

# MENTAL HEALTH SERVICES DIRECTORY, DHAKA- 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
<b>Face to Face Services</b>					
1	<b>National Institute of Mental Health (NIMH)</b>	<b>Address:</b> 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	<b>Psychiatric Unit (Outdoor) Dhaka Medical college and Hospital</b>	-	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	<b>Psychiatric Unit (Outdoor) Bangabandhu Sheikh Mujib Medical University (BSMMU)</b>	<b>Address:</b> 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	<b>Psychiatric Unit (Outdoor) Sir Salimullah Medical college (Mitford Hospital)</b>	<b>Address:</b> 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	<b>Child Developmental Centre, Sir Salimullah Medical college (Mitford Hospital)</b>	<b>Address:</b> 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	<b>Child Development Centre (CDC) Shishu Hospital</b>	<b>Address:</b> 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.

This referral pack is created by Kaan Pete Roi in collaboration 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 does not endorse or receive financial remuneration from any of these organizations.

7	<b>Institute of Pediatric Neurodisorder &amp; Autism (IPNA)</b>	<b>Address:</b> 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	<b>National Trauma Counselling Center</b>	<b>Address:</b> 37/3 Iskaton Garden Road, 3rd floor (Mohila Bisoyok Odhidoptor Bhobon), Dhaka-1000 <b>Contact Number:</b> 02-8321825, 01713-177175 <b>Email:</b> ntccbd@yahoo.com <b>Website:</b> 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	<b>Psycho-social Counseling Unit Ain O Salish Kendra (ASK)</b>	<b>Address:</b> 7/17 Block- B, Lalmatia, Dhaka-1207 <b>Contact Number:</b> 02-8100192, 02-8100195, 02-8100197 <b>Email:</b> psh@askbd.org <b>Website:</b> 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	<b>Psychological Service Center, Department of Educational and Counseling Psychology, DU</b>	<b>Address:</b> 4th Floor, Arts Building, University of Dhaka, Dhaka-1000, Bangladesh <b>Contact Number:</b> 01967-867933 <b>Website:</b> 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	<b>Nasirullah Psychotherapy Unit (NPU) Department of Clinical Psychology, DU</b>	<b>Address:</b> 3rd Floor, Arts Building, University of Dhaka, Dhaka-1000, Bangladesh <b>Contact Number:</b> 01755-654835 <b>Email:</b> clipsy.npu.du@gmail.com <b>Website:</b> www.npudu.org <b>Facebook:</b> 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	<b>Psychological Assessment Clinic</b>	<b>Address:</b> Department of Clinical Psychology Room No.: 5040, 4th floor, Arts Building University of Dhaka <b>Contact Number:</b> 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

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			4. Professional Aptitude Test		
13	<b>Bangladesh Protibondhi Foundation (BPF)</b>	<b>Address:</b> 6, Borobag, Mirpur-2, Dhaka-1216 <b>Contact Number:</b> 02-9010976, 01726851582 <b>Email:</b> bpfkal@yahoo.com <b>Website:</b> 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	<b>Prio CREA</b>	<b>Address:</b> 312, Baitul Aman Housing Society, Road no 2, Adabor, Dhaka-1207 <b>Contact Number:</b> 01724-979415 <b>Email:</b> info@creasociety.org <b>Website:</b> www.creasociety.org <b>Facebook:</b> 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	<b>Center for Mental Health and Care, Bangladesh (CMHC,B)</b>	<b>Address:</b> 78/2 (2nd floor), New Airport road, Tejgunipara, Tejgaon <b>Contact Number:</b> 01974-349569 <b>Email:</b> cmhcbd2015@gmail.com <b>Website:</b> www.cmhcbd.com <b>Facebook:</b> 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	<b>Monobikash Psychotherapy and Counseling Center</b>	<b>Address:</b> 36 Green Super market, 1st floor, green road, dhaka-1215 <b>Contact Number:</b> 02-9136469, 01675558339, 01837733100 <b>Email:</b> monobikash.bd@gmail.com <b>Facebook:</b> 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	<b>Sajida Foundation- Psycho-center Counselling Center</b>	<b>Address:</b> House-92, Road-23, Block-A, Banani Dhaka <b>Contact Number:</b> 02-55035433 <b>Email:</b> pcc@sajidafoundation.org <b>Website:</b> www.sajidafoundation.org <b>Facebook:</b>	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)

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		www.facebook.com/psychosocial-counseling-centre	5. Helpline Service		
18	<b>Healing Heart Counseling Center</b>	<b>Address:</b> House-121, road-6, Block- B, Bashundhara Residential Area, Dhaka-1229 <b>Contact Number:</b> 01622-929397, 01752-074497 <b>Email:</b> healingheartbd@gmail.com <b>Facebook:</b> 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	<b>Mon Psychotherapy and Counseling Center</b>	<b>Address:</b> 3rd floor, 145/1, Crescent Plaza, Green road, Dhaka-1205 <b>Contact Number:</b> 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	<b>Psychiatric Unit, Apollo Hospital Dhaka</b>	<b>Address:</b> Level-1 (OPD), F-Block Plot-81, Block-E, Bashundhara Residential Area, Dhaka-1229 <b>Contact Number:</b> 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	<b>OPD (Counselling Center), United Hospital</b>	<b>Address:</b> Plot-15, Road-71, Gulshan-2, Dhaka-1212 <b>Email:</b> info@uhlbd.com <b>Facebook:</b> 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	<b>Child Development Center, Apollo Hospital</b>	<b>Address:</b> Plot-81, Block-E, Bashundhara Residential Area, Dhaka-1229 <b>Contact Number:</b> 10678 <b>Website:</b> www.apollodhaka.com <b>Facebook:</b> 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)
<b>Helpline Services</b>					
1	<b>Kaan Pete Roi</b>	<b>Contact Number:</b> 0177 9554391 -2; 0168 8709965-6; 0198 5375286; 0185 2035634; 0151 7969150 <b>Email:</b> info@shuni.org <b>Website:</b> www.shuni.org <b>Facebook:</b> 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	<b>Square Toiletries Limited Care Zone</b>	<b>Contact Number:</b> 09612222333	1. Helpline Service	<i>Time:</i> Sun-Thu-11 am to 7 pm <i>Appointment mode:</i> Over Phone	Toll free
3	<b>"Dosh-Unisher Mor" CWFD- Concerned Women for family development</b>	<b>Contact Number:</b> 0961 2600600	1. Helpline Service	<i>Time:</i> Everyday- 8 am to 8 pm <i>Appointment mode:</i> Over Phone	-
4	<b>Sajida Foundation Monosamajik Counselling Center</b>	<b>Contact Number:</b> 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	<b>Mind tale-Synesis IT</b>	<b>Contact Number:</b> 7899 <b>Facebook:</b> 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)

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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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