

## MENTAL HEALTH CENTER

Hulhumale Hospital Mental Health Center aims to provide quality mental health care and caters for patients. Our services include diagnosis and medication by psychiatrists along with various therapies and assessments by psychologists and counselors. Our objective is to raise mental health awareness in the community and challenge stigma and discrimination associated with mental illness.

Operating in collaboration with Cadabams Group of Health Care, India, our Mental Health Centre benefits from their expertise spanning more than two decades in the field of mental healthcare. Presently, our team includes of one psychiatrist and two psychologists from Cadabams.

### Our Focus

- To provide early intervention for children exhibiting signs of mental stress and prodrome of mental illnesses to prevent onset or delay and decrease the intensity of subsequent symptoms.
- To provide the individual, households, schools, work places and general community information on healthy lifestyles and coping strategies for resilience
- To provide multidisciplinary services to promote mental wellbeing, teach techniques to cope with the stresses of life, learn and work well, and contribute positively to their community
- To minimize institutionalization and promote community integration and inclusion and help individuals live life to the best of their abilities.
- Mental health services for elderly people, to optimize their quality of life
- Give special consideration to children under state care and prioritize their mental health care needs
- Online consultation of Psychiatrist and Psychologist for patients residing outside greater Male' area
- Engaging in continuous education , research activates to advance our understanding of mental health disorders, treatment outcomes, and best practices in mental healthcare delivery
- Provide internship opportunities for students completing their psychology and counselling education

### Our Team

Our team comes with a multidisciplinary background under the umbrella of holistic mental health. Our team includes and collaborates with:

- Psychiatrists
- Pediatric Neurologist
- Clinical Psychologists
- Counselors
- Social Workers
- Psychology (Interns)

Our team works closely with the Child Development Center including our administrative and medical management team.

### The center provides services for

- Anxiety disorders
- Behavioral and emotional disorders
- Mood disorders
- Dissociation and dissociative disorders

- Eating disorders
- Obsessive compulsive disorder
- Post-traumatic stress disorder
- Psychosis
- Schizophrenia
- Delirium and other conditions developed under admission
- Interpersonal Relationship Issues

### The services component

#### We offer a range of support and treatments including

- Psychiatric consultation
- Pharmacotherapy
- Specialist and Comprehensive assessments
- Education and advocacy
- Home based treatment and support
- Psychotherapy
- Advice and support for caretakers
- Provide specific therapies including cognitive behavioral therapy, dialectical behavioral therapy and family therapy
- Counselling and group therapy
- Provide guidance in acquiring services that are not available in the department

	Services	What is required	Additional Information
1.	Patients' initial history taking and follow ups by the psychiatrist	-Patients ID card - Referral by specialist doctors if applicable -Medical Reports	All registered patients will be consulted by psychiatrist initially and when required.
2.	Cognitive Behavioural therapy Dialectical behavioural therapy Family therapy Counselling Assessments	-Patients ID card -Medical Reports/summary	Regular sessions on urgency bases until sessions are terminated by Psychologist

**For further inquiries can contact Mental Health Centre: 3350169 or via Viber on 9314109, Saturday to Thursday 08:00 am to 16:00 pm**