

Psychological Services

Low Cost					
Name	Institute Type	Address	Phone no.	Time	Payment Range
National Institute of Mental Health (NIMH)	Government Organization	Sher-E-Bangla Nagar, Dhaka-1207	+8802-223374409, +8802-223374410 (Telephone)	Outdoor service is provided at 8.00 am to 2.30 pm (except Friday and Govt. Holidays).	Ticket price of outdoor service Tk. 10 (ten) only
Psychiatric Unit: Dhaka Medical College and Hospital (DMC)	Medical Institution and Hospital	Ramna, Central Shaheed Minar Area, Bakshi Bazar, Dhaka – 1000	+8802-55165130-42 (Operator number), 0255165001	From Thursday to Saturday: 8 am to 1.30 pm	At first, you have to buy a 20-100 taka ticket for consulting a doctor. If the doctor refers, then you will be able to take counseling or psychotherapy with that ticket.

<p>Psychiatric Unit:</p> <p>Bangabandhu Sheikh Mujib Medical University (BSMMU)</p>	<p>Medical Institution & Hospital</p>	<p>Bangabandhu Sheikh Mujib Medical University, Dhaka 1000</p>	<p>8612550, 8614545-9, 9661900-59</p>	<p>From Thursday to Saturday: 8 am to 1.30 pm in Room no. 511 of Outdoor building-1.</p> <p>E-ticketing: https://dmch.bin.du.health/patient/booking</p>	<p>At first you have to buy a 10-100 taka ticket for consulting a doctor. If the doctor refers, then you will be able to take counseling or psychotherapy.</p>

<p>Psychiatric Unit (Outdoor) Sir Salimullah Medical College (Mitford Hospital)</p>	<p>Medical Institution & Hospital</p>	<p>Mitford Road, Dhaka-1100</p>	<p>Emergency : 02-57319935 Help Desk : +8801322465805, 01971-480639 +88027315076 ,+8801622897441</p>	<p>From Thursday to Saturday: 8 am to 1.30 pm</p>	
<p>Department of Educational and Counselling Psychology (DECP)</p>	<p>Program of the Dept. of Educational and</p>	<p>Dhaka University Campus, Dhaka-1000</p>	<p>+8809666911463</p>	<p>From Thursday to Saturday</p>	
<p>Nasirullah Psychotherapy Unit (NPU)</p>	<p>Program of the Dept. of Clinical Psychology</p>	<p>3rd floor (beside Population Science Department), Arts Building, Dhaka University</p>	<p>+8801755654835, +8801727906007</p>	<p>From Thursday to Saturday Saturday only family counseling</p>	

<p>Child Development Centre (CDC) Shishu Hospital</p>	<p>Hospital</p>	<p>Syed Mahbub Morshed Ave, Aagargaon, Sher-e-Bangla Nagar, Dhaka</p>	<p>+880255059051</p>	<p>From Thursday to Saturday: 8 am to 1.30 pm</p>	
<p>National Trauma Counselling Center</p>	<p>Government-owned Specialized Health Centre</p>	<p>Room No - 416 Department of Women Affairs, 37/3 Eskaton Garden Rd, Dhaka 1000</p>	<p>+8801713659577</p>	<p>Everyday from 9 am to 9 pm</p>	<p>Free</p>
<p>Psychological Assessment Clinic</p>	<p>Mental Health Clinic</p>	<p>Department of Clinical Psychology Room No.: 5040, 4th floor, Arts Building University of Dhaka</p>	<p>01996783758</p>	<p>10:00 am- 5:00 pm</p>	<p>IQ test: 700 taka, General Mental Health: 300 taka</p>
<p>Bangladesh Protibondhi Foundation (BPF)</p>	<p>Non-Government Organization</p>	<p>6, Borobag, Mirpur-2, Dhaka-1216</p>	<p>029010976, 01726851582</p>	<p>From Thursday to Sunday: 8am to 2.30 pm</p>	

<p>Prio CREA</p>	<p>Mental Health Organization</p>	<p>1/14 Iqbal Road, Mohammadpur,</p>	<p>01685202120 (24 hours)</p> <p>Facebook: www.facebook.com/creasociety1999</p>	<p>Everyday from 9 am to 9 pm</p>	
<p>Center for Mental Health and Care, Bangladesh (CMHC,B)</p>	<p>Mental Health Organization</p>	<p>78/2 (2nd floor), New Airport road, Tejkunipara, Tejgaon</p>	<p>01974-349569</p> <p>Facebook: https://www.facebook.com/cmhcbd</p>		<p>Psychometric Assessment = 300 tk, Individual Therapy= 1000 tk, Child Therapy= 1500 tk Family Therapy= 2000 tk Couple Therapy= 1500 tk IQ Test= 3000 tk</p>
<p>Monobikash Psychotherapy and Counseling Center</p>	<p>Mental Health Service Provider</p>	<p>36, Green Super Market, 1st floor, Green Road, Dhaka-1215</p>	<p>02-9136469, 01675558339, 01837733100</p> <p>www.facebook.com/monobikashfoundation</p>		

<p>Sajida Foundation- Psycho-center Counselling Center</p>	<p>Non-Governmental Organization</p>	<p>House-92, Road-23, Block-A, Banani Dhaka</p>	<p>02-55035433 Facebook: www.facebook.com/psychosocial-counseling-centre</p>	<p>From Thursday to Sunday: 9 am to 5 pm</p>	
<p>Healing Heart Counseling Center</p>	<p>Counselling Service Centre</p>	<p>House-121, road-6, Block- B, Bashundhara Residential Area, Dhaka-1229</p>	<p>01622-929397, 01752-074497 Facebook: www.facebook.com/healingheartbd</p>	<p>Everyday from 10 am to 6 pm</p>	
<p>Psychiatric Unit, Apollo Hospital Dhaka</p>	<p>Hospital</p>	<p>Address: Level-1 (OPD), F-Block Plot-81, Block-E, Bashundhara Residential Area, Dhaka-1229</p>	<p>0284316615</p>	<p>From Thursday to Saturday: 9 am to 5 pm</p>	
<p>Kaan Pete Roi</p>	<p>Helpline Service</p>		<p>Facebook: www.facebook.com/kaanpeteroi</p>	<p>Everyday - 3 pm to 9 pm Thursday- 3 pm to 3 am</p>	<p>Normal call charge is applicable</p>

<p>Square Toiletries Limited Care Zone</p>	<p>Helpline Service</p>		<p>01728492478</p>	<p>Time: Sun-Thu- 11 am to 7 pm</p> <p>Appointment mode: Over Phone</p>	<p>Toll free</p>
<p>"Dosh-Unisher Mor" CWFD- Concerned Women for Family Development</p>	<p>Helpline Service</p>		<p>09612600600</p>	<p>Time: Everyday- 8 am to 8 pm</p> <p>Appointment mode: Over Phone</p>	
<p>Sajida Foundation Monosamajik Counselling Center</p>	<p>Helpline Service</p>		<p>01777771515</p>	<p>From Thursday to Saturday: 9am to 5 pm</p>	<p>Normal Call Charge is applicable</p>
<p>Esho Nije Kori</p>	<p>Mental Health Service Provider</p>	<p>Flat: 101, House: 294, Road: 4, Avenue: 3, Mirpur DOHS, Dhaka-1216. (Near Mirpur Cantt Public School & College, CSD & Central Mosque)</p>	<p>+8801304037003</p>	<p>From Thursday to Saturday: 10 am to 10 pm</p>	

BRAC IED		House: 113/A, Road: 02, Niketon, Gulshan 1, Dhaka 1212, Bangladesh	+8802588127 91 +8802588106 27 +8801729070 909 +8801729070 872		
Moshal Mental Health	Non-profit Organization	House- 1, Road- 4, Sector-1, Uttara, Dhaka, Bangladesh	+880-17 9719 8037		
PHWC- Psychological Health and Wellness Clinic		1st Floor, House 4D, Road 73, Gulshan 2, Dhaka, Bangladesh, 1213	+0177-777 2763	From Sunday to Thursday: 9:00 am to 8:00 pm	
Moner School	Youth-led Mental Healthcare Organization				
Mindwizz		House 8#14, C# Block, Lalmatia, Dhaka 1207. Dhaka, Bangladesh	01325-167451	11-7	

MindCare	Psychotherapy and Counselling Center	Mirpur 2 Mohakhali, Dhanmondi 6/1, humaun road, college gate, mohammadpur , Dhaka, Bangladesh, 1207	01615-027501	From 10 am to 8 pm	
Psycure	Mental Health Organization	Location- Flat-2B,House- 10, Road-10,Banani-1213, Dhaka	(+880) 1888-547871		1000-3000 tk
Telepsychiatry Research and Innovation Network Ltd		3D - Rupayan Trade Center, 114 Kazi Nazrul Islam Avenue, Bangla Motor, Dhaka, Bangladesh	01550-699399	11 am-7 pm	
Promises Medical Limited	Center for de-addiction and depression	House: 17, Road: 20, Block: J, Baridhara Dhaka-1212, Bangladesh	(+88) 01622 997766.		
National Emergency Hotline Number			999	24/7	

Legal Aid

Name	Institute Type	Address	Phone no.	Time and Appointment Details	Payment Range
Psycho-social Counseling Unit Ain O Salish Kendra (ASK)	A National Legal Aid and Human Rights Organisation	2/16, Block - B, Lalmatia, Dhaka-1207, Bangladesh.	Phone: 880-2-8100192, 8100195, 8100197 Mobile: 01714025069v	From 9am-5pm for emergencies call 01724415677	