

**Theme for World Mental Health Day 2022: October 10th is**

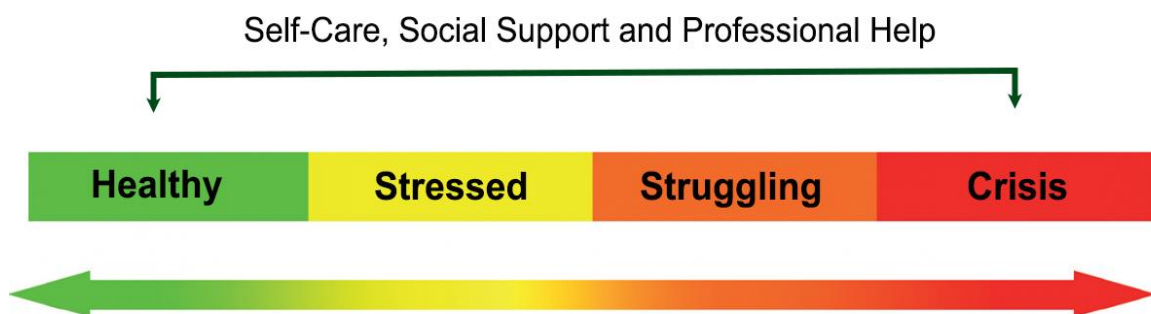
## **'Mental Health in an Unequal World'**

**Lack of investment in mental health disproportionate to the overall health budget contributes to the mental health treatment gap.**

A few years ago, a loved one in Nigeria was confronted with a mental health crisis. It had stemmed from decades of no mental and emotional health checkup or maintenance, which had ballooned into a crisis. It was hard to find resources in Nigeria for several reasons, the same reasons why one wouldn't probably go for mental and emotional health checkups: stigma, lack of information about resources, trusted resources and so on.

Just like physical health, mental health should be checked on with the help of a professional no matter what spectrum of the mental health scale you believe you are in.

**All spectrums on the mental health scale should get check-ins**



In this document are mental and emotional health resources in and outside Nigeria that anyone in Nigeria can access. If you are a mental health practitioner anywhere in the world interested in volunteering your expertise and time, please proceed to [Mentally Aware Nigeria Initiative's volunteer form](#). You can also list your services as Therapists [in Nigeria](#). If you want to share your healing journey or hear from others, join us on [Facebook](#) & [Instagram](#).

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## Mental Resources for Nigerians

## A.) Online & Phone Line Resources:

<p><b>YABA VOICE</b></p> <p><a href="https://twitter.com/YABAVOICE">https://twitter.com/YABAVOICE</a></p> <p><a href="https://www.instagram.com/yabavoice/">https://www.instagram.com/yabavoice/</a></p> <p><a href="https://www.facebook.com/yaba.voice">https://www.facebook.com/yaba.voice</a></p> <p>Crisis Phone lines: 08138209409 or 08075251315 or 09029944321</p>	<p><i>Yaba Voice is a section-service sector of the popular Yaba Psychiatric Lagos that offers service through their outreach center. It offers quick online information on instagram and facebook.</i></p>
<p><b>Neem Foundation Sanctuary</b></p> <p><a href="https://sanctuary.neemfoundation.org.ng">https://sanctuary.neemfoundation.org.ng</a></p> <p><a href="https://web.facebook.com/neemsanctuary/">https://web.facebook.com/neemsanctuary/</a></p> <p><a href="https://www.instagram.com/neemsanctuary/">https://www.instagram.com/neemsanctuary/</a></p> <p>Contact: 07060625054</p>	<p><i>The Neem offers confidential and individual mental first aid. Gives online psychotherapy and also creates awareness and widespread advocacy. It's an Abuja- based mental health foundation.</i></p>
<p><b>PSYCHEBABBLE</b></p> <p><a href="https://web.facebook.com/psychebabbleNG/">https://web.facebook.com/psychebabbleNG/</a></p> <p>Contact: 08154106520</p>	<p><i>Psychebabble offer quick online services, mental health advocacy through online, online motivational services, substance use prevention, mental health services and awareness programs.</i></p>
<p><b>PSYCHNG</b></p> <p><a href="https://www.psychng.com">https://www.psychng.com</a></p> <p><a href="https://www.facebook.com/psychngpage">https://www.facebook.com/psychngpage</a></p> <p><a href="https://twitter.com/psych_ng">https://twitter.com/psych_ng</a></p> <p>Contact: 08083523600</p>	<p><i>Offer online services after you have booked an online appointment. The same day services are available and the fees vary. Located in 10 HUGHES Avenue, Alagomeji, Yaba, Lagos</i></p>
<p><b>SMART SUICIDE PREVENTION INITIATIVE</b></p> <p><a href="https://www.facebook.com/sspinitiative/">https://www.facebook.com/sspinitiative/</a></p> <p>Crisis Phone Lines: 08062106493, 08092106493, 09080217555, 090340009, 08111909909, 07013811143</p>	<p><i>They offer free quick services and help avert mental crisis or suicide attempts in Nigeria</i></p>
<p><b>Better Help</b></p> <p><a href="https://www.betterhelp.com">https://www.betterhelp.com</a></p>	<p><i>Online counseling service. A paid online mental health service that helps you meet the</i></p>

	<i>right counselor and quickly.</i>
<p><b>Mentally Aware Nigeria Initiative</b></p> <p><a href="https://twitter.com/MentallyAwareNG">https://twitter.com/MentallyAwareNG</a> DM's accepted via twitter for help 7am - 11pm daily.  <a href="https://project-covid.ng/all-activities/">https://project-covid.ng/all-activities/</a>  24 hrs Crisis Helpline: 0809 111 6264, 0811 1680 686  <a href="https://www.facebook.com/mentallyawareng">https://www.facebook.com/mentallyawareng</a></p> <p>For mental health professionals around the world that are interested in volunteering their time: Sign up <a href="#">here!</a></p>	<p><i>MANI is Nigeria's largest youth-run and youth focused mental health organisation with over 1500 volunteers actively involved across 15 chapters. We are a community of young people who are motivated to fight stigma and create an environment that makes it possible for people to seek care for their mental health without fear of discrimination.</i></p>
<p><b>Talkspace</b></p> <p><a href="https://www.talkspace.com">https://www.talkspace.com</a>  <a href="https://www.facebook.com/Talkspacetherapy">https://www.facebook.com/Talkspacetherapy</a>  <a href="https://twitter.com/talkspace">https://twitter.com/talkspace</a>  <a href="https://www.instagram.com/talkspace/">https://www.instagram.com/talkspace/</a></p>	<p><i>Talkspace has offered excellent therapy services over the period. The service recruits the best counselors to form part of its team. It is these professionals that have helped the service to be known globally. The specialists are licensed, certified, have 3000+ counseling experience hours, and understand patients.</i></p>
<p><b>Calmerry</b></p> <p><a href="https://calmerry.com">https://calmerry.com</a>  <a href="https://www.facebook.com/CalmerryTherapy">https://www.facebook.com/CalmerryTherapy</a>  <a href="https://www.instagram.com/calmerry_com/">https://www.instagram.com/calmerry_com/</a></p> <p>Clients line  1(844)958-3158   toll-free</p> <p>Counselors line:  1(302)291-4416   toll-free  Email: <a href="mailto:team@calmerry.com">team@calmerry.com</a></p>	<p><i>Calmerry has not been in this field for long. The therapy service came into existence to assist people who are undergoing mental health issues during this time when the world is dealing with the Novel CoronaVirus Pandemic. However, it has already claimed the spot as the best online therapy service. It has helped many patients and still has the potential to grow.</i></p>
<p><b>Amwell</b></p> <p><a href="https://amwell.com">https://amwell.com</a>  <a href="https://www.facebook.com/AmwellPatient/">https://www.facebook.com/AmwellPatient/</a>  <a href="https://www.instagram.com/amwell/">https://www.instagram.com/amwell/</a>  <a href="https://twitter.com/amwell">https://twitter.com/amwell</a></p>	<p><i>The service has assisted thousands of patients who always appreciate what is offered. The company believes that you deserve the best online therapy. Therefore, they require the best psychologists to help you with your mental health concerns. The professionals are experienced, knowledgeable, certified, and always available to help you. Additionally, they understand patients' concerns and offer the best remedies for you.</i></p>
<p><b>BetterHelpTherapy</b></p> <p><a href="https://www.betterhelp.com">https://www.betterhelp.com</a>  <a href="https://www.facebook.com/BetterHelp">https://www.facebook.com/BetterHelp</a>  <a href="https://www.linkedin.com/company/betterhelp-com">https://www.linkedin.com/company/betterhelp-com</a></p>	<p><i>The company has a straightforward process for obtaining help. Create an account and provide details such as what is troubling you and the type of counselor you need. The service assigns a good therapist, and you can commence your</i></p>

I/We are not associated with any resource listed in this directory. Ensure to do your due diligence by researching or asking for valid certifications or licenses from mental health practitioners before engaging in any service listed in this directory. For suggestions, additions or edits to this document send an email to [mentalhealthforallresourcesng@gmail.com](mailto:mentalhealthforallresourcesng@gmail.com) or or make a comment on the [editable file](#). Volume 2 Edited: October 6th, 2021

<a href="https://twitter.com/betterhelp">https://twitter.com/betterhelp</a>	<p>sessions after that. The service has different packages, and every patient can choose what suits them. Your weekly payments are between \$40 and \$70 and are billed monthly. Annual payments can help you save as you are given a discount.</p>
<p><b>Doctor on Demand</b></p> <p><a href="https://patient.doctorondemand.com">https://patient.doctorondemand.com</a>  <a href="https://www.facebook.com/doctorondemand/">https://www.facebook.com/doctorondemand/</a>  <a href="https://twitter.com/drondemand">https://twitter.com/drondemand</a>  <a href="https://www.linkedin.com/company/doctor-on-demand/">https://www.linkedin.com/company/doctor-on-demand/</a></p>	<p>When you need a therapy service that can offer help with different mental health issues under one roof, Doctor on Demand is here. Whether you are suffering from an anxiety disorder, depressed, finding it hard to manage grief, or need assistance to deal with insomnia, this is the place for you. They can also assist with allergies and management of injuries from sporting activities.</p>
<p><b>SheWritesWoman</b></p> <p><a href="http://shewriteswoman.org">http://shewriteswoman.org</a></p> <p>Toll Free Crisis Phone line: <b>0800 800 2000</b></p> <p>Schedule a free virtual therapy session:  <a href="https://calendly.com/therapySWW">calendly.com/therapySWW</a>  Other inquiries: <b>07038205947</b></p>	<p>Some services are free. The ultimate aim is to mentally and socially help everyone with mental health related issues or stigma.</p>
<p><b>Depression Notes</b></p> <p><a href="https://twitter.com/depressionnote">https://twitter.com/depressionnote</a></p>	<p>They support people with depression and anxiety. Depression notes are delivered via the twitter handle and they help in fighting stigmas that afflict people with mental health problems.</p>
<p><b>Help-A-soul-alliance (HASA)</b></p> <p><a href="https://web.facebook.com/groups/655661901478339/">https://web.facebook.com/groups/655661901478339/</a></p>	<p>A mental health group on facebook which helps people struggling with any form of mental health issue. All members are private and nobody gets to know the details of another. They also update daily nuggets.</p>
<p><b>University College Hospital (UCH) Ibadan</b></p> <p><a href="https://uch-ibadan.org.ng/">https://uch-ibadan.org.ng/</a>  Crisis Phone Line: <b>07008244357</b></p>	<p>The University College Hospital (UCH), was once rated the fourth in the Commonwealth because of the medical feats recorded in the Hospital</p>
<p><b>SYNAPSE SERVICES</b></p> <p><a href="https://www.synapseservices.org/">https://www.synapseservices.org/</a>  Call: 08152882329  Call: 09056906007  Whatsapp: 08152882329  Email: <a href="mailto:info@synapseservices.org">info@synapseservices.org</a></p>	<p>Synapse Services is a privately owned and managed Center for Psychological Medicine with the head office in the heart of Nigeria. We provide first class psychological and psychiatric care as well as treatment of addictions, with a range of therapeutic programs suited to</p>


	<p><i>individual needs. Presently with six locations across Nigeria</i></p> <p><i>Our purpose is to make a timely and long lasting difference in the lives of individuals and families we support.</i></p>
<p><b>SPEAK YOUR MIND</b></p> <p><a href="https://gospeakyourmind.org/">https://gospeakyourmind.org/</a>  <a href="https://www.facebook.com/gospeakyourmind">https://www.facebook.com/gospeakyourmind</a>  <a href="https://twitter.com/gospeakyourmind">https://twitter.com/gospeakyourmind</a>  <a href="https://www.instagram.com/gospeakyourmind/">https://www.instagram.com/gospeakyourmind/</a></p>	<p><i>Speak Your Mind is a global citizen-led partnership with one collective purpose: progress for mental health in every nation. It unites national and international campaigning groups, individuals and influencers in campaign actions that will demand progress for mental health around the world.</i></p> <p><i>Its activities are focused on seeking greater investment in mental health support, empowerment through more inclusive, accessible and humane public mental health systems, and education through national mental health public campaigns.</i></p>
<p><b>Gede</b></p> <p><a href="http://www.gedefoundation.org/">http://www.gedefoundation.org/</a>  <a href="https://www.facebook.com/pages/Gede-Foundation/53074040665">https://www.facebook.com/pages/Gede-Foundation/53074040665</a>  <a href="https://twitter.com/GedeFoundation">https://twitter.com/GedeFoundation</a></p> <p>Address NO. 13 DANUBE STREET, ABUJA, FEDERAL REPUBLIC OF NIGERIA  Phone +234-805 840 4610</p>	<p><i>Gede is based on a belief that all members of all societies have the right to good health Gede works with those who suffer from underserved and stigmatized health burdens to achieve long term positive change at the community level through high quality research (often into prevalence and impact), catalytic partnerships and advocacy.</i></p>
<p><b>Oasis of Love International Center for Women and Children (OLIC)</b></p> <p><a href="https://www.oasislovecenter.org/">https://www.oasislovecenter.org/</a></p> <p>Phone 07054653179</p>	<p><i>At Oasis of Love Center for Women and Children, we provide services that improve the psychological, physical, social, emotional, economic and spiritual well-being of the abused, abandoned, exploited, neglected and orphaned children, widows and less advantaged women in Nigeria, Africa and worldwide. health is not just absence of illness but also presence of psychological well-being, therefore, our services</i></p>

	aim at improving overall well-being of children and women
<b>360 Psyche</b>  <a href="https://www.360psyche.com">https://www.360psyche.com</a> <a href="http://www.facebook.com/360psyche">http://www.facebook.com/360psyche</a> <a href="http://www.instagram.com/360psyche">http://www.instagram.com/360psyche</a> <a href="http://www.twitter.com/360psyche">http://www.twitter.com/360psyche</a>  Mailing Address 4, Akpaka Francis Lane, United Estate, Lekki-Epe Expressway, Lagos, Nigeria Email <a href="mailto:info@360psyche.com">info@360psyche.com</a>  Phone Numbers +234 809 664 2604; +234 901 241 0880	<p><i>Their therapy, counseling and coaching services are based on psychological evidence-based methods. There are a variety of options to choose from, delivered online and offline, inclusive of the option of anonymous help.</i></p> <p><i>Their experienced and verified therapists, psychologists, psychiatrists, and counselors are matched to work with you to achieve your goals, based on your unique profile. At the moment, physical sessions are only available in Lagos, Nigeria, while online options can be accessed anywhere.</i></p>
<b>Truthshare</b>  <a href="https://truthshare.com">https://truthshare.com</a> Fortran House Building  47 Oromeinike Street, D/Line  Port Harcourt  Call: +234 809 0839 412  Facebook: <a href="#">@truthshare</a>  Instagram: <a href="#">@truthshare</a>	<p><i>One of the best Online Counseling Platforms in Nigeria. Whether you're looking for online counseling for different mental health conditions or just trying to find the right virtual counselor, we've compiled a list of some of the most popular services below.</i></p> <p><i>One of their missions at Truthshare is to improve the mental health of Nigerians. This platform is online with that mission by providing access to certified and licensed counselors and therapists. The first of its kind in Nigeria. We have counselors that match the following</i></p> <ul style="list-style-type: none"> <li>• Child &amp; Adolescent</li> <li>• Marital &amp; Relationship</li> <li>• Career &amp; Business</li> <li>• Grief/Loss</li> <li>• School &amp; Education</li> <li>• Abuse</li> <li>• Addiction</li> <li>• Crisis</li> <li>• Depression</li> <li>• Sex</li> </ul>
<b>The Lagos Lifeline</b>  <a href="http://www.lagosmind.org">www.lagosmind.org</a>	<p><i>The health helpline is a tele-Mental Health service that provides Lagos residents with access to psychosocial support, counselling and psychotherapy services free of charge through a dedicated line.</i></p>



<p>Dedicated lines &amp; Whatsapp – 0909000MIND or 09090006463</p> <p>Email: <a href="mailto:help@lagosmind.org">help@lagosmind.org</a></p> <p>Facebook: <a href="https://www.facebook.com/lagosmind">@lagosmind</a></p> <p>Instagram: <a href="https://www.instagram.com/lagosmind">@lagosmind</a></p>	<p><i>The Lagos Lifeline provides a bridge to meet various challenges militating against access to mental health services including, the incidence of suicidal attempts, poor access to mental health services for patients in hard-to-reach areas, Stigma to Mental Health Issues and patients who need treatment, poor access to information and referral to neighboring health facilities providing mental health services and poor linkages for mental health support for victims of Domestic and Sexual violence.</i></p>
<p><b>EmpathySpace Consulting Services</b></p> <p><a href="https://www.empathyspace.ng">https://www.empathyspace.ng</a>  <a href="https://web.facebook.com/empathyspace/">https://web.facebook.com/empathyspace/</a>  <a href="https://twitter.com/empathyspace">https://twitter.com/empathyspace</a></p> <p>Address:  11 Gbajumo Crescent, Off Adeniran Ogunsanya, Surulere, Lagos, Nigeria  Phone: 0806 922 5717, 0803 229 5584</p> <p>E-mail: <a href="mailto:empathyspaceng@gmail.com">empathyspaceng@gmail.com</a></p>	<p><i>EmpathySpace Consulting Services provides mental health information, awareness, advocacy and treatment services as well as mental consulting, and we are located in Surulere Lagos.</i></p> <p><i>Mental consultation, treatment and therapy services situated in Lagos, Nigeria that offers counselling, public speaking, psychotherapy, marital therapy, cognitive behavioral therapy, psychiatric consultation &amp; addiction. EmpathySpace Consulting Services is managed by professional mental health practitioners who offer mental consultation, treatment and therapy services situated in Lagos, Nigeria that offers counselling, public speaking, psychotherapy, marital therapy, cognitive behavioral therapy, psychiatric consultation &amp; addiction.</i></p>
<p><b>SURPIN</b></p> <p><a href="https://www.surpinng.com/">https://www.surpinng.com/</a></p> <p>Crisis Hotline: +234-908-021-7555 (9mobile), +234-903-440-0009 (MTN), +234-811-190-9909 (GLO) +234-701-381-1143 (AIRTEL), +234-814-224-1007 (FOR HAUSA)</p>	<p><i>SURPIN was launched in March 2017, as an initiative of the Lagos University Teaching Hospital (LUTH) for suicide prevention through research, crisis intervention, health education and early treatment of depression and drug abuse. SURPIN is considered the biggest anti suicide initiative in Nigeria.</i></p>
<p><b>Freudian Centre</b></p> <p><a href="http://www.freudiancentre.com">www.freudiancentre.com</a></p>	<p><i>The Freudian Centre is your preferred employee and family assistance provider. They are stated to be an innovative provider of Mental Health Care powered by technology to improve access to affordable care.</i></p>



<p>Address: 141, Ahmadu Bello way, Victoria Island 101233, Lagos, Nigeria</p> <p>24 Hours Hotline: +234 809 600 0075</p>	
<p><b>Asido Foundation</b></p> <p><a href="http://www.asidofoundation.com">www.asidofoundation.com</a></p> <p>Address: 33/34 Ide-Ape Odua Shopping Complex, Ibadan Helpline: +234 902 8080 416 (Phone line &amp; Whatsapp)</p>	<p><i>The Asido Foundation is a Not-for-Profit Mental Health Advocacy Charity with the aim of providing evidence-based information, specially tailored advocacy efforts as well as interventions; with the long-term view of contributing towards filling the huge mental health needs of the Nigerian populace.</i></p>
<p><b>Therapy Route</b></p> <p><a href="https://www.therapyroute.com/therapists/nigeria/1">https://www.therapyroute.com/therapists/nigeria/1</a></p>	<p><i>Therapy Route, a link on an online platform you can utilize to find Psychotherapists, Counsellors, Psychologists, Psychiatrists, Psychoanalysts, and Mental Health Clinics, etc. near you in Nigeria.</i></p>
<p><b>Sam Obafemi Behavioural Change Academy</b></p> <p><a href="#">Sam Obafemi Behavioural Change Academy (SOBCA)</a></p>  <p>The image contains two identical promotional graphics for SOBCA. Each graphic features the SOBCA logo at the top, followed by the text 'THESE COUNSELLORS/THERAPISTS ARE AVAILABLE IF YOU NEED SOMEONE TO TALK TO PROFESSIONALLY'. Below this is a list of professionals with their names, specialties, and phone numbers. At the bottom of each graphic are social media icons for Instagram, Twitter, and Facebook, along with the handle 'sobcaonline'.</p> <p><b>SOBCA™</b> THESE COUNSELLORS/THERAPISTS ARE AVAILABLE IF YOU NEED SOMEONE TO TALK TO PROFESSIONALLY</p> <ul style="list-style-type: none"> <li>• Ruth Koredegha   Children &amp; Adults - 08069228501</li> <li>• Ladi Felix   Adults and Children - 08036471584</li> <li>• Oluwatoyin Ogunkanmi   Parents - 08098477756</li> <li>• Stella Onwochei   Adults and Children - 07035953367</li> <li>• Mercedes Nwaokorie   Children &amp; Adults - 08033139326</li> <li>• Ojochenemi Emmanuel   Children &amp; Adults - 07036150935</li> <li>• Miriam Daniel-Udah   Adults - 08078889597</li> <li>• Elijah Dodo   Adults - 08033604844</li> <li>• Bashirat Abdulwahab   Adults - 07039599023</li> <li>• Dorothy Hirse   Adults going through loss - 07038627416</li> <li>• Tega Omogor   Teens - 08054384433</li> <li>• Faith Obafemi   Teenagers and Young Adults - 08022988944</li> <li>• Chi Iwuamadi   Teens - 07037434904</li> </ul> <p>@sobcaonline</p> <hr/> <p><b>SOBCA™</b> THESE COUNSELLORS/THERAPISTS ARE AVAILABLE IF YOU NEED SOMEONE TO TALK TO PROFESSIONALLY</p> <ul style="list-style-type: none"> <li>• Enya Epelle   Adults &amp; Teens - 07010402420</li> <li>• Aishatu Dahiru   Adults and Young Adults - 08128341701</li> <li>• Shittu Ola   Adults and Young Adults - 08091151045</li> <li>• Maureen Nwachi   Teens and Young Adults - 08059034939</li> <li>• Rakiyat Odunsi   Teens and Young Adults - 08091407640</li> <li>• Ikalone Udo   Children - 08037203063</li> <li>• Akinbinu Yemisi   Adults - 08055249885</li> </ul> <p>@SOBCAonline ...we listen to you!</p> <p>@sobcaonline</p>	<p><i>Our only goal in SOBCA is to SELL SERENITY. Through SOBCA, people will get resourceful solutions to mental and emotional challenges.</i></p>
<p><b>Institute of Family Engineering and Development</b></p>	<p><i>A community of Family Life Practitioners</i></p>

[Institute of Family Engineering and Development](#)

Address: 14, Hilton Drive Allen Avenue, Ikeja Helpline:  
+234 901 512 8298 (Phone/ Whatsapp)



INSTITUTE OF FAMILY ENGINEERING AND DEVELOPMENT

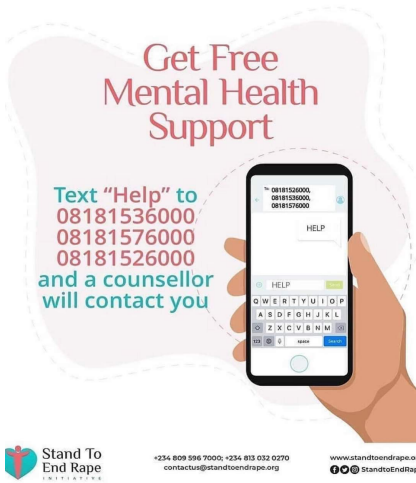
**THESE COUNSELLORS ARE AVAILABLE TO TALK TO YOU**

- Amaka Chibuzo-Obi - 08033868693
- Ayo Bankole - 08064980357
- Oluronke Oluwalere - 07062021369
- Edna Nneji - 08063437704
- Praise Oladimeji - 08037269483
- Ofonime Bassey - 08037086578
- Dayo Samuel - 08030814854
- Charity Odu - 08057760062
- Ebun Fawole - 08039324145
- Nnenna Ben-Ekechukwu - 08034192387
- Seun Ladokun - 08077980548
- Ogochukwu Nwosu - 08034266707
- Ayodeji Lawrence - 08184668090

*committed to promoting the dignity of persons through professional family life practice.*

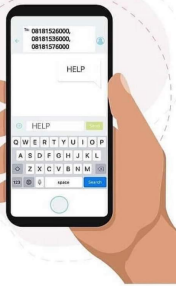
**Stand To End Rape Initiative**

[Stand To End Rape Initiative](#)



Get Free Mental Health Support

Text "Help" to  
08181536000  
08181576000  
08181526000  
and a counsellor will contact you



Stand To End Rape Initiative

+234 809 598 7000; +234 813 032 0270  
contact@standtoendrape.org

www.standtoendrape.org  
@standtoendrape

*(S.T.E.R) Initiative works to meet its mission through an array of programs and services focused on strengthening and empowering survivors of rape. The organization also places an emphasis on preventative programming targeting sexual violence and abuse.*

## B.) On-ground Mental Health Resources

<p><b>Federal Ministry of Health Mental Health</b>  <a href="https://www.facebook.com/fmohnigeria/">https://www.facebook.com/fmohnigeria/</a>  <a href="https://www.mhinnovation.net">https://www.mhinnovation.net</a>  <b>The Mental Health Innovation Network is jointly headquartered at:</b>  <b>The Department of Mental Health and Substance Abuse</b>  <b>World Health Organization</b>          20 Avenue Appia          1211 Geneva 27          Switzerland  <b>London School of Hygiene and Tropical Medicine</b>          Keppel Street          London          WC1E 7HT          UK</p>	<p><i>Federal ministry of Health in Nigeria envisions a Nigerian society in which mental health is not enshrouded in mysteries, stigma and discrimination as we strive to build a society where people enjoy good relationships, productivity and justice through mental healthcare, advocacy and policy reform.</i></p>
<p><b>Centre for Mental Health Research and Initiative (CEMHRI)</b>   <a href="https://www.mhinnovation.net/">https://www.mhinnovation.net/</a>  <a href="https://www.facebook.com/Cemhri/">https://www.facebook.com/Cemhri/</a>  <a href="https://www.mhinnovation.net/organisations/@cemhri">https://www.mhinnovation.net/organisations/@cemhri</a>          Address:          3rd Floor, Glass House          1-5, Oba Akinjobu Way          Ikeja.. Lagos. Nigeria  <a href="http://www.cemhri.org">www.cemhri.org</a>  <a href="mailto:cemhri.lagos@gmail.com">cemhri.lagos@gmail.com</a>  <a href="mailto:info@cemhri.org">info@cemhri.org</a>          Email:  <a href="mailto:info@cemhri.org">info@cemhri.org</a>          Country:          Nigeria</p>	<p><i>The Centre for Mental Health Research and Initiative (CEMHRI) is a non-profit organization that is dedicated to promoting mental health awareness and eliminating the stigmas that are associated with mental illnesses through service and research. We strive to motivate, involve, and educate the general public about mental health in order to help those suffering from mental health issues to find out how and where to acquire assistance.</i></p>
<p><b>Child and Adolescent Mental Health Centre (Oshodi)</b>  <a href="https://sites.google.com/site/camhulagngorg/test">https://sites.google.com/site/camhulagngorg/test</a>  <a href="https://sites.google.com/site/camhulagngorg/contact-your-instructor">https://sites.google.com/site/camhulagngorg/contact-your-instructor</a>           DR O.C. OGUN - 234805876897 -  <a href="mailto:oluyemiogun@yahoo.com">oluyemiogun@yahoo.com</a></p>	<p><i>The Child and Adolescent Center of the Federal Neuropsychiatric Hospital, Yaba, Lagos is situated in the densely populated region of Oshodi, in Lagos State, Nigeria. It is the largest Child and Adolescent Centre in the country with a clientele base of almost 11,000 children by the end of 2014.</i></p>

I/We are not associated with any resource listed in this directory. Ensure to do your due diligence by researching or asking for valid certifications or licenses from mental health practitioners before engaging in any service listed in this directory. For suggestions, additions or edits to this document send an email to [mentalhealthforallresourcesng@gmail.com](mailto:mentalhealthforallresourcesng@gmail.com) or or make a comment on the [editable file](#). Volume 2 Edited: October 6th, 2021

<p>DR T.G. IJAROGBE - 2348023578433 - <a href="mailto:graceijarogbe@gmail.com">graceijarogbe@gmail.com</a></p> <p>DR M.O. BELLO-MOJEED - 2347028185292 - <a href="mailto:abiola4eva@yahoo.com">abiola4eva@yahoo.com</a></p>	
<p><b>Children and Young's People Mental Health Network (CYMH Network)</b></p>	<p><i>The center was founded on the 13th of May 1999 under the leadership of a foremost psychiatrist in the country, Dr Malomo Idowu. The mantle for running this novel center in the country rested heavily on another very senior psychiatrist Dr mrs) Ogun Oluyemi Cecelia who has run the multi-disciplinary center effectively up to this day. She has been joined by two other seasoned psychiatrists - first was Dr (mrs) Ijarogbe Temitayo Grace and later on Dr Bello-Mojeed Moshudat both of whom she mentored and trained to deliver Child and Adolescent Mental Health (CAMH) Services within the hospital and out in the community.</i></p>
<p><b>Child and Youth Mental Health Management Unit</b> This unit manages all services within the Child and Youth Mental Health Service. Operating hours Mon-Fri, 8.30am-5pm. t: +61 7 3310 9444 f: +61 7 3310 9498 e: <a href="mailto:CHQ-CYMHS-admin@health.qld.gov.au">CHQ-CYMHS-admin@health.qld.gov.au</a></p> <p><b>Child and Youth Mental Health emergencies</b> Call 000 or attend your nearest hospital emergency department or phone the Acute Response Team Crisis Line, available 24 hours a day, 7 days a week t: 07 3068 2555</p> <p>Child and Youth Community Health Service t: +61 7 3310 7755 Operating hours Mon-Fri, 8.30am-5pm.</p> <p><b>Child Health Service</b> t: 1300 366 039 (central number for Metro Brisbane) or 13 HEALTH (13 43 25 84)</p> <p><b>Child Development Program, via the Child Development Access Service</b> t: 1300 731 805</p> <p><b>Centre for Children's Health and Wellbeing</b> t:+61 7 3310 7755</p> <p><b>Deadly Ears</b> t: +61 7 3310 7709</p> <p><b>Healthy Hearing Program</b> t: +61 7 3310 6222</p> <p><b>Good Start Program</b> t: +61 7 3310 7800</p> <p><b>Ellen Barron Family Centre</b> t: +61 7 3139 6500</p> <p>Other useful contacts</p> <p><b>Compliments/complaints</b> t: +61 7 3068 1120 e: <a href="mailto:CHQ_PatientExperience@health.qld.gov.au">CHQ_PatientExperience@health.qld.gov.au</a> <a href="#">Share your experience</a></p> <p><b>Media enquiries</b> t: 07 3068 5111 (Monday to Friday, business</p>	

<p>hours)  e: <a href="mailto:chgnews@health.qld.gov.au">chgnews@health.qld.gov.au</a>  <b>Queensland Poisons Information Centre</b>  t: 13 11 26  <a href="http://www.health.qld.gov.au/poisons">Queensland Poisons Information Centre website</a>  <b>Children's Hospital Foundation</b>  t: 1300 742 554  <a href="http://www.childrens.org.au">www.childrens.org.au</a></p>	
<p><b>MENTAL HEALTH FOUNDATION NIGERIA</b>  <a href="https://facebook.com/MHFNigeria">https://facebook.com/MHFNigeria</a>  <a href="https://twitter.com/MHFNigeria">https://twitter.com/MHFNigeria</a>  Address:  16 Harvey Road  Yaba  Lagos, Nigeria  Email:  <a href="mailto:info@mentalhealthnigeria.org">info@mentalhealthnigeria.org</a>  Telephone:  +2348033236814</p>	<p><i>Mental Health Foundation Nigeria is a non-governmental organization and a social enterprise which seeks to provide practical intervention and services in pursuit of wellness through mental health policy reforms, advocacy, research, training, rehabilitation and care.</i></p>
<p><b>Clinical Psychology Dept, FNPH (Yaba)</b>  <a href="https://mobile.facebook.com/neuropsychiatrichospitalyaba">https://mobile.facebook.com/neuropsychiatrichospitalyaba</a>  <a href="https://twitter.com/neuropsychiatrichospitalyaba">https://twitter.com/neuropsychiatrichospitalyaba</a>     □ 234-8155170000, 234-9060001907  □ <a href="mailto:enquiries@fnphyaba.gov.ng">enquiries@fnphyaba.gov.ng</a></p>	<p><i>The department of psychology in Federal Neuro-Psychiatric Hospital, Yaba has grown through various stages to become a full-fledged department providing a wide range of qualitative psychological services for communities in Lagos State and its environs. It started as a one man department till it evolved to be a full-fledged department</i></p>
<p><b>UNITED FOR GLOBAL MENTAL HEALTH</b>  <a href="https://unitedgmh.us20.listmanage.com/subscribe?u=">https://unitedgmh.us20.listmanage.com/subscribe?u=</a>  <a href="https://www.facebook.com/unitedgmh">https://www.facebook.com/unitedgmh</a>  <a href="https://twitter.com/unitedgmh">https://twitter.com/unitedgmh</a>  <a href="https://www.instagram.com/unitedgmh/">https://www.instagram.com/unitedgmh/</a></p>	<p><i>The Global Mental Health Action Network is an open community of mental health professionals who share a mission to protect the right to good mental health and work together to advocate to improve political and financial support for mental health across the world. With over 1200 engaged members from over 90 countries, the membership consists of academia, governments, UN agencies, the private sector, and civil society, it is the largest global mental health network of its kind in the world.</i>  <i>United for Global Mental Health is dedicated to creating a world that enables good mental health for all. We focus on what will make the most</i></p>

	<i>difference to global mental health, and we build whatever it takes to make that happen.</i>
<b>SPEAK YOUR MIND</b>	<i>Speak Your Mind is a global citizen-led partnership with one collective purpose: progress for mental health in every nation. It unites national and international campaigning groups, individuals and influencers in campaign actions that will demand progress for mental health around the world.</i>
<a href="https://gospeakyourmind.org/support-speak-your-mind-your-country">https://gospeakyourmind.org/support-speak-your-mind-your-country</a> <a href="https://www.facebook.com/gospeakyourmind">https://www.facebook.com/gospeakyourmind</a> <a href="https://twitter.com/gospeakyourmind">https://twitter.com/gospeakyourmind</a> <a href="https://www.instagram.com/gospeakyourmind/">https://www.instagram.com/gospeakyourmind/</a>	<i>Its activities are focused on seeking greater investment in mental health support, empowerment through more inclusive, accessible and humane public mental health systems, and education through national mental health public campaigns.</i>
<b>INTERNATIONAL ORGANIZATION FOR MIGRATION</b>	<i>IOM has built mental health resource centres in nine locations across northeastern Nigeria to assist and support thousands of people who have fled the Boko Haram insurgency, and the local communities who are hosting them.</i>
<a href="https://www.iom.int/take-action">https://www.iom.int/take-action</a> <a href="https://www.facebook.com/IOM">https://www.facebook.com/IOM</a> <a href="https://twitter.com/UNmigration">https://twitter.com/UNmigration</a> <a href="https://www.instagram.com/unmigration/">https://www.instagram.com/unmigration/</a>	<i>The centres are part of IOM's Mental Health and Psychosocial Support (MHPSS) project, which was launched in Nigeria in May 2014, following the abduction of nearly 300 girls from a school in Chibok, Borno State.</i>
<p>For more information, please contact Julia Burpee at IOM Nigeria, Tel. +234 (0) 907 373 1170, Email: <a href="mailto:jburpee@iom.int">jburpee@iom.int</a></p> <p>Address 17 Route des Morillons, 1211 Geneva 19, Switzerland</p> <p>Phone +41 22 717 9111</p>	
<b>Asido Foundation</b>	<i>The Asido Foundation is a relatively new entrant on the Nigerian landscape, as a not-for-profit organization that seeks to counter the ocean of ignorance around mental health issues across the lifespan by providing evidence – based information. It has started engaging in advocacy and intervention activities aimed at improving the mental health needs of the Nigerian population.</i>
<a href="http://www.asidofoundation.com/">http://www.asidofoundation.com/</a> <a href="https://twitter.com/asidofoundation">https://twitter.com/asidofoundation</a> <a href="https://web.facebook.com/asidofoundation/">https://web.facebook.com/asidofoundation/</a> <a href="https://www.instagram.com/asidofoundation/">https://www.instagram.com/asidofoundation/</a>	<i>The Convener of Asido Foundation, Jibril</i>
<p>Helpline: 0902 8080 416 (Phone line &amp; Whatsapp)</p> <p>Address</p>	

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<p>33/34, Idi-Ape, O'dua Shopping Complex, Ibada Phone 08180 777 458 Email: <a href="mailto:asidofoundation@gmail.com">asidofoundation@gmail.com</a></p>	<p><i>Abdulmalik, had been penning a weekly column, to promote mental health awareness in a national daily – The Nigerian Tribune on Thursdays, for the past 3 years. The column titled “Your Mental Health &amp; You” is usually circulated widely via social media, in order to gain the attention of young persons who may not bother to read boring newspaper articles.</i></p>
<p><b>Gede</b> <a href="http://www.gedefoundation.org/">http://www.gedefoundation.org/</a> <a href="https://www.facebook.com/pages/Gede-Foundation/53074040665">https://www.facebook.com/pages/Gede-Foundation/53074040665</a> <a href="https://twitter.com/GedeFoundation">https://twitter.com/GedeFoundation</a>  Address NO. 13 DANUBE STREET , ABUJA, FEDERAL REPUBLIC OF NIGERIA Phone +234-805 840 4610</p>	<p><i>Gede is based on a belief that all members of all societies have the right to good health Gede works with those who suffer from underserved and stigmatized health burdens to achieve long term positive change at the community level through high quality research (often into prevalence and impact), catalytic partnerships and advocacy.</i></p> <p><i>For over a decade, Gede ran one of Nigeria’s first one-stop clinics for people living with HIV-AIDS where treatment and care included pre and post testing counselling; the availability of key tests such as CD4 and viral load; a pharmacy where life-saving drugs could be bought – and all provided at the same facility (although Gede also pioneered home based treatment and care) which, at the time of Gede’s inception, was groundbreaking and innovative. Over the period 2003-2013, thousands of lives were saved by Gede’s innovative approach to service delivery.</i></p>
<p><b>Neem Foundation</b> <a href="https://www.neemfoundation.org.ng">https://www.neemfoundation.org.ng</a> Contact: 0809 454 6808</p>	<p><i>The services are free and include trauma management, rehab, mental health advocacy, training and child-centered therapy. This is an NGO service and its head office is located at <a href="#">No. 2, Kwa Falls Street, Maitama Abuja.</a></i></p>
<p><b>She Writes Woman</b> <a href="http://shewriteswoman.org/safe-place-groups/">http://shewriteswoman.org/safe-place-groups/</a> <a href="http://shewriteswoman.org/safe-place-clinic/">http://shewriteswoman.org/safe-place-clinic/</a>  Toll Free Crisis Phone line: <b>0800 800 2000</b> Schedule a free virtual therapy session: <a href="http://calendly.com/therapySWW">calendly.com/therapySWW</a> Other inquiries: <b>07038205947</b></p>	<p><i>Have many forms of free care, on ground, text, phone line advocacy. They also offer a walk-in-clinic check aimed to offer young people better mental health. Its head office is <b>Located at 17, Yinusa Adeniji (The Brickhouse), off Muslim Avenue, Ikeja, Lagos, Nigeria.</b></i></p>
<p><b>Love, Peace and Mental Health Foundation</b></p>	<p><i>This is a Non-profit youth’s support group that has</i></p>

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<p>(LPM)</p> <p><a href="https://lpmfoundation.org/mhspa/">https://lpmfoundation.org/mhspa/</a> Contact: 09037288871</p>	<p>various mental health consultants who offer on-hand observations and consultancy. They also partner and offer free therapy services through 3rd party organizations. You can also volunteer with the group and help in spreading the mental health gospel.</p>
<p><b>Port Harcourt Behavioral Health and Autism Clinic</b></p> <p><a href="https://pbhac.com">https://pbhac.com</a> Contact: 09012419061</p>	<p>Helps people with behavioral health and autistic problems for individuals, groups or companies. They also operate a special needs school. <b>Located at 112 E-W, Eliowhani 500102, Port Harcourt, Rivers state. Paid services</b></p>
<p><b>Olg autism center, Owerri, Imo Sate</b></p> <p><a href="https://olgautismnigeria.org.ng">https://olgautismnigeria.org.ng</a> <a href="https://web.facebook.com/olgautismnigeria.Owerri2/">https://web.facebook.com/olgautismnigeria.Owerri2/</a> Contact: 0803 425 6471</p>	<p>Olg is a mental health home for autistic children. Here, the social and mental wellbeing of autistic children are properly handled. <b>Located at State secretariat, Port Harcourt road, Owerri, Imo State.</b> Service fees apply and the kid can live in this care home. Also has another branch in Port Harcourt and Abuja.</p>

## C.) Hospitals, Psychiatric Institutions and Rehabilitation Centers in Nigeria

<p><b>SYNAPSE SERVICES</b></p> <p><u><a href="#">1. Synapse Mustard (Abuja):</a></u></p> <p>No. 10, Inuwa Wada Crescent, Off T.O.S Benson Street, Opposite LEA Primary School, Off Ngozi Okonjo-Iweala Way, Utako District, Abuja. Tel: 0815 288 2329, 0906 757 7287 <a href="mailto:synapsemustardcentre@synapseservices.org">synapsemustardcentre@synapseservices.org</a></p> <p><u><a href="#">2. Synapse Magnolia (Lagos):</a></u></p> <p>No.60 Babaponmile Street, Onipetesi (former Punch) Estate, through Petcostars Filling Station, Mangoro Bus Stop, Lagos State, Tel: 0909 219 0476, 0815 288 2329 <a href="mailto:thesynapsemagnolia@synapseservices.org">thesynapsemagnolia@synapseservices.org</a></p>	<p>Synapse Services has provided well over Eight years of high quality specialist mental health care services in Nigeria. It is the largest provider of private mental health care services in West Africa with a combined bed over 110 bed spaces. It is an outcome driven service.</p> <p>All the units do not provide all the specialised services you might need but your loved one can assess care from other units depending on their needs.</p> <p>Synapse Services is a privately owned and managed Center for Psychological Medicine with the head office in the heart of Nigeria. We provide first class psychological and psychiatric care as well as treatment of addictions, with a range of therapeutic programs suited to individual needs. Our purpose is to make a timely and long lasting difference in the lives of individuals and families we support.</p> <p>Our treatment programs have mainly been developed by clinicians working in America, the</p>
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<p><a href="#"><u>3. Synapse Oak (Anambra):</u></a></p> <p>House 4B, Pita Ejiofor Street, off Road 1, Udoka Housing Estate, Awka, Anambra State Tel: 0705 640 9301, 0815 288 2329 <a href="mailto:synapseoakunit@synapseservices.org">synapseoakunit@synapseservices.org</a></p> <p><a href="#"><u>3. Synapse Azalea (Abuja):</u></a></p> <p>Plot 238, Kado Cadastral Zone B09, Kado, Abuja. Tel: 0915 457 2915, 0811 777 5319 <a href="mailto:synapseazaleaunit@synapseservices.org">synapseazaleaunit@synapseservices.org</a></p> <p><a href="#"><u>3. Synapse Japonica (Port Harcourt):</u></a></p> <p>No 5 Elikwu Crescent, Beside Mopol 19 Barracks, GRA Phase 4, Port-Harcourt, Rivers State. Tel: 0905 681 1133, 0815 288 2329 <a href="mailto:admin.japonica@synapseservices.org">admin.japonica@synapseservices.org</a></p>	<p><i>United Kingdom and Nigeria. We currently treat over 45 conditions across all our treatment sites. We also have International professionals who work with locally based clinicians for specialised assessments in areas where we struggle to find expertise in the local community or country.</i></p>
<p><b>The Neuropsychiatric hospital, Aro, Abeokuta</b> <a href="https://www.neuroaro.gov.ng/main/#">https://www.neuroaro.gov.ng/main/#</a> Neuropsychiatric Hospital, Aro, Abeokuta Ogun state, Nigeria Telephone (9:00-15:00 GMT+1) +234 903 638 0203 +234 701 073 7073</p> <p>MAKE AN APPOINTMENT+234 903 638 0203 / +234 701 073 7073 <a href="#">Send us an e-mail</a> SEND US AN E-MAIL: <a href="mailto:contact@neuroaro.gov.ng">contact@neuroaro.gov.ng</a></p> <p><a href="#">Visit us</a> VISIT US Neuropsychiatric Hospital, Aro, PMB 2002, Abeokuta, Ogun State, Nigeria</p>	<p><i>Designated by the World Health Organization in 1979 as the WHO Collaborating Centre in Research and Training in Mental Health and Neuroscience, selected by the Federal Government of Nigeria as one of the 7 specialty hospitals in Nigeria to be rehabilitated and equipped to a 5-star status, categorized as a 3-star service provider in 2008 by SERVICOM for acceptable quality service delivery.</i></p>
<p><b>The Federal Neuropsychiatric Hospital, Kaduna</b></p>	<p><i>The Federal Neuro-Psychiatric Hospital (FNPH) was</i></p>

<p><a href="https://www.issup.net/training/how-register-universal-curriculum-online-course">https://www.issup.net/training/how-register-universal-curriculum-online-course</a>  <a href="https://www.issup.net/contact">https://www.issup.net/contact</a>  <a href="https://www.facebook.com/issupnet">https://www.facebook.com/issupnet</a>  <a href="https://twitter.com/issupnet">https://twitter.com/issupnet</a>  <b>Email Address</b>  <a href="mailto:billebiti@gmail.com">billebiti@gmail.com</a>  <b>Point of Contact</b>  Nkereuwem William Ebiti</p>	<p>established in 1995 along with four (4) other new federal Neuro-psychiatric Hospitals in accordance with the National Mental Health Policy of the Federal Government of Nigeria. Over the years this hospital has witnessed remarkable transformation that has since elevated FNPH, one of which is the accreditation by the West African College of Physicians and the National Postgraduate Medical College of Nigeria in 2001.</p>
<p><b>Federal Neuro-Psychiatric Hospital, Benin City (FNPH Benin City)</b>  <b>Contact</b>  Federal Neuro-Psychiatric Hospital,  P.M.B. 1108, Benin City,  Edo State.  <b>Nigeria.</b>  Permanent Site: Urora Road, Off Iduomwinna and Benin-Agbor Roads, Benin City.  Uselu Site: #39 Uselu, before Medical Junction,  <b>Benin City.</b>  Phone: +234.803.223.1189; +234.815.113.0304  Email: <a href="mailto:contactus@fnphbenin.gov.ng">contactus@fnphbenin.gov.ng</a></p> <p><b>FNPH ANNEX</b>  #39 Uselu-Lagos Road, by Medical Junction,  Benin City, Edo State.  Nigeria.  <b>FNPH PERMANENT SITE</b>  Urora Road, Off Iduomwinna and Benin-Agbor Roads,  Benin City, Edo State.  Nigeria.  <b>EMERGENCIES &amp; ENQUIRIES</b></p> <ul style="list-style-type: none"> <li>☐ +234.803.223.1189</li> <li>☐ +234.815.113.0304</li> </ul>	<p><i>It is a national and regional mental health resource centre known as one of the apex centres for Psychiatry in Nigeria. It offers such medical services like Occupational Therapy, Drug Addiction Treatment, Adolescent Mental Health, Physiotherapy, Forensic Psychiatry, Electroencephalography (EEG), Radio-Diagnostics, in addition to its School of Psychiatric Nursing, Clinical Nursing, and Psychiatry Residency Training. THE FEDERAL NEURO-PSYCHIATRIC HOSPITAL, BENIN CITY, WE ARE PASSIONATE TO; Provide friendly, specialized, qualitative psychiatry and rehabilitative care for the mentally ill in their social environment which is centrally located and delivered by qualified professionals using the most modern equipment. Will develop sub-specialties in geriatric, forensic, community, addiction in drugs and alcohol, child and adolescent psychiatry while continuing to provide excellent services in psychotherapy, using modern equipment and medical technology.</i></p>
<p><b>Federal Neuro-Psychiatric Hospital, Sokoto</b>  <a href="#">Psychiatric+Hospital%2C+Sokoto&amp;oq=Federal+Neuro-</a>  <b>ro-</b>  <b>Address:</b> 6757+7JX, 841103, Kware, Nigeria  <a href="https://www.facebook.com/fnphksok/">https://www.facebook.com/fnphksok/</a></p>	<p><i>Federal Neuro-Psychiatric Hospital Kware is a Specialised Service Hospital located at Kware, Sokoto. in Kware local government area of Sokoto State.</i></p>
<p><b>Federal Neuro-Psychiatric Hospital, Enugu</b>  <b>Contact address:</b></p>	<p><i>Federal NeuroPsychiatric Hospital is an Enugu based Federal neuro psychiatric hospital. It offers medical care to the mentally challenged within Enugu and it's environs. Though this hospital has</i></p>

<p>Chime Avenue, New Haven, P.M.B. 01181, Enugu, Enugu State, Nigeria. <b>Contact phone/email:</b> <b>Phone:</b> +234 (0)810 404 3012 +234 (0)811 890 9280 <b>E-mail:</b> <a href="mailto:contact@fnhe.gov.ng">contact@fnhe.gov.ng</a> <b>Website:</b> <a href="http://www.fnhe.gov.ng">http://www.fnhe.gov.ng</a></p>	<p><i>been plagued with a series of industrial actions from its members based on managerial issues, it made the bottom of the list of devoted psychiatric hospitals in Nigeria.</i></p>
<p><b>LASUTH (Lagos State University Teaching Hospital), Ikeja</b> <a href="https://www.facebook.com/TheOfficialLasuthPage">https://www.facebook.com/TheOfficialLasuthPage</a> <a href="https://twitter.com/LASUTHikeja">https://twitter.com/LASUTHikeja</a> <a href="https://www.instagram.com/lasuthikeja">https://www.instagram.com/lasuthikeja</a>  Emergency &amp; Enquiry <b>+234-909-148-1560</b> <b>Surgical Emergency: 0817-658-1641</b> <b>Medical Emergency: 0817-658-1642</b></p>	<p><i>The Eye institute of the Lagos State University Teaching Hospital is a department in the hospital which caters to the eye care needs of the inhabitants of Lagos State, as well as those of its neighbors like Ogun,Oyo States and even as far as the Eastern and Northern parts of Nigeria and neighboring countries. The department informally started training residents in 1997 with successful training of residents for the primary examinations. Formal training started with the upgrading of the former General Hospital Ikeja, to Lagos State University Teaching Hospital in the year 2000. The department offers a five year program in residency training in Ophthalmology. It also renders academic training to undergraduates (medical students) in the Lagos State College of</i></p>
<p><b>LUTH (Lagos University Teaching Hospital), Idi-araba</b>  Address -Lagos University Teaching Hospital, Idi-Araba, Lagos, Nigeria Phone-08126843334, 09056205492 Email- <a href="mailto:info@luth.gov.ng">info@luth.gov.ng</a> website- <a href="http://www.luth.gov.ng">www.luth.gov.ng</a></p>	<p><i>Lagos University Teaching Hospital is a tertiary hospital established in 1961 and is located in Idi-Araba, Surulere, Lagos State, the administrative division of Nigeria. The teaching hospital is affiliated with the University of Lagos College of Medicine established in 1962.</i></p>
<p><b>State Neuro-Psychiatric Hospital, Awka, Anambra</b> <a href="https://www.facebook.com/finelibnigeria">https://www.facebook.com/finelibnigeria</a> <a href="http://www.twitter.com/finelib">http://www.twitter.com/finelib</a> Address: Along, Old Onitsha-Enugu Rd, Nawfia, Nigeria Contact; Dr Chukwuweta Onuorah Speciality/Area of Interest: Psychiatrist Degrees: MBBS FWACP(Psych) Experience: 18 years 11 months Place of Work: Synapse Services Oak Centre No 2 Road 2(After Prof Peter Ejifor Close) off Road 1 Udoka Estate Awka Anambra Institution Attended: University of Benin</p>	<p><i>Neuropsychiatric Hospital is approved by the State Health/Hospitals Management Board to provide diagnosis and treatment of mental illnesses.</i></p>

<p><b>Pizzazz Hospital, Ibadan</b>  <a href="https://www.thepizzazzhospital.org">https://www.thepizzazzhospital.org</a>  <a href="https://web.facebook.com/PizzazzHospital">https://web.facebook.com/PizzazzHospital</a></p>	<p><i>This hospital offers holistic and full mental hospital services. It's located close to Toll Gate, along Ring Road, Ibadan, Oyo State. Local Government, Lagos Bypass, Challenge Expressway, Oluyole 200001, Ibadan, Nigeria. Paid services</i></p>
<p><b>Melville Healthcare Resources</b>  <a href="http://melvillehealthcareresources.com/index.html">http://melvillehealthcareresources.com/index.html</a>  Contact: 0906289714</p>	<p><i>This health institution helps people suffering from a variety of mental issues. Services: Mental health problems, addiction issues, and specialized treatment regimens according to their individual needs. They also treat PTSD and trauma issues, amongst others. This healthcare instruction can also offer you comprehensive advice on how best to live a post-drug-abuse life. Location: 69 Road Abuja, FCT, Nigeria.</i></p>
<p><b>Anti Narcotics Revolutionary Chaplaincy</b>  <a href="https://www.publichealth.com.ng/list-of-rehabilitation-centers-in-nigeria/">https://www.publichealth.com.ng/list-of-rehabilitation-centers-in-nigeria/</a>  Contact: 08098165111</p>	<p><i>Services: Rehab for alcohol consumption, Narcotics abuse rehab, mental training for alcohol abusers, and anti-narcotics rehab. It is for individuals who want to stop narcotics, alcohol, or drug abuse. It offers occasional online help services but the majority of its services are on-ground. Location: Elder Sunny Estate, Abuja Municipal, Abuja, Nigeria.</i></p>
<p><b>Federal Neuropsychiatric Hospital, Maiduguri</b>  <a href="http://www.fnphmaiduguri.org">www.fnphmaiduguri.org</a>  Contact: 0706235204</p>	<p><i>This hospital is a federal establishment and covers the Northeast zone comprising Bauchi, Borno, Adamawa, Taraba, Gombe, Yobe, and nearby neighborhoods. Services: Treatment and prevention of mental disorders like drug abuse, rehab for the mentally ill, research center, and training mental health professionals. No online services. The services can be free if you are a victim of insurgency. Location: Damasak Road, Maiduguri, Borno State, Nigeria (North East Zone of Nigeria).</i></p>
<p><b>Tranquil and Quest</b>  <a href="https://tranquilandquest.com.ng">https://tranquilandquest.com.ng</a>  Contact: 07069283293</p>	<p><i>This is a private psychiatric hospital. It's also a drug addiction rehab center and an elder care assisted center. Services: Drug addiction rehabilitation, psychiatric management, behavioral services to families, organizations, and private individuals. Medication protocols, substance abuse treatments, child and adolescents programs. They also offer an eldercare assisted living program. Location: 15, Isaac Aloko Street, Igbo-Effon, Lekki, Lagos, Nigeria.</i></p>
<p><b>Federal Psychiatric Hospital Calabar</b>  <a href="https://hotels.ng/places/hospital/2931-federal-neuro-psychiatric-hospital-calabar">https://hotels.ng/places/hospital/2931-federal-neuro-psychiatric-hospital-calabar</a></p>	<p><i>Services: Full on-ground psychiatric care no matter the level or degree.</i></p>

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Contact: 087-232266 232125	<b>Location: 123 Calabar Road, Cross River State, Nigeria.</b>
<b>Yaba Psychiatric Hospital</b> <a href="http://www.fnphyaba.gov.ng">www.fnphyaba.gov.ng</a> Contact: 09060001907	<i>This federal neuropsychiatric hospital offers mental health care to people with various degrees of mental problems. Services: All forms of offline mental illnesses, no matter the severity or degree. They also keep custody of mentally ill people away from the larger society in Nigeria. Location: Yaba Neuro-psychiatric hospital Yaba, 101212, Lagos, Nigeria</i>
<b>The Child and Adolescent Mental Health Service Centre</b> <a href="https://www.fnphyaba.gov.ng/index.php/21-child-adolescent/40-child-adolescent#">https://www.fnphyaba.gov.ng/index.php/21-child-adolescent/40-child-adolescent#</a> Email: <a href="mailto:enquiries@fnphyaba.gov.ng">enquiries@fnphyaba.gov.ng</a> Contact: 08155170000 or 09060001807	<i>Services: child and adolescent mental services, offers widespread campaigns on child's mental care, makes media outreaches, multimodal approaches on child and adolescent support. They also seek intersectoral collaborations, and this will even extend child services in the communities. The services are both on-ground and offline services. Location: 8 Harvey Road, Yaba, Lagos Mainland, Nigeria.</i>

## D.) Home Care Services for Elderly, Sick or Mentally Unwell People in Nigeria

<b>Family Ark Mission International</b> Address: Family Ark Mission Centre, H53 Unity Close, Abesan Estate, Ipaja Lagos, Nigeria  Contact: +2348175917886, +2348107870450, +2348023890436, +2348023380999	<i>Family Ark Mission is an International charity company that is dedicated to aiding and helping older people in society and allows the seniors to be able to enjoy and make the most of their later life. Their main objective is to provide help and support to the old and vulnerable..</i>
<b>Holy Family Home for the Elderly – Regina Mundi</b> Address: 142/144 Agege Motor Road, Mushin, Lagos Nigeria.  Contact: +2348023314762, +2348074589436  Email: <a href="mailto:info@reginamundimushin.com">info@reginamundimushin.com</a>  Website: <a href="http://www.reginamundimushin.com/home-for-the-elderly/">www.reginamundimushin.com/home-for-the-elderly/</a>	<i>The Holy family home for the elderly was founded by The Regina Mundi Catholic Church in 1982, the elderly home care is a non-profitable establishment that focuses on helping the elderly ones who have been neglected by their families due to financial constraint. This home care provides food, shelter, and takes care of the physical, social and emotional needs of the elderly ones in their care.</i>
<b>Rockgarden Homecare Agency</b>	<i>Rockgarden Homecare Agency is a well-organized</i>



<p>Address: 191 Okeletu-Ijede Road, Elemu Bus-Stop, Ikorodu, Lagos, Nigeria.</p> <p>Contact: +2348167176778</p> <p>Email: <a href="mailto:info@rockgardenhomecareagency.com">info@rockgardenhomecareagency.com</a></p>	<p><i>in-house elder care service provider. They offer preventive, therapeutic, rehabilitative, and relaxing healthcare services to the elderly in an organized way that emulates bringing the hospital to the comfort of your home.</i></p>
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## E.) International Hospitals and Psychiatric Centers

<p>New York-Presbyterian Hospital-Columbia and Cornell</p> <p><a href="https://doctors.nyp.org/">https://doctors.nyp.org/</a> New York-Presbyterian Allen Hospital <b>5141 Broadway, New York, NY 10034</b> <a href="#">Opens in Google Maps</a></p> <p><b>212-932-4000</b> Main number <b>866-697-2553</b> Find a doctor</p> <p>New York-Presbyterian Brooklyn Methodist Hospital <b>506 6th Street, Brooklyn, NY 11215</b> <a href="#">Opens in Google Maps</a></p> <p><b>718-780-3000</b> Main number <b>718-499-2273</b> Find a doctor</p> <p>Get access to exceptional clinical services close to where you live, work, and even on your phone. <a href="#">View all locations</a></p> <p><b>HOSPITAL CAMPUS LOCATIONS</b> <a href="#">NYP / Columbia University Irving Medical Center</a> <a href="#">NYP / Weill Cornell Medical Center</a> <a href="#">Allen Hospital</a> <a href="#">Brooklyn Methodist Hospital</a> <a href="#">Hudson Valley Hospital</a> <a href="#">Lawrence Hospital</a></p>	<p><i>New York-Presbyterian Hospital-Columbia and Cornell in New York, NY is ranked No. 7 on the Best Hospitals Honor Roll. It is nationally ranked in 14 adult and 8 pediatric specialties and rated high performing in 1 adult specialty and 14 procedures and conditions. It is a general medical and surgical facility.</i></p> <p><i>New York-Presbyterian's Department of Rehabilitation Medicine offers a broad range of approaches to maximize function, independence, and quality of life for the people we help. Our services range from physical and occupational therapy for musculoskeletal injuries and diseases to intensive rehabilitation techniques for victims of stroke, burns, severe trauma, and heart and lung diseases, among others. Through our close relationships with healthcare teams in both the Columbia University Vagelos College of Physicians and Surgeons and Weill Cornell Medicine, we have built an outstanding staff of rehabilitation medicine physicians and therapists. Our growing research program is designed to identify and develop more effective rehabilitation medicine techniques to improve the lives of our patients as well as those around the world.</i></p>
<p>Greystone Park Psychiatric Hospital</p> <p><b>Address:</b> 59 Koch Ave, Morris Plains, NJ 07950, United States</p> <p><b>Hours:</b> Open 24 hours</p> <p><b>Phone:</b> <a href="tel:+19735381800">+1 973-538-1800</a></p>	<p><i>If intentions counted for anything, Greystone's noble mission to provide a sanctuary for the mentally ill has meant something. That is, had they not gone on to interpret "sanctuary" as squeezing 2,412 patients in a space meant to hold no more than 1,600. To make matters worse, Greystone adopted controversial treatment for its patients,</i></p>



	<i>regularly administering Insulin shock therapy, and electroconvulsive therapy to veterans suffering from PTSD.</i>
<p>McLean Hospital</p> <p><a href="#">Addiction Treatment</a> Phone: 877.263.3510</p> <p><a href="#">Anxiety Treatment</a> Phone: 877.646.5272</p> <p><a href="#">Bipolar Disorder Treatment</a> Phone: 877.929.6892</p> <p><a href="#">Borderline Personality Disorder Treatment</a> Phone: 877.372.3068</p> <p><a href="#">Child and Adolescent Mental Health Treatment</a> Phone: 877.626.8140</p> <p><a href="#">Depression Treatment</a> Phone: 877.646.5272</p> <p><a href="#">Eating Disorders Treatment</a> Phone: 877.781.5513</p> <p><a href="#">OCD Treatment</a> Phone: 877.203.3232</p> <p><a href="#">Older Adult Mental Health</a> Phone: 877.866.5920</p> <p><a href="#">Schizophrenia Treatment</a> Phone: 877.929.6892</p> <p><a href="#">Trauma and Dissociative Disorders Treatment</a> Phone: 877.964.5565</p>	<p>McLean Hospital in Belmont, MA is nationally ranked in 1 adult specialty. It is a psychiatric facility. To help patients decide where to receive care, U.S. News generates hospital rankings by evaluating data on nearly 5,000 hospitals. To be nationally ranked in a specialty, a hospital must excel in caring for the sickest, most medically complex patients.</p> <ul style="list-style-type: none"> <li>• <b>Treatment by Condition</b> <ul style="list-style-type: none"> <li>□ <a href="#">Addiction</a></li> <li>□ <a href="#">Anxiety</a></li> <li>□ <a href="#">Borderline Personality Disorder</a></li> <li>□ <a href="#">Bipolar Disorder</a></li> <li>□ <a href="#">Depression</a></li> <li>□ <a href="#">Eating Disorders</a></li> <li>□ <a href="#">Obsessive Compulsive Disorder</a></li> <li>□ <a href="#">Schizophrenia</a></li> <li>□ <a href="#">Trauma &amp; PTSD</a></li> </ul> </li> <li>• <b>Treatment by Age</b> <ul style="list-style-type: none"> <li>□ <a href="#">Child &amp; Adolescent</a></li> <li>□ <a href="#">Young Adult</a></li> <li>□ <a href="#">Adult</a></li> <li>□ <a href="#">Older Adult</a></li> </ul> </li> </ul>
<p>Massachusetts General Hospital</p> <p><a href="https://www.massgeneral.org/psychiatry/">https://www.massgeneral.org/psychiatry/</a>  <a href="https://www.facebook.com/massgeneral">https://www.facebook.com/massgeneral</a>  <a href="https://twitter.com/MassGeneralNews">https://twitter.com/MassGeneralNews</a>  <a href="https://www.instagram.com/massgeneral/">https://www.instagram.com/massgeneral/</a></p>	<p>Massachusetts General Hospital in Boston, MA is ranked No. 5 on the Best Hospitals Honor Roll. It is nationally ranked in 14 adult and 5 pediatric specialties and rated high performing in 17 adult procedures and conditions. It is a general medical and surgical facility. It is a teaching hospital.</p>

## F.) Training Courses for Mental Health Well-Being & Advocates

<p>Mental Health and Wellbeing Training</p> <p><a href="https://www.britsafe.org/training-and-learning/find-the-right-course-for-you/mental-health-and-wellbeing-training/">https://www.britsafe.org/training-and-learning/find-the-right-course-for-you/mental-health-and-wellbeing-training/</a></p>	<i>Paid course</i>
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Certificate in Mental Health First Aid and Mental Health Advocacy in the Workplace Level 2 – Online <a href="https://www.ruskin.ac.uk/adult-course/health-social-care-and-wellbeing/certificate-in-mental-health-first-aid-and-mental-health-advocacy-in-the-workplace-level-2-online/">https://www.ruskin.ac.uk/adult-course/health-social-care-and-wellbeing/certificate-in-mental-health-first-aid-and-mental-health-advocacy-in-the-workplace-level-2-online/</a>	<i>Paid course</i>
Mental Health and Total Wellness Training <a href="https://hekima.co.ke/mental-health-total-wellness-training.html">https://hekima.co.ke/mental-health-total-wellness-training.html</a>	<i>Paid training</i>
NAMI Smarts for Advocacy <a href="https://www.nami.org/Support-Education/NAMI-Programs/NAMI-Smarts-for-Advocacy">https://www.nami.org/Support-Education/NAMI-Programs/NAMI-Smarts-for-Advocacy</a>	<i>Free training</i>
Mental Health Leadership and Advocacy Training <a href="https://www.mhinnovation.net/forums/news-events/mental-health-leadership-and-advocacy-training">https://www.mhinnovation.net/forums/news-events/mental-health-leadership-and-advocacy-training</a>	<i>Paid training</i>
Mental Health Advocacy Training Program <a href="https://www.ohlone.edu/MentalHealthAdvocates">https://www.ohlone.edu/MentalHealthAdvocates</a>	<i>Paid training</i>
he MHA National Certified Peer Specialist (MHA NCPs) Certification <a href="https://www.mhanational.org/peer-advocacy-supports-and-services">https://www.mhanational.org/peer-advocacy-supports-and-services</a>	<i>Free course</i>
NOSTIGMAS ALLY TRAINING <a href="https://www.nostigmas.org/ally-training">https://www.nostigmas.org/ally-training</a>	<i>Free training</i>

## G.) Some of the Best Mental Health Books that Can Help a Nigerian

1. SKY RAINING FISTS, poetry chapbook by J.K. ANOWE

<https://brittlepaper.com/tag/sky-raining-fists/>

2. I'M TELLING THE TRUTH BUT I'M LYING, memoir by BASSEY IKPI

<https://brittlepaper.com/tag/im-telling-the-truth-but-im-lying/>

3. A SMALL SILENCE, novel by JUMOKE VERISSIMO

<https://brittlepaper.com/tag/a-small-silence/>

4. THE QUIET VIOLENCE OF DREAMS, novel by K. SELLO DUIKER

<https://brittlepaper.com/tag/the-quiet-violence-of-dreams/>

5. A PARTICULAR KIND OF BLACK MAN, novel by TOPE FOLARIN

<https://brittlepaper.com/tag/a-particular-kind-of-black-man/>

6. PENUMBRA, novel by SONGEZIWE MAHLANGU

<https://brittlepaper.com/tag/penumbra/>

7. FRESHWATER, novel by AKWAEKE EMEZI

<https://brittlepaper.com/tag/freshwater/>

8. WILLOW WEEP FOR ME: A BLACK WOMAN'S JOURNEY THROUGH DEPRESSION, memoir by MERI NANA-AMA DANQUAH

<https://brittlepaper.com/tag/willow-weep-for-me-a-black-womans-journey-through-depression/>

## H.) SUB-CATEGORIES: Note most Teaching Hospitals and Federal Medical Centers have Psychiatric Departments/Units.

### I.) Mental Health Hospitals or Foundations in the Northern Part of Nigeria

University of Ilorin Teaching Hospital, Kwara	<a href="https://hospicecare.com/global-directory-of-providers-organizations/listings/details/904/">https://hospicecare.com/global-directory-of-providers-organizations/listings/details/904/</a>
Jos University Teaching Hospital, Jos, Plateau	<a href="https://sites.sph.harvard.edu/global-health-research-partnership/sites-2/university-of-jos-jos-university-teaching-hospital-nigeria/">https://sites.sph.harvard.edu/global-health-research-partnership/sites-2/university-of-jos-jos-university-teaching-hospital-nigeria/</a>
Ahmadu Bello University Teaching Hospital, Kaduna	<a href="https://publons.com/institution/8362/">https://publons.com/institution/8362/</a>

Usman Dan Fodio University Teaching Hospital, Sokoto	<a href="https://www.uduth.org.ng">https://www.uduth.org.ng</a>
Aminu Kano University Teaching Hospital, Kano	<a href="https://www.vumc.org/vecd/aminu-kano-teaching-hospital-akth">https://www.vumc.org/vecd/aminu-kano-teaching-hospital-akth</a>

## II.) Mental Health Hospitals or Foundations in South-Western Part of Nigeria

UNIC Ikoyi	<a href="https://nigeria.un.org/">https://nigeria.un.org/</a>
Lagos State Ministry of Health Mental Health	<a href="https://health.lagosstate.gov.ng/lagos-state-mental-health-programme/">https://health.lagosstate.gov.ng/lagos-state-mental-health-programme/</a>
Association of Resident Doctors. FNP (Yaba)	<a href="https://healthwise.punchng.com/at-psychiatric-hospital-yaba-nurses-treat-emergencies-as-doctors-strike-enters-day-7/">https://healthwise.punchng.com/at-psychiatric-hospital-yaba-nurses-treat-emergencies-as-doctors-strike-enters-day-7/</a>
Clinical Psychology Dept, FNP (Yaba)	<a href="http://www.fnphyaba.gov.ng/index.php/30-tmc">http://www.fnphyaba.gov.ng/index.php/30-tmc</a>
Federal Ministry of Health Mental Health	<a href="http://www.health.gov.ng/">http://www.health.gov.ng/</a>
Children and Young's People Mental Health Network (CYMH Network)	<a href="https://www.childrens.health.qld.gov.au/chg/our-services/mental-health-services/">https://www.childrens.health.qld.gov.au/chg/our-services/mental-health-services/</a>

## III.) Mental Health Hospitals or Foundations in Southern Nigeria

Edo: Irrua Specialist Teaching Hospital	<a href="https://isth.com.ng/">https://isth.com.ng/</a>
Ondo: Akure General Hospital	<a href="https://babymigo.com/ondo/state-general-hospital-ondo">https://babymigo.com/ondo/state-general-hospital-ondo</a>
Oyo: Ring Road Specialist Hospital, Ibadan	<a href="https://bethelspecialisthospital.com/">https://bethelspecialisthospital.com/</a>
Rivers: Psychiatric Hospital Rumuigbo, Port Harcourt	<a href="https://www.google.com/maps/contrib/113210633626368050164/reviews">https://www.google.com/maps/contrib/113210633626368050164/reviews</a>
Benue: General Hospital, Makurdi	<a href="https://www.medpages.info/sf/index.php?page=servicesuburb&amp;servicecode=77&amp;townid=1879">https://www.medpages.info/sf/index.php?page=servicesuburb&amp;servicecode=77&amp;townid=1879</a>

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#### IV.) Mental Health Hospitals and Foundations in Eastern Nigeria

University of Nsukka Teaching Hospital, Enugu	<a href="https://unth.edu.ng/">https://unth.edu.ng/</a>
Psychiatric Hospital, Abia	<a href="https://hfr-testing.health.gov.ng/facilities/hospitals-list?page=7">https://hfr-testing.health.gov.ng/facilities/hospitals-list?page=7</a>
Psychiatric Hospital, Eket, Akwa Ibom	<a href="https://akwaibomstate.gov.ng/ebudget/052110202500CH.html">https://akwaibomstate.gov.ng/ebudget/052110202500CH.html</a>
University of Benin Teaching Hospital, Edo	<a href="https://ubth.org/">https://ubth.org/</a>
OAU Teaching Hospital Complex, Ile-ife, Osun	<a href="http://oauthc.com/">http://oauthc.com/</a>

#### I.) Popular Mental Health Advocates in Nigeria to Follow on Instagram:

Children and Young’s People Mental Health Network (CYMH Network)	@easternhealthau
Talkspace	@Talkspace
Calmerry	@calmerry
Amwell	@amwell
Doctor on Demand	@doctorondemand
Oasis of Love International Center for Women and Children (OLIC)	@oasislovecenter
Concept One Medical Centre	@conceptonemedicalcentre
Nightingale Foundation	@nightingalefoundation

## J.) Some popular influencers and practitioners for mental health you can follow on social media in Nigeria.

Halima Adekunle <a href="https://www.instagram.com/oyintiladun/">https://www.instagram.com/oyintiladun/</a>	<i>Health Communicator and Advocate</i> MENTAL HEALTH FOUNDATION NIGERIA <i>Mentally Aware Nigeria Initiative</i>
Olanrewaju Ashore-Onisemo <a href="https://www.facebook.com/onisemo.olanrewaju">https://www.facebook.com/onisemo.olanrewaju</a>	<i>Medical student</i> MENTAL HEALTH FOUNDATION NIGERIA
Titilola Awosika <a href="https://www.mhinnovation.net/profile/titilola-awosika">https://www.mhinnovation.net/profile/titilola-awosika</a>	<i>Department of Psychiatry, University of Ibadan, Nigeria</i> MENTAL HEALTH FOUNDATION NIGERIA
Destiny Daniels <a href="https://www.caredash.com/doctors/destiny-daniels-vfwyb">https://www.caredash.com/doctors/destiny-daniels-vfwyb</a>	<i>Mental Health Clinician</i> MENTAL HEALTH FOUNDATION NIGERIA
Adeolu Ejidokun <a href="https://www.mhinnovation.net/profile/adeolu-ejidokun">https://www.mhinnovation.net/profile/adeolu-ejidokun</a>	<i>Mental health nurse educator</i> MENTAL HEALTH FOUNDATION NIGERIA
Theophilus Enemali <a href="https://www.mhinnovation.net/profile/theophilus-enemali">https://www.mhinnovation.net/profile/theophilus-enemali</a>	<i>Volunteering to create awareness about the need for seeking proper medical care and to stop the stigmatization against those with mental health illnesses in Africa.</i>
Christian Chiedozie Nwaohia <a href="https://www.mhinnovation.net/profile/christian-chiedozie-nwaohia">https://www.mhinnovation.net/profile/christian-chiedozie-nwaohia</a>	<i>Counseling</i> <i>Centre for Addiction and Mental Health (CAMH)</i> CENTRE FOR BETTER MENTAL HEALTH MENTAL HEALTH FOUNDATION NIGERIA <i>Psychological Services</i> <i>Save the Children International</i> <i>Save Yourself</i>
ESTHER OBILIKWU <a href="https://www.mhinnovation.net/profile/esther-obilikwu">https://www.mhinnovation.net/profile/esther-obilikwu</a>	<i>Nurse</i> MENTAL HEALTH FOUNDATION NIGERIA
Daniel Okpaise <a href="https://ng.linkedin.com/in/daniel-okpaise-5b739793">https://ng.linkedin.com/in/daniel-okpaise-5b739793</a>	<i>Mental Health Clinician</i>
Joseph Olasupo <a href="https://www.mhinnovation.net/profile/joseph-olasupo">https://www.mhinnovation.net/profile/joseph-olasupo</a>	<i>Content creator</i> MENTAL HEALTH FOUNDATION NIGERIA
Tomike Olawande	<i>(Licensed Psychologist and Trainer)Lecturer / Researcher</i>

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<a href="https://covenantuniversity.edu.ng/Profiles/Olawande-Tomike">https://covenantuniversity.edu.ng/Profiles/Olawande-Tomike</a>	MENTAL HEALTH FOUNDATION NIGERIA
Anthony Omale <a href="https://www.mhinnovation.net/profile/anthony-omale">https://www.mhinnovation.net/profile/anthony-omale</a>	Mental Health Innovation MENTAL HEALTH FOUNDATION NIGERIA
Precious Taribo <a href="https://www.mhinnovation.net/profile/precious-taribo">https://www.mhinnovation.net/profile/precious-taribo</a>	(Licensed Psychologist and Trainer)
Dr Adeyemi <a href="https://www.parkside-hospital.co.uk/consultant/dr-benjamin-adeyemi/">https://www.parkside-hospital.co.uk/consultant/dr-benjamin-adeyemi/</a>	Psychiatry specialist and consultants in general mental health such as it relates to the treatment, diagnosis, control and prevention of mental disorders.
Dr Andrew Toyin Olagunju <a href="https://ca.linkedin.com/in/andrew-toyin-olagunju-835b7712">https://ca.linkedin.com/in/andrew-toyin-olagunju-835b7712</a>	Has a specialty in psychiatry and is one of the specialist doctors in LUTH with interest in mental health treatment and diagnosis such as mental disorder and other mental health conditions
Dr Elizabeth Adebola Campbell <a href="https://ng.linkedin.com/in/elizabeth-adebola-campbell-adeniji-57090927">https://ng.linkedin.com/in/elizabeth-adebola-campbell-adeniji-57090927</a>	Areas of specialty include child, adolescent and adult psychiatry and is also a consultant in LUTH.
Dr Emeka Raphael Ogbolu <a href="https://jimedns.ng/doctor/dr-emeka-raphael-ogbolu">https://jimedns.ng/doctor/dr-emeka-raphael-ogbolu</a>	Specialist in emergency psychiatry, consultation-liaison, general and addiction psychiatry and works in Lagos University Teaching Hospital.
Dr Fatiregun Olamijulo Adedeji <a href="https://jimedns.ng/doctor/dr-fatiregun-olamijulo-adedeji">https://jimedns.ng/doctor/dr-fatiregun-olamijulo-adedeji</a>	Professional psychiatrist as well as a consultant in Lagos University Teaching Hospital with areas of expertise in mental health disorder diagnosis and treatment.
Dr Olatunji F. Aina <a href="https://jimedns.ng/doctor/dr-olatumyi-f-aina">https://jimedns.ng/doctor/dr-olatumyi-f-aina</a>	Specialist in mental, emotional and behavioral health disorders as it regards the diagnosis and treatment, and is among the psychiatry medical team in LUTH.
Dr Yewande Oshodi <a href="https://ng.linkedin.com/in/yewande-oshodi-2995893b">https://ng.linkedin.com/in/yewande-oshodi-2995893b</a>	Specialist and an honorary consultant psychiatrist in LUTH with areas of specialization in general adult psychiatry, child and adolescent psychiatry which includes anxiety & developmental disorders, depression, autism and more.
Ayomide Adebayo <a href="https://www.mhinnovation.net/profile/ayomide-adebayo">https://www.mhinnovation.net/profile/ayomide-adebayo</a>	Consultant clinical psychiatrist and a senior psychiatric resident doctor in LASUTH Lagos offering diagnostics services and treatment of mental disorders.
Dr. Taiwo Akindipe <a href="https://contactout.com/DrTaiwo-Akindipe-24070057">https://contactout.com/DrTaiwo-Akindipe-24070057</a>	Consultant Psychiatrist and Addictionist. He treats complex mental disorders and drug addiction problems in adults.

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<p>Faith City Hospital  <a href="https://www.faithcityhospitaltd.com/">https://www.faithcityhospitaltd.com/</a></p>	<p><i>Services include psychiatric child, adolescent, psychoanalysis, sleep disorders, orthopaedic surgery and psychiatric services.</i></p>
<p>Grace Cottage Specialist Hospital  <a href="https://gracecottage.org/">https://gracecottage.org/</a></p>	<p><i>Provides management of various mental illnesses, psychotherapy and addiction treatment.</i></p>
<p>Hakron Specialist Care Hospital  <a href="https://hakroncare.com/">https://hakroncare.com/</a></p>	<p><i>Specializes in taking care of all sorts of behavioural, mental, and psychoactive drugs related problems. Hakron Specialist is solely dedicated to providing high quality mental healthcare treatment for individuals.</i></p>
<p>Journaling Your Way To Self Awareness  <a href="http://www.instagram.com/journalingyourwayto">www.instagram.com/journalingyourwayto</a></p>	<p><i>Mental Health Service that helps you to manage your mental health using the therapeutic art of writing and also unearth your hidden desires and creating plans for the future.</i></p>
<p>Reuel Consulting Ltd.  <a href="https://www.instagram.com/reuelconsulting/?hl=en">https://www.instagram.com/reuelconsulting/?hl=en</a>  <a href="https://twitter.com/reuelconsulting?lang=en">https://twitter.com/reuelconsulting?lang=en</a></p>	<p><i>Mental and Emotional Health Consulting with a focus on research, training, consulting and therapy.</i></p>