervisor, nrs-mhs@oca.msf.org Mental Health Activity Manager - rakhine-mho@oca.msf.org
Sittwe	Plan International - Myanmar	Mobile Child Friendly Space (CFS) Activities, Parenting Training, Child Protection Case Management (only in project locations) Individual and group mental health counselling	Willia Nwei, Acting CPIE- Humanitarian Project Manager, nwei.willia@plan-international.org, 09263121074
	ACF	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), hopmhcp-stw@mm-actioncontrelafaim.org, 09421737378
	IRC	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	Khin SanThu, Health Counselor, IRC/ Sittwe, KhinSan.Thu@rescue.org
non-survivors 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; yoga; 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		Ei Ei Thin, WPE Sr Response Officer, 09429393024	

		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, 09263684340
	DRC	Community focused MHPSS : Recreational activities for all ages provided at community centers	Aung Thiha, Community Empowerment officer aung.ha@drc.ngo, 09890360193
		Case focused MHPSS : GP Case Management, Individual Psychosocial Support to GP clients	Ei Thinzar Aung, Case management officer ei.aung@drc.ngo, 09892364172
	MMA	Mental and psychological support in mobile clinics and referral support	Dr. Hla Soe, Project Coordinator, rhrakhineprojectsittwe@gmail.com, 09892890362
	MSF	MHPSS & PFA with children and adults: Individual counselling & follow-up; psycho-educational group sessions; SGBV/IPV counselling Psychiatric care & prescription of psychotropics Mental Health awareness activities, Psychosocial activities with Children & Adult	Mon Yee Htet Paing, Mental Health Supervisor, ers-mhs@oca.msf.org Mental Health Activity Manager, rakhine-mho@oca.msf.org
Thandwe			
Toungup			