



“Mental Wellbeing in the Community for you” List of entities which offer support in Malta



ADHD Malta (VO/0041) was set up to support, empower, educate, and encourage anyone dealing with ADHD and related conditions and to advocate for the rights of people with ADHD. ADHD Malta offers relevant reading material on the condition and ways of dealing with it. Services offered include monthly support meetings, parental skills courses, social skills courses, Adult ADHD coaching approach courses, one to one support, ADHD coaching and counselling. We do various activities for the families during the year too. The group was set up by a small group of young parents of young ADHD teens needing to find proper help and more information to help their children back in 1996.

Contact information:

238, Ta Ganni, Triq il-Htajriet, Mosta
MST 3067

www.adhdmalta.org.mt

www.facebook.com/adhdmalta

email: adhdmalta@gmail.com

Contact number: 7729 7800 / 7970 6364



The Association
for Child and Adolescent
Mental Health

Association for Child and Adolescent Mental Health (ACAMH) Malta

is a branch of the International Organisation ACAMH. ACAMH is a friendly, active, and passionate group of different professionals working with children and adolescents. The organisation runs events such as conferences, masterclasses, training throughout the year, both face to face and online where professionals, parents and service users can keep up to date with the latest evidence-based research disseminated by lectures from leading experts.

The mission is to advance child and adolescent mental health through the application of research and practice. ACAMH's vision is to be the leading international organisation for interdisciplinary child and adolescent mental health research, dissemination, and training.

Contact information:

<https://www.acamh.org/hub/malta-acamh-branch/>

www.facebook.com/acamhmalta

email: malta@acamh.org

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Aġenzija Sapport is the national agency offering services for persons with disability and their families. Services include social work interventions, community-based services, day services, residential services, sign language interpretation, specialised assessments and guidance on the use of assistive technology, seating assessments, driving lessons on modified vehicles, and a number of schemes that offer financial subsidies. All services are in line with the set standards required. Such services are offered both in Malta and Gozo and reach children, young people and adults with disabilities. Clients are presented with a holistic service from a multi-disciplinary team with the aim of promoting their inclusion, enhance their quality of life and provide them with individualised plans that promote independent living.

Contact details:

Aġenzija Sapport, Triq Patri Ġwann
Azzopardi, Santa Venera SVR1614

www.sapport.gov.mt

email: sapport@gov.mt

Contact number: Malta 2256 8000

Contact number: Gozo 2156 9909

Sapport Helpline: Freephone 153



Autism Parents Association

(VO/0802) was set up to create awareness in our society. Autism is a condition which is not visible and the number of children being diagnosed with Autism Spectrum Disorder (ASD) is on the increase year on year. Unfortunately, parents pass through lots of hardships primarily to obtain diagnosis and secondly to identify the needs of their children. Set up to improve the quality of life of persons with Autism and to support and empower their parents.

Contact Information:

Autism Parents Association -
P.O.Box 30, Marsa, MTP1001

www.autismparentsassociation.com

www.facebook.com/AutismParentsAssociation

email: autismparentsassociation@gmail.com

Contact number: 7928 5438



bBrave (VO/1422)

bBrave is Malta's only anti-bullying NGO, founded in 2017. Its mission is to raise awareness on different forms of bullying, to facilitate assistance for individuals suffering from bullying and for the reform of individuals displaying bullying behaviour in Malta.

bBrave is offering the following services:

1. free counselling sessions for persons suffering from bullying – these are delivered by trainee counsellors within the University of Malta's Department of Counselling in collaboration with Ronald McDonald House Charities Malta.

2. an 'I Need Help' page which guides those impacted by bullying to seek the appropriate help – most of the services listed here are provided for free; see: [I NEED HELP](#);

3. the 'I Need Help' resources may be found on [bBrave's app](#).

Contact Information:

bBrave, c/o 3, Honeycomb
Triq Preziosi, Sqaq Nru. 2,
Hal Lija, LJA 1190

www.bbrave.org.mt

www.facebook.com/bbravemalta/

email: info@bbrave.org.mt

Instagram:

https://www.instagram.com/bbrave_malta/

LinkedIn:

<https://www.linkedin.com/groups/8618921/>

Contact number: 7980 8182



Be Positive Bipolar Self-Help group (VO/0017)

is affiliated to Richmond Foundation and is a self-help group for people suffering from Bipolar disorder (or rather survivors) and their care givers. The meetings are confidential, and members meet to share and discuss their experiences as they feel comfortable to. Through these groups, we hope people empower themselves to improve their quality of life and of those around them. Our mission is to provide a friendly, safe and positive environment for people suffering from Bipolar disorder and their care givers, to express themselves, share experiences and be more aware of this condition and how best to deal with it.

Contact Information:

www.bipolarmalta.org

www.facebook.com/bepositivemalta

email: selfhelp@bipolarmalta.org

[OLLI Chat](#) (24hrs)

Support Numbers: 2122 4580, 2148 2336,
2166 9150

Crisis Freephone Tel. No.: 1770 (24hrs)



Caritas Malta is an organisation affiliated with Caritas Europa and Caritas Internationalis, 2nd largest organisation in the world offering a wide spectrum of social services to vulnerable and marginalized people with a mission to alleviate poverty and promote human development and social justice.

Caritas Malta offers a number of outreach community services in relation with drug abuse. A family unit is also available to support families passing through such traumas.

Caritas also offers psycho-social support through its counselling and social work unit and offers a range of support groups for young separated, widows/widowers, offering support and socialising to persons using mental health care services, Huntington's support, support group offered to individuals who wish to explore their emotions and how to process them more effectively, Alcoholics Anonymous and Al Anon and Gambling Anonymous and Gam Anon.

Caritas Malta also promotes education and awareness about epilepsy and gives shelter and food to homeless persons. Through our Research and Advocacy Unit we advocate for those most in need through the policy makers

Contact Information:

Caritas Community Centre,
Triq Mountbatten, Hamrun, HMR1577

www.caritasmalta.org

www.facebook.com/CaritasMalta

email: info@caritasmalta.org

Contact number: 2219 9000

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Commission for the Rights of Persons with Disability (CRPD)

is an entity set up to monitor the implementation of the United Nations Convention for the Rights of Persons with Disabilities and acts as a regulatory institution of the disability sector in Malta. CRPD does not offer any specific services apart from issuing the EU Disability Card which can be beneficial for persons with Mental Health issues (www.eudisabilitycard.org.mt). If a person with Mental Health issues is discriminated on the basis of his impairment s/he can file a report to the Investigation Unit of the Commission to investigate the matter and act if necessary.

Contact Information:

CRPD, G5 Offices, Triq Salvu Psaila,
Birkirkara, BKR 9077

www.crpdmalta.org

www.facebook.com/crpdmalta

email: helpdesk@crpdmalta.org

Contact number: 2226 7600

SMS for Deaf Users: 7978 8555



Crisis Resolution Malta

Crisis Resolution Malta

Crisis Resolution Malta (CRM) specialises in suicide and self-harm prevention, assisting victims and loved ones. Pioneered in 2010, CRM actualises its mission statement offering 'Immediate care when you need it most'. Extending beyond the standard phone, text, email and social media interaction, the CRM team carries out onsite suicide crisis resolution.

Geared for an evolving cosmopolitan multiracial society, the team includes psychotherapists, counsellors, psychologists, social workers, nurses, psychiatrists, lawyers and spiritual directors. The extended team incorporates financial advisors, addiction specialists, and homelessness advisors.

Guided by The Samaritans UK, The Befrienders Organisation and the International Association for Suicide Prevention (IASP), CRM collaborates with the Police, Civil Protection, A&E etc. In Malta, over 500 multiethnic, high risk lives have been saved, whilst assistance to more than 60,000 psychologically distressed people was given.

The team pioneered a free, multilingual, suicide prevention App called 'Krizi'. This includes private chatting, a crisis button and other relevant information.

Contact Information:

www.facebook.com/CrisisResolutionMalta/

email: crisismalta@gmail.com

Krizi App (free download)

Contact number: 9933 9966 (Free; 24/7)



kenn għal
saħħtek

Dar Kenn għal Saħħtek

Dar Kenn għal Saħħtek, a facility offering residential and outpatient programmes aimed to provide a holistic treatment of patients with eating disorders and morbid obesity.

The overall objective of the programme is to offer an intensive rehabilitation structured therapeutic programme aimed at interrupting the growth and maintenance factors of the disorder.

The centre offers a multidisciplinary approach strategy that includes psychological, nutritional and familial interventions. The programme features highly specialized care and is divided into different stages of care from both a psychological and nutritional aspect.

The organization of the day is highly structured, both in the careful management of the meals and in activities aimed in making patients regain a correct eating pattern.

Contact Information:

Dar Kenn għal Saħħtek, Triq Dar il-Kaptan, Imtarfa

www.facebook.com/kennghalsahhtek

Contact Number: 2145 3690

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MALTA DEMENTIA SOCIETY

Malta Dementia Society

(VO/0539) is a nongovernmental and not-for-profit organisation for individuals living with dementia, their carers, families and friends. The society brings together healthcare professionals and interested persons to improve the knowledge about dementia and to increase public awareness of the condition. The society promotes the best methods of care, education and management of individuals living with dementia throughout the Maltese Islands. This is achieved by providing literature to disseminate knowledge about dementia to patients, carers and the public in general. The society organises courses, lectures and conferences in the various areas relating to dementia. The society also encourages the training of personnel to provide services for individuals living with dementia in order to improve quality care. Through its work, the society helps to establish good relations with the general public and other providers of services to persons with dementia and influences policy making. The society also operates a Support Group. It is a member of both Alzheimer Europe and Alzheimer's Disease International.

Contact Information:

Contact: Professor Charles Scerri
www.facebook.com/maltadementiasociety
www.facebook.com/groups/maltadementiasociety
email: info@maltadementiasociety.org.mt
Dementia Helpline: 1771



L-Università
ta' Malta

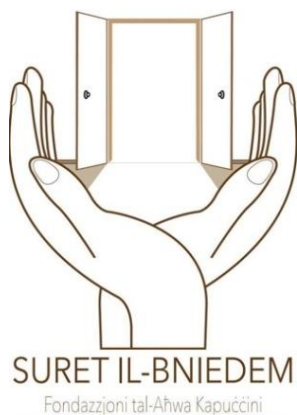
Department of Mental Health, Faculty of Health Sciences, University of Malta

The Department of Mental Health is multi-disciplinary, with staff representing a variety of disciplines including nursing, psychotherapy, psychiatry and biological sciences. The Department offers an undergraduate BSc (Mental health Nursing) and two Master's programmes namely a Master of Science (Mental health Nursing) and an interfaculty Master's in Mental health Studies. A professional development programme, on the 'Rights and Responsibilities In Mental Health care' is also offered. The Department of Mental Health in collaboration with the Office of the Commissioner of Mental Health were the catalysts for the # STOPSTIGMA campaign to counteract the stigma associated with mental health in Malta .

Contact Information:

www.um.edu.mt/healthsciences/mentalhealth
www.facebook.com/um.mentalhealthdepartment
email: mentalhealth.healthsci@um.edu.mt
Contact number: 2340 1236

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Fondazzjoni Suret il-

Bniedem (VO/0026) was set up by the Maltese Franciscan Capuchin Province in 1999 through a statute enrolled in the records of a Notary Public. Fondazzjoni Suret il-Bniedem has the sole objective of providing shelter to homeless persons in Malta. Homelessness in Malta can take various forms and does not necessarily fit the stereotypical ideas that many of us may have, that is people living in the street in cardboard boxes or in doorways. From the outset the Foundation kept an open mind about homelessness, and it tried to read the signs of the times and respond to the realities that our society was experiencing. The attitude towards people with mental health issues started to change and society was increasingly becoming conscious that psychiatric conditions are also other illnesses that can affect anyone of us and that persons suffering from mental health difficulties, needed compassion and support and not isolation.

Contact Information:

34 Triq Il Princep Albertu, Il-Marsa

www.facebook.com/fsib99/

email: info@sib.mt

Contact number: 2123 2330

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The Friends of Mount Carmel Hospital Society

(VO/0059) seeks to promote awareness within the community towards persons who are receiving treatment at Mt Carmel Hospital. This is achieved by:

1. Acting as a link between the hospital and the community
2. Being of assistance so that services delivered within Mount Carmel Hospital would be of greater benefit to users.

From its onset the Society organized annually a Christmas fair within the Hospital area with the specific aim of attracting people to the hospital and eradicate as far as possible the stigma against persons suffering from mental disorders and wrong perceptions about the hospital environment. In fact one basic attraction of the fair has always been and still is items of handcrafts made by the patients attending the Occupational Therapy Unit.

The Society has been instrumental towards the setting up of various projects, such as the Social Centre wherein during the day male and female patients mix up and socialise together, the Young People's Unit providing a safe and supportive environment for youngsters with psychiatric and emotional problems with the aim of rehabilitating them back in the community.

Contact Information:

President Friends of Mount Carmel Society

Dr Chantelle Azzopardi

email: chantelle.sciberras@gmail.com

Contact number: 9988 5960



Foundation for Social Welfare Services:

The Foundation for Social Welfare Services empowers and helps to develop individuals to become responsible, integrated and productive members of society who value life as a resource for self actualisation. The Foundation is responsible for Agencies working within the social sector mainly: Aġenzija Sedqa, Aġenzija Appogg and Supportline 179

Aġenzija Sedqa is Malta's national agency offering Prevention and Treatment services both in the community and on a residential basis for addiction problems. It also holds a fully-fledged therapeutic service for all clients' needs. Aġenzija Sedqa aims to increase public awareness of the harm caused by addictive behaviours and imparts skills in order to prevent or to delay the development of such patterns. It also supports persons who have developed an addiction and their significant others to modify their lifestyles so as to lead a healthier and more satisfying life whilst becoming productive citizens within society. Aġenzija Sedqa seeks to do this whilst maintaining high ethical and professional standards in all its interventions with every individual who seeks its assistance.

Contact Information:

Aġenzija Sedqa Head Office
Address: 3, Triq Braille, Santa Venera, SVR 1690
Contact number: 2388 5110
email: sedqa@gov.mt

APPOĠĠ Community Services aim to work closely with the local community to facilitate and encourage a process of change within the community they operate in, through local participation. These services strive to enhance the local potential, offer optimal individual and family social work services that are aimed especially at the most vulnerable in the community, whilst taking into consideration the context, culture and everyday life of the residents. This agency also offers adoption services.

Contact Information:

36 Triq San Luqa Tal-Pieta', Gwardamangia
www.appogg.gov.mt
Contact number: 2295 9000 , 2122 5354

Supportline 179 – freephone from all local telephones & mobiles

Supportline 179 is the national helpline offering support, information about local social welfare services and other agencies, and a referral service to callers who requires support. The Supportline 179 receives calls on situations of child abuse, domestic violence, drug/alcohol/gambling problems, amongst others.



Hearing voices Malta is an NGO that practices the approach which is a widely used method exploring different perspectives and ways of living with hearing voices and other unusual experiences. The focus is to provide support and self-help means in a non-judgmental and non-restrictive manner. Activities include raising local and international awareness about the Hearing Voices Approach whilst offering a support group for voice hearers and offering a one-to-one support service to voice hearers. There is liaising with local psychiatric services in order to attempt to integrate the Hearing Voices Approach within mainstream support services and facilitating training for health professionals and the general public.

Contact Information:

‘Falling Waters’, Triq Josef Kalleya, Swieqi.

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

email: hearingvoicesmalta@gmail.com

Contact number: 7973 0509



Home to Independence and Limitless Abilities

HILA Homes Ltd. is the first private company on the islands who has entered into a Public Private Social Partnership (PPSP) with the Government of Malta, first through its agreement with ALS Foundation for the management and operations of Dar Bjorn in Qormi in 2017, catering for patients with ALS and other motor neuron degenerative diseases and then in 2018 through its agreement with Agenzija Support to offer residential, day care and respite services to persons with disability of all ages at Casa Apap Bologna in Mosta, offering day programmes, respite services as well as residential placements. As from June 2021 HILA also started offering a new service from Casal Nuovo in Paola, catering for residential clients with intellectual disabilities and challenging behaviour through an agreement signed with the Department of Health.

These homes have revolutionised the sector in different ways. Right from the start, the innovative and fresh approach HILA has undertaken for its operations, together with the high level of professionalism from its team, has proven extremely beneficially to all of its clients and provided a high level of well-being and dignified living.

Contact information:

HILA Homes Ltd, The Three Arches,
Valletta Road, Mosta MST9016

www.hila.com.mt

www.facebook.com/HILAHomes

email: info@hila.com.mt

Tel: 22584200

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Kellimni.com is an innovative online platform targeted towards people who would require emotional support from a professional team. On kellimni.com they can feel safe to open up about their concerns through a medium which they know and understand, and where they can feel like they are not alone and that there is someone who cares about them, and cares that their life can be free from pain and fear.

At kellimni.com we are ready to listen to service users and provide assistance. They are encouraged to express their concerns and talk about the issues directly affecting them. All services are 24/7, private, confidential, free and the service user can choose to remain anonymous.

kellimni.com also offers information via website, app or chat and free online face-to-face counselling/therapy sessions to its users. An individual may self-refer to the service by sending an email expressing their interest and going through a short intake questionnaire. Afterwards, they fill in a client contract and are assigned to a particular counsellor or therapist, according to their presenting issue/s. A client is then offered a maximum of 10-12 free sessions with their assigned counsellor/therapist.

Contact Information:

www.kellimni.com

www.facebook.com/kellimni

email: info@kellimni.com

Contact number: 2132 4500 , 2124 4123



Lejn Xefaq Gdid generates funds to support mental health service users in achieving a better quality of life and higher degree of independence and relieve poverty/any other need to mental health service users who are in the process of rehabilitation and reintegration.

Contact Information:

www.facebook.com/groups/lejnxefaqgdid

email: lejnxefaqgdid@gmail.com

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MCAST

Malta College of Arts, Science and Technology

As part of the services offered at its Wellbeing Hub, MCAST offers counselling and therapy sessions for students and staff to help them deal with personal problems. Life can present many difficulties that may impact the individual's mental health. Mental Health Department psychiatrists offer services at MCAST too. When a referral for therapy is made, an intake session is carried out so that the client is directed to the required service/s. Additionally, the Wellbeing Hub offers services on addictions, nutritional advice, tobacco cessation and sexual health. All appointments and sessions are strictly confidential.

Contact Information:

College of Arts, Science and Technology
MCAST Main Campus, Corradino Hill,
Paola PLA 9032

email: counsellors@mcast.edu.mt

Contact number: 2398 7188



to protect and promote
Office of the Commissioner for
Mental Health
Malta

The Office of the Commissioner for Mental Health (OCMH)

promotes and safeguards the rights of persons suffering from a mental disorder and their carers. It was established by the Mental Health Act (Chapter 525 of Laws of Malta). The vision of the OCMH is an all inclusive society, wherein persons with a mental disorder are fully empowered to maximize their health and potential. This will enhance their contribution to the community in all spheres of life including the labour market and to society at large. Mental health is part of a person's life and thus the OCMH has been active in promoting Mental Health and wellbeing through a life-long approach and intrinsic to all experiences of a person's life, be it positive or negative and includes family and social life, chronic health conditions, the workplace and traumas.

Contact Information:

Office of the Commissioner for Mental
Health, Pjazza San Luqa, G'Mangia
PTA 1010

www.mentalhealthcommissioner.gov.mt

www.facebook.com/commissionerformentalhealthmalta

email:

mentalhealthcommissioner.health@gov.mt

Contact number: 2592 3404/3

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Mental Health Association

Gozo is an organization which aims to promote positive mental health and to actively support persons with mental illness, their families and carers by identifying their needs and advocating their rights. The association helps to safeguard and maintain the mental well-being; including advocacy for better mental health services and better well-being. All this to ensure persons with mental illnesses can live with dignity in the community without any prejudice.

Contact Information:

Mental Health Association Gozo,
C/O Gozo NGO's Centre, Triq il-Madonna
tar-Rummien, Ix-Xewkija, Gozo

www.facebook.com/Mental-Health-Association-Gozo

email: mhagozo@gmail.com

Contact number: 7953 8151



Mental Health Association

Malta (VO/0317) was set up by relatives of persons with mental health problems together with professionals working in the field of mental health who felt the need to support and empower family caregivers. The Association embarks on a lot of initiatives to combat the stigma faced by the mentally-ill and their carers. This association recognizes the crucial role relatives have in the care of mentally-ill patients and believes in working with them to improve their quality of life and that of their loved ones. Thus, we seek to inform and train family members in all aspects of mental health including problem-solving skills, recognizing signs and symptoms of mental illness, communication skills with the patient and the professional carer and the importance of taking care of themselves.

Contact Information:

Chamonix, 88, Triq Brighella, B'Kara,
BKR 1868

[Mental Health Association](#)

[Facebook Mental Health Association](#)

email: assistance@mhamalta.com

SMS: 7980 0080



Mental Health Services Malta

Public Mental Health Services offer both inpatient and outpatient/community services.

Contact with these services may be made through a referral form from a family doctor or a doctor within a health centre.

Inpatient services offer care and management for individuals undergoing the acute stage of a mental health illness.

Community Mental Health Services provide a range of multidisciplinary services, treatment and therapeutic interventions in clinical settings and within the home environment.

These services include:

- Community Mental Health Clinics
- Outreach Team
- Rehabilitation Centres
- Centro Tommaso Chetcuti (CTC)
- Crisis Resolution Home Treatment (CRHT).

The Crisis Intervention Service, at the Accident and Emergency Department at Mater Dei Hospital offers support following a mental health emergency. It works also closely with the Liaison Team.

The Child and Young People's Services (CYPS) provide assessment and management of mental ill health amongst young people, in collaboration with their caregivers. The services extend to Emergency Services (CAPES), assertive outreach services (CIHT) and in-patient care at the Young People's Unit (YPU).

The Speciality Services provide care and assistance to individuals suffering from different mental health conditions / disorders. These services include: Addiction Service, Eating Disorder Service, Electro-Convulsive Therapy (ECT), Geriatric Mental Health Service, Intellectual Disability Services, MCAST Mental Health Services, Neuropsychiatry Service, Perinatal Mental Health Service, Psychiatry Liaison Service, Transcranial Magnetic Stimulation (TMS) Service and University Mental Health Services.

Contact Information:

[Mental Health Services](#)

Customer Care Contact number: 7953 8151;
2330 4444

email on: customercare.mhs@gov.mt



Parent-Infant Mental Health Alliance

The Parent Infant Mental Health Alliance is an independent, non-governmental, voluntary organisation. The main aims of the alliance include being an advocate for service users of the perinatal mental health clinic, to raise public and political awareness on perinatal and infant mental health with the aim of influencing policy and educating health care professionals and the general public on issues related to perinatal and infant mental health. We strive to change the attitudes related to perinatal mental health and reducing stigma. We organise regular training seminars for health care professionals and invite foreign speakers to present in our annual conference to share latest knowledge and research areas in this field.

Contact Information:

email: pimha.malta@gmail.com
www.facebook.com/PIMHA.MALTA/



Richmond Foundation

(VO/0017) was set up on 13th May 1993 and is a leading non-governmental, non-profit making organisation specialising in the provision of community services for persons with mental health difficulties, the promotion of mental health and the prevention of mental illness. It strives to combat stigma and increase awareness. The Foundation actively participates in regional and international events where it has the opportunity to increase its knowledge, expand its network, shares its views and heightens its profile and reputation. Services offered by the Foundation include: Villa Chelsea Rehabilitation Facility, K.I.Ds Programme for children with challenging behaviour, various Hostels, a Female Group Home, a Supportive Housing Scheme, a Community Support Service, Staff and Organisation Support Programme and Psychological Support Services. The Foundation has various initiatives such as Self-Help Groups and various training programmes, including Mental Health First Aid and Youth and Teens Mental Health First Aid .

Contact Information:

Richmond Foundation, 424, Triq il-Kbira San Guzepp, St. Venera

www.richmond.org.mt/

email: info@richmond.org.mt

Contact number: 2122 4580 , 2144 0324

24/7 Helpline Number: 1770

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St Jeanne Antide Foundation (SJAF) (VO/0005)

is a family- and community focused not-for profit organisation committed to identify and support, in a holistic manner, very vulnerable families in distress facing complex life-challenges.

SJAF offers various services which include:

LWIEN SERVICE – This service is particularly aimed at family caregivers who shoulder the overwhelming responsibility of caring for a family member with severe mental health problems.

SOAR SERVICE offers Peer Support Mentoring for domestic violence survivors.

EMOTIONAL FREEDOM SERVICE – supports persons wanting to learn how to manage their afflicted emotions which have been around for years.

LITERATURE IN MALTESE as educational and support tools for caregivers of mentally ill persons. These are: Il-Kwiekeb fid-Dlam Jixeghlu - and Bdoti fil-Maltemp www.antidemalta.org/books/html

Contact Information:

51 Triq Hal Tarxien, Hal Tarxien

www.antidemalta.org

www.facebook.com/SjafAntideCentre

email: info@antidemalta.org

Contact number: 2180 8981



Victim Support Malta (VSM)

(VO/0141) is a registered Non-Governmental Organisation which provides emotional support to victims of crime, such as theft, burglary, physical and sexual assault, domestic violence, harassment, discrimination and cybercrime. VSM also run two specialised services: SPOT (suicide prevention and outreach therapeutic services) and CVSA (Care for Victims of Sexual Assault). SPOT offers a bespoke service to individuals who have attempted suicide and/or families who have lost someone to suicide through providing support, therapy and psychiatry. CVSA provides support to victims of sexual assault or rape. The CVSA Service includes crisis intervention services, therapy, legal representation and psychiatric services.

Contact Information:

www.victimsupportmalta.org.mt

www.facebook.com/victimsupportmalta/

email: info@victimsupport.org.mt

Contact number: 2122 8333



Walk and Talk

Walk and Talk is a holistic and non-invasive approach to providing support and reducing the stigma surrounding Mental Health. Walk and Talk has partnered with The Richmond Foundation, the Mental Health Association Malta and BirdLife Malta.

The guided and gentle walk of approximately 45 minutes promotes physical well-being, while being in nature has a calming effect on the mind. We have volunteers to share their personal experiences and professional support workers, while we also encourage you to build social networks within an understanding community.

We provide refreshments after the walk to further discussions and strengthen the networks created so that you can continue to help one another through the stresses and strains of modern-day life.

At Walk and Talk, you can feel safe in the knowledge that we are here for you and that you are not alone.

Contact Information:



YMCA Malta (VO/0028) YMCA Malta (VO/0028) operates primarily in the fields of homelessness, youth work and wellbeing while seeking to promote the vision to build a more just society. YMCA Malta runs four main programmes: the Wellbeing Programme, Residential and Social Work Services, Youth Empowerment, and Social Business. The Wellbeing Programme provides holistic psychotherapeutic services through the provision of counselling and therapy sessions, which are mainly targeted towards the underprivileged and the socially disadvantaged in our communities.

Contact Information:

www.ymcamalta.org

www.facebook.com/ymcamalta

email: info@ymcamalta.org

Contact number: 2767 4278

What's App: 9992 8625 (Loneliness Response Line)