

REFERRAL PACK OF MENTAL HEALTH SERVICES IN BANGLADESH

DEVELOPED BY KAN PETE ROI IN CONJUNCTION
WITH DEPT. OF EDUCATIONAL AND COUNSELING
PSYCHOLOGY, DHAKA UNIVERSITY



Kaan Pete Roi



Dept. Of Educational &
Counseling Psychology

SL	Name of the Institution	Contact	Services	Time & Appointment	Payment Details
Face to Face Services					
1	National Institute of Mental Health (NIMH)	Address: Sere Bangla Nagar, Dhaka-1207	1. Individual Counseling 2. Couple Counseling 3. Family Counseling 4. Group Counseling	<i>Time:</i> Sat-Thu-9 am to 2 pm <i>Appointment mode:</i> Spot registration	At first you have to buy a 10 taka ticket for consulting a doctor. If the doctor refers, then you will be able to take counseling or psychotherapy with that ticket.
2	Psychiatric Unit (Outdoor) Dhaka Medical college and Hospital	-	1. Individual Counseling	<i>Time:</i> Sat-Thu-8 am to 1.30 pm <i>Appointment mode:</i> Spot registration	At first you have to buy a 10 taka ticket for consulting a doctor. If the doctor refers, then you will be able to take counseling or psychotherapy with that ticket.
3	Psychiatric Unit (Outdoor) Bangabandhu Sheikh Mujib Medical University (BSMMU)	Address: Shahbagh, Kazi Nazrul Islam Soroni, Dhaka-1000	1. Individual Counseling 2. Couple Counseling 3. Family Counseling 4. Group Counseling	<i>Time:</i> Sat-Thu-8 am to 2 pm <i>Appointment mode:</i> Spot registration	At first you have to buy a 30 taka ticket for consulting a doctor. If the doctor refers, then you will be able to take counseling or psychotherapy. Per session 300 taka
4	Psychiatric Unit (Outdoor) Sir Salimullah Medical college (Mitford Hospital)	Address: Mitford Road, Dhaka-1100	1. Individual Counseling	<i>Time:</i> Sat-Thu-9 am to 1 pm <i>Appointment mode:</i> Spot registration	10 taka ticket
5	Child Developmental Centre, Sir Salimullah Medical college (Mitford Hospital)	Address: Mitford	1. Individual Counseling	<i>Time:</i> Sat-Thu-8.30 am to 2.30 pm <i>Appointment mode:</i> Prior Form fill up	10 taka ticket
6	Child Development Centre (CDC) Shishu Hospital	Address: Sere Bangla Nagar, Dhaka-1207	1. Individual Counseling 2. Couple Counseling 3. Family Counseling	<i>Time:</i> Sat-thu-9 am to 2 pm <i>Appointment mode:</i> Spot registration	Counseling-Per session 300 taka, Assessment (WIPPSI junior, WIPPSI Senior, Belly, WISC-IV, SDQ, ADOS) - per session-200 taka, First you have to buy a 100 taka ticket from new building's ground floor, then check up from a doctor, after that he will refer to requisite service.


7	Institute of Pediatric Neurodisorder & Autism (IPNA)	Address: Block- E, 1st & 2nd floor, IPNA, BSMMU, Shahbagh, Dhaka-1000	1. Individual Counseling 2. Couple Counseling 3. Family Counseling	<i>Time:</i> Sat-Thu-8 am to 2.30 pm <i>Appointment mode:</i> Spot registration	1. IQ test, Behavioral Test (IBAS)- 200 taka per session 2. Autism Assessment -ADCL & ADOS- 200 taka per session 3. Counselling- (Child focused)- 200 taka 4. Behavioral Management- 100 taka 5. Developmental theory- 100 taka
8	National Trauma Counselling Center	Address: 37/3 Iskaton Garden Road, 3rd floor (Mohila Bisoyok Odhidoptor Bhobon), Dhaka-1000 Contact Number: 02-8321825, 01713-177175 Email: ntccbd@yahoo.com Website: www.ntcc-mowca.gov.bd	1. Individual Counseling 2. Couple Counseling 3. Family Counseling 4. Helpline Service	<i>Time:</i> sun-thu-9 am to 5 pm <i>Appointment mode:</i> Prior form fill up and over phone and spot registration	Free
9	Psycho-social Counseling Unit Ain O Salish Kendra (ASK)	Address: 7/17 Block- B, Lalmatia, Dhaka-1207 Contact Number: 02-8100192, 02-8100195, 02-8100197 Email: psh@askbd.org Website: www.askbd.org	1. Individual Counseling 2. Couple Counseling 3. Family Counseling	<i>Time:</i> Sun-Thurs-9 am to 5 pm <i>Appointment mode:</i> Prior form fill up and over phone	Free
10	Psychological Service Center, Department of Educational and Counseling Psychology, DU	Address: 4th Floor, Arts Building, University of Dhaka, Dhaka-1000, Bangladesh Contact Number: 01967-867933 Website: www.ecpdu.net	1. Individual Counseling 2. Couple Counseling 3. Skype Service	<i>Time:</i> Sun-Thurs-9 am to 5 pm sat-2pm to 5 pm <i>Appointment mode:</i> over phone and prior form fill up	Children (under 16)- 800 taka per session, (16+) -600 taka per session, for Du students-400 taka, IQ test- 1500 taka, Couple counselling-1200 taka
11	Nasirullah Psychotherapy Unit (NPU) Department of Clinical Psychology, DU	Address: 3rd Floor, Arts Building, University of Dhaka, Dhaka-1000, Bangladesh Contact Number: 01755-654835 Email: clipsy.npu.du@gmail.com Website: www.npudu.org Facebook: www.facebook.com/npudcp.bd	1. Individual Counseling 2. Couple Counseling 3. Family Counseling 4. Group Counseling 5. Special Child Clinic	<i>Time:</i> Sat- thu-10 am to 6 pm <i>Appointment mode:</i> over phone and prior form fill up	Individual Service-300 taka, couple and family-600 taka, Specialized Child Clinic-500 taka, Group Counselling-200/-
12	Psychological Assessment Clinic	Address: Department of Clinical Psychology Room No.: 5040, 4th floor, Arts Building University of Dhaka Contact Number: 01996783758	1. IQ Test 2. Personality Test 3. Neuropsychological Assessment	<i>Time:</i> 10:00 am - 5:00 pm <i>Appointment mode:</i> Over phone and spot registration	IQ test: 700 taka, General Mental Health: 300 taka

			4. Professional Aptitude Test		
13	Bangladesh Protibondhi Foundation (BPF)	Address: 6, Borobag, Mirpur-2, Dhaka-1216 Contact Number: 02-9010976, 01726851582 Email: bpfkal@yahoo.com Website: www.bpfbd.com	1. Individual Counseling 2. Couple counseling 3. Family Counseling	<i>Time:</i> Sun-thu-8 am to 2.30 pm <i>Appointment mode:</i> Over phone and spot registration	Counseling(Individual and Couple)- per session- 200 taka Assessment (Belly, DDSD, WISC_IV, BSID, Renal, Ados)- 600 taka
14	Prio CREA	Address: 312, Baitul Aman Housing Society, Road no 2, Adabor, Dhaka-1207 Contact Number: 01724-979415 Email: info@creasociety.org Website: www.creasociety.org Facebook: www.facebook.com/creasociety1999	1. Individual Counseling 2. Couple Counseling 3. Family Counseling 4. Group Counseling	<i>Time:</i> 7 days- 9 am to 9 pm <i>Appointment mode:</i> Over phone	Clinical Psychologist-1250 taka, Mphil- 1000 taka, Ms-900 taka
15	Center for Mental Health and Care, Bangladesh (CMHC,B)	Address: 78/2 (2nd floor), New Airport road, Tejkunipara, Tejgaon Contact Number: 01974-349569 Email: cmhcbd2015@gmail.com Website: www.cmhcbd.com Facebook: https://www.facebook.com/cmhcbd	1. Individual Counseling 2. Couple Counseling 3. Family Counseling 4. Group Counseling 5. Skype Service	<i>Time:</i> Everyday- 10 am to 8 pm <i>Appointment mode:</i> Over phone	Individual session-1000 taka, Couple/ family session- (1500-2000 taka) according to time free service@Friday morning for 2 hour (only for 2 people)
16	Monobikash Psychotherapy and Counseling Center	Address: 36 Green Super market, 1st floor, green road, dhaka-1215 Contact Number: 02-9136469, 01675558339, 01837733100 Email: monobikash.bd@gmail.com Facebook: www.facebook.com/monobikashfoundation	1. Individual Counseling 2. Couple Counseling 3. Family Counseling 4. Group Counseling 5. Skype Service	<i>Time:</i> Sat- Thu- 10 am to 9 pm <i>Appointment mode:</i> Prior form fill up and over phone	Individual Session-800 taka
17	Sajida Foundation- Psycho-center Counseling Center	Address: House-92, Road-23, Block-A, Banani Dhaka Contact Number: 02-55035433 Email: pcc@sajidafoundation.org Website: www.sajidafoundation.org Facebook:	1. Individual Counseling 2. Couple Counseling 3. Family Counseling 4. Group Counseling	<i>Time:</i> Sun-Thu- 9 am to 5 pm <i>Appointment mode:</i> Over phone and spot registration	Individual session-1000 taka (1st session), then next session-800 taka, family and couple-1200 taka, then 1000 taka, Group session- 300 taka (10 people)

		www.facebook.com/psychosocial-counseling-centre	5. Helpline Service		
18	Healing Heart Counseling Center	Address: House-121, road-6, Block- B, Bashundhara Residential Area, Dhaka-1229 Contact Number: 01622-929397, 01752-074497 Email: healingheartbd@gmail.com Facebook: www.facebook.com/healingheartbd	1. Individual Counseling 2. Couple Counseling 3. Family Counseling 4. Skype Service	<i>Time:</i> 7 days-10 am to 6 pm <i>Appointment mode:</i> Over phone	Individual session- 1000 taka, Couple /family /child-1500 taka
19	Mon Psychotherapy and Counseling Center	Address: 3rd floor, 145/1, Crescent Plaza, Green road, Dhaka-1205 Contact Number: 01764-441166, 01742-544000	1. Individual Counseling 2. Couple Counseling 3. Family Counseling	<i>Time:</i> 7 days-9 am to 9 pm <i>Appointment mode:</i> Prior form fill up and over phone	Individual session - 800 taka, Couple Counseling-1600 taka
20	Psychiatric Unit, Apollo Hospital Dhaka	Address: Level-1 (OPD), F-Block Plot-81, Block-E, Bashundhara Residential Area, Dhaka-1229 Contact Number: 10678	1. Individual Counseling 2. Couple Counseling 3. Family Counseling 4. Group Counseling	<i>Time:</i> Sat-Thu-9 am to 5 pm <i>Appointment mode:</i> Over phone and spot registration	800 taka per session (For inpatient and outpatient)
21	OPD (Counseling Center), United Hospital	Address: Plot-15, Road-71, Gulshan-2, Dhaka-1212 Email: info@uhlbd.com Facebook: www.facebook.com/Unitedhospitallimited	1. Individual Counseling 2. Couple Counseling 3. Family Counseling	<i>Time:</i> Sat- Thu - 9 am to 6 pm <i>Appointment mode:</i> Over phone	1000 taka per session

22	Child Development Center, Apollo Hospital	Address: Plot-81, Block-E, Bashundhara Residential Area, Dhaka-1229 Contact Number: 10678 Website: www.apollodhaka.com Facebook: www.facebook.com/apollodhaka	1. Individual Counseling 2. Couple Counseling 3. Family Counseling	<i>Time:</i> Sat-Thu-9am to 5 pm <i>Appointment mode:</i> Over Phone	1. Family session-2500 taka 2. Individual Session-1000 taka, 3. Epilepsy Clinic- 1500 taka, 4. Multiple Disability Clinic -1800 taka, 5. Developmental therapy-1500 taka, 6. Speech, language and communication- 1500 taka, 7. Therapeutic Intervention for Autism- 1500 taka, 8. Well baby clinic- 1500 taka, 9. GDA (General Development Assessment)- 2200 taka, 10. Psychological Assessment (IBAS, RAT, WIPPSI, BSID-III, ADOS (I,II,III,IV) 11. Report Counselling- 1000 taka (Included with Psychological Assessment)
Helpline Services					
1	Kaan Pete Roi	Contact Number: 0177 9554391 -2; 0168 8709965-6; 0198 5375286; 0185 2035634; 0151 7969150 Email: info@shuni.org Website: www.shuni.org Facebook: www.facebook.com/kaanpeteroi	1. Helpline Service	<i>Time:</i> Everyday - 3 pm to 9 pm Thursday- 3 pm to 3 am <i>Appointment mode:</i> No appointment required	Normal call charge is applicable
2	Square Toiletries Limited Care Zone	Contact Number: 0172 8492478	1. Helpline Service	<i>Time:</i> Sun-Thu-11 am to 7 pm <i>Appointment mode:</i> Over Phone	Toll free
3	"Dosh-Unisher Mor" CWFD- Concerned Women for family development	Contact Number: 0961 2600600	1. Helpline Service	<i>Time:</i> Everyday- 8 am to 8 pm <i>Appointment mode:</i> Over Phone	-
4	Sajida Foundation Monosamajik Counselling Center	Contact Number: 0177 7771515	1. Helpline Service	<i>Time:</i> Sun-Thu-9am to 5 pm <i>Appointment mode:</i> Over Phone	Normal Call Charge is applicable
5	Mind tale-Synesis IT	Contact Number: 7899 Facebook: www.facebook.com/mindtale	1. Helpline Service	<i>Time:</i> Everyday- 24 hour <i>Appointment mode:</i> over phone	20 minute - 18 taka (You have to buy the pack)

This referral pack is created by Kaan Pete Roi in conjunction with Dept. of Educational and Counseling Psychology, Dhaka University (2017) to enable individuals to make informed choices about the mental health options available to them. This directory of mental health institutions is also meant to serve as a reference for mental health professionals



Kaan Pete Roi is Bangladesh's first emotional support and suicide prevention helpline, where anyone can call to get emergency emotional support from our trained volunteers. The purpose of the helpline is to alleviate feelings of frustration, loneliness, mental pressure and suicidal tendencies among people and provide them mental support. With this in mind, Kaan Pete Roi listens to people with confidentiality and empathy with a completely open mind. There are 40 other countries where this type of organization exists, which work towards suicide prevention and improving mental health.

The Department of Educational and Counselling Psychology (DECP) under the faculty of Biological Sciences has its root back in 2006 within the Department of Psychology. Officially, an independent department was created in 2011 with the aim of preparing educational and counselling psychologists in Bangladesh. Advanced knowledge and intensive skill training on applied psychological areas along with institutional orientation through DECP create the opportunity for the prospective graduates to develop expertise in the areas of Educational Psychology and Counselling Psychology.

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