

Migrant Health Centers

Psychologists and social workers at Extended/ Migrant Health Centers offer psychosocial support.

Psychosocial support units offer;

- Individual psychological counselling
- Psychosocial support for at-risk and vulnerable individuals
- Psychological assessment and support
- Family and couples counselling
- Social support counselling
- Health literacy training
- Group training



Medical Social Services Units

Are available at hospitals to offer support to assist patients in solving their psychosocial and socioeconomic problems through timely interventions, and help **all patients in need primarily including disabled people, orphans, people living in poverty, people without health coverage, the elderly, migrants, asylum seekers, survivors of domestic violence, and patients** visiting localities outside their province of registration.

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Who Can Access the Services?

- Orphans, abandoned people, and people in need of care
- Disabled people
- People without health coverage
- People living in poverty
- Survivors of domestic violence
- Child survivors of neglect and abuse
- Migrants and asylum seekers
- Survivors of human trafficking
- The elderly and widows
- Chronically ill patients
- People with mental disorders
- Alcohol and drug addicts
- Foreign nationals with no access to other institutions

Social services interventions are available for patients in need of medical social services, primarily patients visiting localities outside their province of registration.

RIGHT PLACE, QUALITY SERVICES

Contact the nearest **Migrant Health Centre** for more information and support



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PSYCHIATRIC TREATMENT AND PSYCHOSOCIAL SUPPORT COUNSELLING OFFICES



Healthy Life Centers

These centers were established to protect individuals and society from health risks, promote healthy lifestyles, strengthen primary healthcare services, and facilitate access to these services.

Psychosocial support units operating within these centers are staffed with psychologists, social workers, and child development specialists who offer preventive and protective mental health services.

Available services include Individual Counselling/Family Counselling, Social Work, and Social Support, Child, and Adolescent Health Counselling.

For further information, please contact your family doctor, who is also your health advisor, or the nearest Migrant Health Centre.



Mental Health and Diseases (Psychiatry) Clinic

Mental Health and Diseases Clinics

There are psychiatry clinics within hospitals that cater for both adult and child and adolescent patients. Outpatient and inpatient diagnosis and treatment services are available for mental disorders. Patients can book their appointments on the MHRS.

Community Mental Health Centers (CMHC)

These are outpatient units serving local patients with severe mental disorders such as schizophrenia and bipolar disorder and their families can access community-based mental health services.



Which services are available at Community Mental Health Centers?

- Individual counselling
- Monitoring of adherence to treatment
- Home visits by mobile teams for scheduled treatments
- Group therapy
- Psychosocial skills training
- Occupational therapies such as painting, handicrafts, and music classes customized for individual cases
- Psychoeducation for patients and their families
- Contacts with patients or their relatives after non-attendance
- Community anti-stigmatization activities

How to contact Community Mental Health Centers?

- Patients or their relatives may apply themselves for the services.
- Centers identify patients with severe mental illnesses in the region and contact them or their families.
- Centers offer information to potential patients and invite them to the facilities.
- Patients who are unable to visit the centers are instead visited by mobile teams and invited to the centers if necessary following their assessment.