

Mental health and wellbeing resources for you and your employees.



LIBERTY
In it with you

1 Psychological wellbeing benefits offered by Liberty Health.

Liberty Health Cover includes the following psychological wellbeing benefits to help you get the necessary treatment to manage your mental health and to live life optimally:

- Consultations with psychologists, psychiatrists and social workers.
- Prescribed medication
- Hospitalisation

Please contact your nearest Liberty Health Cover office to see which healthcare providers are in our network. For the contact details of your nearest office, go to www.libertyhealth.net. Please note that some of these services require that you get pre-authorisation from us first.

2 Mental health resources in our countries of cover that don't require you to have medical insurance.

For those without health insurance or who only have limited mental health benefits on their existing insurance, or if you'd prefer to speak to someone in your community, below is a list of organisations that offer assistance with mental health wellness. The countries are listed in alphabetical order.

Mental health directory for all countries.

View [Mental Health Innovation Network](#) for a list of certified mental health professionals and organisations across Africa. You can also search organisations offering counselling at a fee on the following link. They are divided per country: <https://mentalhealthafrica.org/all-locations/>

Ghana

BasicNeeds-Ghana

BasicNeeds-Ghana is a mental health advocacy organisation that has the sole purpose of ensuring that people with mental illness and epilepsy are able to access mental health treatment and live and work within their communities. The organization is a member of the BasicNeeds International Federation.

23 Fuo Residential Area, Tamale, Northern Region, Ghana

T: +233 3720 223 566

+233 3202 781 217

E: info@basicneedsghana.org

Mental Health Foundation of Ghana

We work with people and organisations to find opportunities, solutions and strategies to address the difficulties faced by people with a mental illness. We trust that people can be well and must not be defined by their symptoms, and we work to support that belief.

T: +61 413 543 690

Mental Health Hub Ghana

Non-governmental organisation started with the initiative of using grassroots education and awareness creation to help tackle mental health issues in Ghana. This initiative is a joint effort of a group of like-minded young people who desire to help give mental health education in various communities and help improve mental health situations in communities. The main activities of the organisation include health outreaches and awareness creation campaigns among others. These activities are adopted by the organisation to assist people have better control of their mental health and chart a path of preventive approach to mental health issues in Ghana.

T: +233 54 579 3824
E: mentalhealth.hub101@gmail.com
W: <https://www.facebook.com/MentalHealthHubGhana>

Mind 'N' Health

A mental health values-driven, non-governmental organisation incorporated in Ghana with the focus of providing mental health advocacy and consultancy services as a public health intervention for tackling the blight of mental health challenges in Ghana.

Tamale, Northern Region
T: +233 24 720 8915
+233 24 909 3254
+233 20 919 5757
E: mindnhealthfoundationgh@gmail.com
W: <https://www.mindnhealthfoundationgh.com/about>

Mental Health Society of Ghana (MEHSOG)

Broad-based grassroots membership association of mental health and epilepsy service users and their primary carer-givers with members across Ghana. It is a non-governmental organization which works to represent the needs and interest of people with mental illness or epilepsy as well as their primary care-givers and families or in appropriate for a needing articulation of the inclusion of people with mental illness or and their carer-givers.

T: +233 30 279 5610
E: info@mehsog.org
W: <https://www.mehsog.org/>

Kenya

Nairobi Parenting Clinic

We promote the psychological wellbeing of individuals and families by providing scientifically efficient preventive and treatment care services. Our friendly, knowledgeable and professional staff will help inspire, educate and problem-solve for our clients.

KMA Centre, 3rd floor, 302
T: +254 202 365 638
E: nairobiparentingclinic@gmail.com
W: http://nairobiparentingclinic.co.ke/index_new.php

PDO Kenya

Psychiatric Disability Organization is a user-led community-based mental health organisation from Nakuru, Kenya. It was formed and is run by mental health lived experience experts and clinicians. It runs a person-centred mental health care model that combines technological innovation and community-based psychosocial support. PDO Kenya trains and deploys a network of peers who are the trusted sources of lay services and referrals. They can instantly refer patients to specialists through telepsychiatry, enabling underserved communities to access affordable, high-quality services. The goal is to ensure every person going through distress can access help and recover in dignity to lead a productive and fulfilling life, their social status notwithstanding.

Kabachia II Hse 170, Oginga Odinga Avenue, Nakuru, Kenya
T: +254 774 354 618
+254 774 354 618 (WhatsApp)
E: info@pdokenya.org
W: <https://www.pdokenya.org/>

Girls for Girls Africa Mental Health Foundation

G4G takes a holistic view of mental health, both in their approach, which considers psychological, financial, nutritional and social dimensions of life; and in their delivery, which ranges from group therapy, expressive therapy, one-on-one counselling and home visits to judicial support.

T: +254 756 570 518
E: g4gafrica@gmail.com
W: <https://www.facebook.com/G4GAFRICA/>

Lesotho

Sentebale

We strengthen the social and emotional wellbeing of the most vulnerable children and young people living with, or at risk of HIV by addressing their basic mental health with psychosocial support, information sharing and providing access to youth-friendly health services.

Thaba Bosiu – Ha Ramarame (Lihaseg),
Maseru, Lesotho

T: +266 (22) 324 673

E: info@sentebale.org

W: <https://sentebale.org/>

Also in Botswana

Sentebale Botswana, Ground floor,
Moroja Mews 1st floor, CBD Gaborone

T: +267 318 4777

E: admin1@sentebale.co.bw

Mohlomi Mental Hospital

Public healthcare organisation, in Maseru.

MG4M+HJ4, Maseru, Lesotho

T: +266 2231 1104

Malawi

St John of God Hospitaller Health Services

Mental Health Hospital

T: +265 131 1690

E: sjog@sjog.mw

W: <http://www.sjog.mw>

Mental Health Users and Carers Association (MeHUCA)

A volunteer-based, patient advocacy organization working directly with users of mental health services and their carers. MeHUCA focuses on promoting and protecting the rights of persons with mental health conditions in Malawi by creating an enabling environment where they can thrive without discrimination and stigmatization.

T: +265 881 275 151

Mauritius

Brown Sequad Mental Hospital

Public healthcare organisation.

QFF6+25F, Beau Bassin-Rose Hill, Mauritius

T: +230 454 2071

Ey twa! Mental Health Awareness in Mauritius

Facebook platform which aims to bring visibility about mental health as well as promote emotional wellbeing and social happiness.

W: <https://www.facebook.com/groups/eytwamauritius>

Mental Health Federation Mauritius

The Mental Health Federation Mauritius is a voluntary NGO that aims to promote positive mental health and eliminate the stigma attached to mental health.

No 8, D'Artois Street Port Louis, Mauritius

T: +230 5949 3919

E: mentalhealthfederation@gmail.com

Mozambique

Beira Central Hospital

The largest and oldest health unit in the centre of the country.

Avenue Mártires Revolução, Beira, Sofala

T: +258 2331 2071

+258 2331 2078

Medecin sans frontiers

People need psychosocial support to address what they have suffered. As mental health in Mozambique is not very developed, one of MSF's priorities is to provide this service.

W: <https://www.msf.org/africa>

East African office

T: +254 202727540

E: branchoffice@nairobi.msf.org

Mozambique can contact the East African Office.

Nigeria

Mentally Aware Nigeria Initiative (MANI)

We are the only non-profit charitable organization that focuses on mental health issues, for young people in Nigeria, who need accurate information and support in an era of increasing social difficulties. MANI is proud to be the largest youth Mental Health network in West Africa with over 1,500 active youth volunteers across 18 Chapters in 18 out of 36 states in Nigeria. MANI is also the largest provider of crisis support services in Nigeria.

Magodo GRA Phase II, Lagos, Nigeria

T: +234 809 111 6264

E: info@mentallyaware.org

Neuropsychiatric Hospital, Aro Abeokuta

To provide quality mental health service, training and research in conducive environment with community participation and international collaboration.

Old Lagos Road, Ita-Oshin, Aro, Abeokuta

T: +234 903 638 0203

South Africa

Lifeline 0861 322 322

This organisation offers free 24-hour 7 days a week, counselling services over the phone or on WhatsApp. They also have branches in Botswana and Namibia.

W: <http://lifelinesa.co.za/index.html>

SADAG Mental Health Line

The South African Depression and Anxiety Group has created a safe environment for those who have no one to talk to.

T: 0800 4567 789

076 88 22 775 (WhatsApp)

0800 567 567 (Suicidal emergency)

W: <https://www.sadag.org/>

Dark Cloud Above Me

DCAM is a depression awareness initiative that supports people who are depressed and offers education about depression.

T: 072 967 8381

E: trymasondo@gmail.com

W: <https://darkcloudaboveme.wordpress.com/>

[https://www.facebook.com/](https://www.facebook.com/DarkCloudAboveMe/)

DarkCloudAboveMe/

Tanzania

Muhimbili National Hospital

The Department of Psychiatry and Mental Health at Muhimbili National Hospital provides health care for patients with mental health problems who are suffering from psychological, addiction and psychiatric disorders that are either inpatients or outpatients.

T: +255222151367/9

E: info@mnh.or.tz

W: <http://www.mnh.or.tz>

Mirembe National Mental Health Hospital

Mirembe Hospital is the national psychiatric hospital in Dodoma, Tanzania.

RP9H+8HJ, Dodoma, Tanzania

T: +255 26 239 4570

W: <http://www.mirembe.or.tz>

Mental Health Association of Tanzania (MEHATA)

MEHATA is a professional organization representing Mental Health in Tanzania. The organization has a long History of supporting Mental Health services in the Country.

T: +255 757 528 295
W: <https://www.mhinnovation.net/organisations/mental-health-association-tanzania>

Uganda

The MindLab Africa

Mindlab – The Tumaini Foundation
The Mind Lab Africa is a social enterprise that aims to democratize mental health care and support in Africa through creating communities by incubating mental health projects that can deliver psycho-social support up to the grassroots. We also aim to continuously create awareness around mental health and mental well-being in African communities where the topic remains taboo and many living with mental health challenges are stigmatized.

T: +256 784 571 882
E: info@mindlabafrika.org/a
W: <https://www.mindlabafrika.org/>

StrongMinds Mental Health Africa

In Africa, 66 million women are living with depression, and 85% have no access to treatment. StrongMinds provides free, group talk therapy to low-income women and adolescents in Uganda and Zambia. StrongMinds scales its reach through peer-to-peer therapy, teletherapy, public education, and partnerships.

StrongMinds Uganda, Plot 32 Luthuli Rise, Bugolobi
P.O. Box 35874, Kampala, Uganda
T: +256 200 923 340
W: <https://strongminds.org/>

Africa Retreat Centre

We offer specialized treatment for mental health and addiction.

Plot 10, Hill Rise Road, Naguru
T: +256 787 271 852
+256 705 334 446
E: info@africaretreat.org
W: <https://www.africaretreat.org/>

Heart To Heart Spaces

Mental health community that provides safe spaces for people on their journey to healing focusing on a client/patient-based approach. Heart to Heart Spaces gives people spaces to share stories about their illness, coping mechanisms and healing formula.

T: +256 700 410 356
E: info@hearttoheartspaces.com
legal@hearttoheartspaces.com
W: <https://hearttoheartspaces.com/>

Mental Health Uganda

To create a unified voice that influences the provision of required services and opportunities in favour of people with and survivors of mental illness in Uganda through capacity building, networking advocacy and partnership.

Lungujja, Makamba Zone, Cell 15, House 58, Kamanya RD. KLA. UG
T: 039 217 8953
080 021 2121
(Tollfree psychotherapy hotline)
E: info@mentalhealthuganda.org
W: <https://mentalhealthuganda.org/#>

Zambia

StrongMinds Mental Health Africa

In Africa, 66 million women are living with depression, and 85% have no access to treatment. StrongMinds provides free, group talk therapy to low-income women and adolescents in Uganda and Zambia. StrongMinds scales its reach through peer-to-peer therapy, teletherapy, public education, and partnerships.

11 Katemo Road, Rhodes Park, Lusaka
T: +260 964 635 602
(SMS, WhatsApp, and calls)
W: <https://strongminds.org/>