

Mental Health and Psychosocial Support (MHPSS)

Available Services in Myanmar

Updated March 19, 2021

[LINK](#)




The following is a list of some of the available services that members of the Myanmar MHPSS Working Group are aware of and may be helpful for you or others you know, however, the MHPSS Working Group Myanmar and the members who put together this list have not formally checked and vetted each of the services.


During a crisis situation or emergency, services may be different than listed here or on their websites.



If you would like more information on MHPSS topics, the Myanmar MHPSS Working Group also compiles and shares a referral directory of available services (<https://www.mhpssmyanmar.org/referral-mhpss>) by State and Region in addition to posting resources and documents related to MHPSS. You can find more information at <https://www.mhpssmyanmar.org/>

App Services		
Organization	Description	Contact Information
 Mee Pya Tike	Mee Pya Tike is currently adjourning and will resume operation from May 2021. Contact: hello@meepyatike.com	Website: https://www.meepyatike.com/

In-Person and Remote Services

Organization	Description	Contact Information
	<ul style="list-style-type: none"> ▪ Adjusting to Change / Life Transitions ▪ Post Traumatic Stress Disorder (PTSD) / Trauma / Complex PTSD ▪ Relationships & Marriage ▪ Child and/or Adolescent Issues ▪ Health / Illness / Medical Issues ▪ Mindfulness Meditation ▪ Employee Assistance Program; and ▪ Support groups 	<p>Website: www.cittaconsultancy.com</p> <p>Phone: +95 99609 89551</p> <p>Email: info@cittaconsultancy.com admin@cittaconsultancy.com</p>
	<ul style="list-style-type: none"> ▪ Psychotherapy and Counselling Services (Individual, Couple, Family, and Group Therapy) ▪ Basic and Advanced Counselling Skills Training ▪ Employee Assistance Programme <p>The description of services provided may be found here: https://counsellingcornermyanmar.com/category/services/</p>	<p>Website: www.counsellingcornermyanmar.com/</p> <p>Phone: +95 09784509916, +95 (0)9785074173</p> <p>Email: info@counsellingcornermyanmar.com</p>
	<ul style="list-style-type: none"> ▪ Individual Therapy (Adults) ▪ Couples Therapy ▪ Family Therapy ▪ Individual Therapy (Children), Play Therapy, Group Work, Social Skills Groups ▪ Parents Support, Parenting Courses 	<p>Website: https://www.marble-psychology.com/</p> <p>Phone: +95 9456124067</p> <p>Email: info@marble-psychology.com</p>

	<ul style="list-style-type: none"> ▪ Assessments (Cognitive, Educational, Developmental, Behavior Assessments) ▪ Employee Assistance Services ▪ Stress and Wellbeing – Training and Consultancy ▪ Mental Health – Training and Consultancy <p>The description of services provided may be found here: https://www.marble-psychology.com/adult-services/</p>	
	<ul style="list-style-type: none"> ▪ Psychiatric services ▪ Psychotherapy ▪ Lay counseling ▪ Life skills training ▪ Group psychoeducation and psychosocial activities ▪ Outreach emergency response (PFA team) <p>"Khan Sar Chat Lay Myar" (Little Emotions) Helpline https://metanoiamhsrc.com/helpline Helplines: 9933 (Ooredoo), 08008009933 (MPT), 09 961140000 (all SIM) Languages: Services in Burmese, Chin, Karen (Sagaw), Rakhine, and Mon.</p> <p>The description of services provided may be found here: https://metanoiamhsrc.com/services.html</p>	<p>Website: https://metanoiamhsrc.com</p> <p>Phone: +95 9 9595 40733, +95 9 7844 20563</p> <p>Email: metanoiamhsrc@gmail.com</p>

 <p>Myanmar Clinical Psychology Consortium</p>	<ul style="list-style-type: none"> ▪ Volunteer-based group of Myanmar and international health professionals and community partners ▪ Counseling services through their supervised practicum program and alumni network 	<p>Email: mcpc.officer@gmail.com</p> <p>Website: https://mcpcgroup.com/</p> <p>Languages: Services available in Chin, Kachin, Karen, Rakhine, Myanmar and English.</p>
 <p>လူတိုင်းအတွက်စိတ်ပညာ</p> <p>REACH OUT MYANMAR</p> <p>PSYCHOLOGICAL AND CONSULTANCY SERVICES</p>	<ul style="list-style-type: none"> ▪ Individual Counselling ▪ Couple and Family Counselling ▪ Psychotherapy ▪ Assessments ▪ Group counselling/Support Group ▪ Psychological Training/Workshop and Talk ▪ Offering mental health related consultation for organization ▪ Feedback and consultation for managers and supervisor <p>The description of services provided may be found here: https://www.reachoutmyanmar.com/services/</p>	<p>Website: https://www.reachoutmyanmar.com/</p> <p>Phone: +95 9 767128927 (Office Hours)</p> <p>Email: reachoutmyanmar@gmail.com</p> <p>Languages: Myanmar and English</p>



- Counseling specifically related to anxiety, stress, grief, depression, and trauma (Individual, Family and other)
- Mental health awareness training to different organizations.
- Psychosocial Support Training and Basic Counseling Training
- Employee Assistance Programmes

Website:
<https://www.facebook.com/serenitycounselingsupport/>

Phone: +95 9 776 884275

Email: serenity.mhteam@gmail.com

Other Resources

Description	Link
<ul style="list-style-type: none"> ▪ Managing Stress in Myanmar Tip Cards ▪ Provides information on how to manage stress and lists some available resources 	MHPSS working group website
<ul style="list-style-type: none"> ▪ Information sheets on coping with stress and changing unhelpful thoughts ▪ Developed by Johns Hopkins University Applied Mental Health Research Group 	MHPSS working group website
<ul style="list-style-type: none"> ▪ 4-part MHPSS video series ▪ Videos on coping with stress and changing unhelpful thoughts. Available in Burmese, Kachin and English. The videos were developed by Johns Hopkins University Applied Mental Health Research Group in collaboration with The Refugee Response. ▪ Audio-only files are also available for use on radio or loudspeaker upon request (To request the audio-only files, email CLEE147@jhu.edu) 	www.youtube.com/playlist?list=PLOZioxrIwCv0KR9BYno6Qm1k5LeE8m2oa