

INTERNATIONAL MENTAL HEALTH RESOURCES

AFRICA

[West Africa]

TOGO

□ **SANTE MENTALE POUR TOUS** - Located in Tchamba, Togo, A charitable organization providing mental health services across Benin, including treatment and recovery centers, vocational training, and outpatient clinics; .
Contact: **99 84 02 25**.

□ **ADJAMBAO ET FILS** - Located in Sokodé, Centrale, Togo, near the Komah Market. Contact: **+228 90 91 70 83**.

Mental health services in Togo are still developing, with limited psychiatrists available, especially in rural areas.

GHANA

Emergency [999](tel:999) Suicide Hotline [2332 444 71279](tel:233244471279)

□ **Accra Psychiatric Hospital** - Ghana's oldest and largest mental health institution, offering inpatient and outpatient services, clinical psychology, electroconvulsive therapy, and rehabilitation programs. HQ7W+88J, Castle Road, Accra, Ghana.

□ **The Brain and Sleep Medical Centre** - A private mental health facility in Accra providing outpatient and inpatient care in a serene environment. Pantang Hospital Avenue, Accra, Ghana. www.thebraincentreggh.com.

□ **Tamale Central Hospital Psychotherapy Unit** - A newly established unit offering psychotherapy services managed by a licensed clinical psychologist. <https://www.moh.gov.gh>

□ **Clubhouse Ghana Mental Health Rehabilitation Center**
– A nonprofit initiative focused on mental health advocacy, education, and rehabilitation.

<https://ml4lyfe.com/clubhouse-ghana/>

<https://ml4lyfe.com/clubhouse-ghana/>

□ **Ankaful Psychiatric Hospital** – Another major psychiatric hospital in Ghana, established to help meet the growing demand for mental health services.

<https://ankafulpsychiatrichospital.org>.

□ **Pantang Psychiatric Hospital** – A well-known facility providing psychiatric care and rehabilitation. Adenta Municipality, Ghana, Accra, Ghana.

□

□ **THE GAMBIA**

□

□ **Tanka-Tanka Psychiatric Facility** (Banjul): The country's only psychiatric hospital, offering inpatient services, medication, occupational therapy, and psychosocial counseling. 97RH+C7, Sukuta, Gambia.

□ **Kanifing General Hospital (West Coast Region):**

Provides outpatient psychiatric consultations, medication, and referrals for inpatient care. F85G+H59, Serrekunda, Gambia, [Phone: +220 720 3082](tel:+2207203082)

□

□ **Fajikunda Major Health Center (West Coast Region):**

Offers psychiatric consultations, psychoeducation, and psychosocial counseling. C87J+6PF, Serrekunda, Gambia, **Phone: [+220 728 4001](tel:+2207284001)**

□

□ **Brikama Major Health Center (West Coast Region):**

Provides similar outpatient mental health services.
79F2+4G5, Brikama, Gambia

□

□ **WAYAS Counselling and Training:** A private provider offering mental

□ **[South Africa]**

Papillon Recovery Centre (Johannesburg) – Focuses on psychiatric recovery and rehabilitation with a holistic approach. 271 Pine Avenue, Ferndale, Johannesburg, 2194; enquiries@papillonrecoverycentre.co.za
[+27 72 811 6112](tel:+27728116112)

- **Equanimity Wellness** (Johannesburg) – Provides psychedelic-assisted therapy for depression, anxiety, PTSD, and other conditions.
- **Northern Cape Mental Health Association** (Kimberley) – Offers mental health support and rehabilitation.
- **White River Manor** (Mpumalanga) – A luxury rehab center specializing in addiction and mental health treatment.
- **Tharagay Manor** (Cape Town) – Provides addiction and mental health services with over 20 years of experience.

ASIA

Japan

Emergency 110 - Suicide Hotline 810352869-90

Singapore

- **Otium@Katong** - Offers psychiatric services, pharmacotherapy, and addiction counseling. Located at 112 East Coast Road, I12 Katong, Singapore 428802. More details at [Otium Mind Health](#).
- **SAMH Insight Centre** - Part of the Singapore Association for Mental Health, providing mental wellness support and rehabilitation. Located at 139 Potong Pasir Avenue 3, Singapore 35. More details at [SAMH](#).
- **Singapore Association for Mental Health** - Offers counseling, rehabilitation, and outreach programs. Located at Blk 69 Lor 4 Toa Payoh, Singapore 310069. More details at [SAMH](#).

- **Ministry of Health Mental Health Services** - Provides intermediate and long-term mental healthcare services, including psychiatric day centers, rehabilitation homes, and nursing homes. More details at [MOH Singapore](#).

Hong Kong

Emergency Suicide Hotline 852 2382 0000

- **HK Mental Health Centre** - Provides psychiatric and psychological services in Central, Hong Kong.
- **Central Minds** - A private psychology counseling practice offering therapy for individuals, couples, and families. [Visit their website.](#)
- **Hong Kong Sanatorium & Hospital Mental Health Clinic** - Offers psychiatric assessments, counseling, and medication treatment. [Find details here.](#)
- **Integrated Community Centre for Mental Wellness** - Provides community-based mental health support and rehabilitation services. [More information.](#)

CHINA

Emergency [110](#) Suicide Hotline [800-810-1117](#)

Lanzhou Mental Health Center

[Jianlanxincun No.130, Lanzhou, Gansu](#)

- **Lanzhou Mental Health Center** - +86-931-8942042

While specific details about its services aren't readily available, Lanzhou has several mental health facilities, including Lanzhou Mental Rehabilitation Hospital and Gansu Province Psyche Health Center, which may offer psychiatric care and counseling.

INDIA

Emergency [112](#) Suicide Hotline [8888817666](#)

□ **Tulasi Healthcare in New Delhi**

Provides treatment for schizophrenia, bipolar disorder, OCD, depression, and more. They have a team of psychiatrists, psychologists, and addiction counselors.
Address: School Ln, Bengali Market, Todermal Road Area, Mandi House, New Delhi, Phone: +91 88000 00255

□ **National Institute of Mental Health and Neurosciences (NIMHANS) in Bangalore**

One of the most respected mental health institutions in India, offering inpatient and outpatient services for various conditions. provides treatment for schizophrenia, bipolar disorder, OCD, depression, and more. They have a team of psychiatrists, psychologists, and addiction counselors.
Address: 2nd Cross Road, Bengaluru, Karnataka 560029, India; Address: 2nd Cross Road, Bengaluru, Karnataka 560029, India, Phone 080 - 26995000 / 5100 / 5200 /5300 / 5400; website, pro@nimhans.ac.in

ANTARCTICA

Antarctica doesn't have traditional mental health treatment centers like those found in other countries. However, mental health support is available for researchers and staff stationed there:

On-site Support: Some stations provide access to mental health professionals via remote consultations, often through video calls.

Pre-deployment Screening: Individuals working in Antarctica typically undergo psychological evaluations before deployment to ensure they can handle the extreme isolation and harsh conditions.

Community-Based Coping: Peer support and structured group activities help mitigate stress and seasonal affective disorder.

Post-return Counseling: Many researchers receive mental health support after returning home to help with reintegration.

AUSTRALIA

Emergency 000 Suicide Hotline 131114

- ☐ **Monash Health-Dandenong Mental Health (Victoria)**
Provides inpatient and community mental health services. 126-128 Cleeland Street, Dandenong, Victoria 3175, Australia, Phone: (03) 9554 1000; website, www.monashhealth.org.
- ☐ **Retreat South (Victoria)**
A private rehabilitation center specializing in depression, anxiety, PTSD, and addiction. Phone: [0437 770 413](tel:0437770413), Email: info@retreatsouth.com.au
- ☐ **The Banyans (Queensland)** – Offers residential rehabilitation, day programs, and online treatment for mental health conditions. +61 1300 226 926.

CENTRAL AMERICA

Nicaragua

- ☐ **Consultorio Psicológico "Mi Persona Ideal"** in Managua, Nicaragua.
- ☐ Clínica psicológica y Logopedia BG, also in Nicaragua.
- ☐ Psicoterapia Psicoanalítica Daniela Buitrago Porras, a psychotherapist in Managua.

Panama

- ☐ Silena Cobos Psicóloga Clínica
o P.H. Marbella Tower I, C. 54 Este, Panamá, Provincia de Panamá, Phone: [+507 6675-5669](tel:+50766755669)

□ **Centro Psicológico Integral de Panamá** La Chorrera. C. 2 De Noviembre, La Chorrera, Provincia de Panamá Oeste, Panama, Phone: [+507 6112-4371](tel:+50761124371)

□ **The Bridge Center Panama** - Capital Plaza, Edificio, Av Paseo del Mar, Panama City, Panamá Province, Panama, **Phone:** [+507 6615-9917](tel:+50766159917)

Costa Rica

Emergency - 911 -Suicide Hotline - 506-253-5439

Costa Rica Treatment Center, though located in Costa Rica, serves international clients with holistic treatment programs for substance abuse and mental health disorders.

NORTH AMERICA

Canada

Emergency 911 Suicide Hotline 988

□ [**Royal Ottawa Mental Health Centre**](#) (Ottawa, ON)

A major psychiatric hospital offering specialized care. :
1145 Carling Avenue, Ottawa, ON K1Z 7K4, Canada; Phone:
(613) 722-6521; website: www.theroyal.ca.

□ [**Canadian Mental Health Association**](#) (Prince Albert, SK)
- Provides various mental health services, including housing support and suicide prevention. Address: 250 Dundas Street West, Suite 401, Toronto, Ontario M5T 2Z5; Phone: 1-888-255-0342 (toll-free); Email: info@cmha.ca; website: cmha.ca.

□ [**North Halton Mental Health Clinic**](#) (**Acton, ON**) A local clinic offering mental health services. Address: 19 Willow St N, Acton, ON L7J1Z6, Canada; Phone: (519) 853-9741.

There's also a **Milton location** that provides mental health services: Address: 217 Main St E, Milton Phone: 905-693-4240 Toll-Free: 1-, ON L9T 1N9, Canada; 833-256-7812; Crisis Line:

1-877-825-9011 (COAST Crisis Line) 905-877-1211 (Distress Centre Halton)

- **Six Nations Health Services (Ohsweken, ON)** - Focuses on community health programs and support services
Address: 1769 Chiefswood Rd, Ohsweken, ON N0A 1M0;
Phone: (519) 445-2418; website: <https://snhs.ca>.

- **Alberta Health Services (Calgary, AB)** - Offers mental health care as part of Alberta's publicly funded health system.

Grande Prairie: 10320 99 St, Grande Prairie, AB T8V 6J4

Phone: (780) 513-7500 **Calgary (NW):** 1620 29 St NW,
Calgary, AB T2N 4L7 Phone: (403) 297-8418

Calgary (SW): 10101 Southport Rd SW, Calgary, AB T2W
3N2 Phone: (403) 943-1111

Edmonton: 14-10030 107 St NW, Edmonton, AB T5J3E4
Phone: (780) 342-2000

Lethbridge: 200 4 Avenue S, Lethbridge, AB T1J 4C9
Phone: (403) 388-6675

Mayerthorpe: 4805 Crockett 50 St, Mayerthorpe, AB T0E
1N0 Phone: (780) 786-2279

Bonnyville: 5201 44 St, Bonnyville, AB T9N Phone: (780)
826-2404

- **Carizon Family and Community Services** - Kitchener, Ontario, Canada Address: 400 Queen St S, Kitchener, ON N2G 1W7, Canada; Phone: (519) 743-6333

Mexico

- **Terapia Breve Puebla**, Zacatecas, offers brief therapy sessions. Phone: 222 709 2370; Email: terapiabrevepuebla@gmail.com
- **Consultorio Psicológico-Psic.** Alba Hernández provides psychological consultations in Ciudad de Río Grande, Zacatecas. Address: Nicolás Bravo #28, 98420; Phone: 646 123 4919

- **Centro de Atención en Psicoterapia Ceapsi** in Zacatecas offers psychotherapy services They offer psychotherapy services for children, adolescents, adults, and couples, as well as psychoeducational support for children. Address: Av. Rayon 313, 98000 Zacatecas, Mexico, Zacatecas; Phone: 492 124 7656
- **Recovery.com** lists some of the best mental health treatment centers in Mexico, including options for depression treatment.
- **Pacific Prime** provides insights into mental health care accessibility for expats in Mexico. Address: Calle Lago Zurich 219, Piso 12, Ampliación Granada, Miguel Hidalgo, 11529 Ciudad de México, CDMX, Mexico; Phone: 55 4810 0501

EUROPE

France

Emergency [112](tel:112) Suicide Hotline [0145394000](tel:0145394000)

- **Centre Médico Psychologique Orval** – Provides psychological care in Orval, France. Address: 12 Route de Culan, 18200 Orval, France, Phone: 02 48 61 50 80; website: centrehospitaliergeorgesand.fr
 - **Paris Psychology Centre** – Offers English-speaking mental health support in Paris. Address: 21 Rue de la Source, 75016 Paris, France, Phone: 07 56 98 86 22
 - **Centre Médico Psycho Pédagogique CMPP OSE** – Specializees Located in Saint Amand Montrond, specializes in psychological and pedagogical support. Address: 11 Rue Ferdinand Duval, 75004 Paris, France; Phone: 01 48 87 44
- CMPP Delépine** - Address: 16 Impasse Delépine, 75011 Paris, France; Phone: 01 55 25 16 00

- **Centre Médico-Psychologique for Adults Moulins-Ouest** – Provides psychiatric care in Bourbon l'Arcambault. Address: 1 Boulevard Mouilleres, 03160 Bourbon l'Archambault
Yzeure Location: 21 Route de Gennetines, 03400 Yzeure, phone: 04 70

67 17 73

Germany

- **Tagesklinik für Psychiatrie und Psychotherapie** in Eisenach; Address: Goethestr. 47-49, Eisenach, Phone: 03691 6981901
- **ÖHK Tagesklinik und Ambulanz** for child and adolescent psychiatry. Address; Goethestr. 47-49, Eisenach; Phone: 03691 6981901
- **Rommy Salzmann Praxis für Psychotherapie** in Mihla; Address: Mühlgasse 9, 99826 Mihla, Thüringen, Germany; Phone: 036924 48553
- **Praxis für Psychosoziale Beratung** in Bad Salzungen; Address: Leinastr. 50, 99867 Gotha, Thüringen, Germany; Phone: 03621 384039
- **Dipl.-Psych. Christian Kremser** in Eisenach; Address: Markt 18, 99817 Eisenach, Thuringia, Germany; Phone: 03691 799057; website: [Therapie Eisenach](#)
- **Duderstadt**, Address, Auf der Spiegelbrücke 1, 37115 Duderstadt; Phone: 0176 23528533; email: Praxis-Kremser@proton.me

Russia

Emergency [112](#) Suicide Hotline [0078202577577](#)

Russia is transcontinental and is in both continents of Asia and Europe

- **Mental Health Research Center (MHRC)** in Moscow, provides inpatient and outpatient services for various

psychiatric disorders, including schizophrenia, mood disorders, ADHD, and eating disorders. Address, 34, Kashirskoye shosse, 115522 Moscow, Russia, Phone: +7 (495) 109-0393; email: **Email:** info@psychiatry.ru; website: <https://en.psychiatry.ru>

Additionally, Russia's mental healthcare system has undergone reforms to improve accessibility, through challenges like stigma and funding limitations persist.

SOUTH AMERICA

- **Emergency - 911 - suicide hotline - 381-3695**

Argentina

- **~~Centro Integral de Salud Mental Argentino (CISMA)~~** – Located in Buenos Aires, provides comprehensive mental health services. Website: CISMA; Address: Cerrito 1266, Piso 9, Dpto: 37, Autonomous City of Buenos Aires, Argentina

Alternative Location: Avenida Santa Fe 1460, Piso 1, Ciudad Autónoma de Buenos Aires; Phone: +54 9 11 5959 522; website: comunicacion@cisma.com.ar

- **~~Dr. Pedro E Reyes - Medico Psiquiatra~~** – A psychiatric service in Trenque Lauquen, Buenos Aires, Address: 9 De Julio 479, 6400, Phone: 02392 42-2556
- **~~NODO Psicología~~** – A psychology center in Córdoba offering various mental health services, address : Elías Yofre 831, 5000 Córdoba, Argentina; Phone: +54 351 760-0896
- **~~Lic. Analía R. Toselli~~** – Specializes in psychopathy, psychology, and psychotherapy. Address: Dr. Orellana 462, B6400 Trenque Lauquen, Buenos Aires, Argentina, Phone: 02392 42-4266

Alternate Location: Baldovino 667, Trenque Lauquen, Buenos Aires

Peru

- **Sin Adicciones Peru** in Lima, Peru, provides individualized and multidisciplinary addiction and mental health treatment. **website:** [Sin Adicciones Perú](#); **Address:** Ca. la Florida 251, Cercado de Lima 15046, Phone: +511 946 358 146