

**MENTAL HEALTH SERVICES IN MALTA – a DOSSIER**

There are three parts to the dossier. The first lists services provided by the state; the second highlights those provided by NGOs whereas the third highlights groups and teaching programmes at the University of Malta. Private enterprise services have not been included. One's family doctor is often the gateway to many of the listed services. Hence the list is also useful for general medical practitioners. Please feel free to send us information about other services in the field of mental health that are not included here. We will continue to update this dossier which will be available on the Foundation's website. Thank you.

**SERVICES PROVIDED BY THE STATE**

<b>Aġenzija Żgħażaġh</b>	
<b>2258 6700</b> Email: <b>agenzia.zghazagh@gov.mt</b>	Youth.inc: An inclusive education programme, based on applied learning, for young people between the age of 16 and 21. It aims to enable young people to improve their standard of education and gain more knowledge, values and skills to enter the labour market or gain qualifications to continue in further education and/or training. Those attending the programme on a full time basis are entitled to receive a stipend as stipulated in Legal Notice 327.178 Students' Maintenance Grants Regulations. <a href="http://www.agenzjazghazagh.gov.mt/Categories/937/Youth_inc/">http://www.agenzjazghazagh.gov.mt/Categories/937/Youth_inc/</a>
<b>Child Guidance Clinic (CGC) at St Luke's complex</b>	
<b>25951797</b>	Children and young persons are referred to the mental health professionals at the CGC by family doctors, paediatricians and consultant psychiatrists.
<b>CommCare, St Luke's Hospital</b>	
<b>2258 9393</b> Email: <b>commcare@gov.mt</b>	CommCare falls under the Ministry for Family and Social Solidarity (FMSS). It ensures that individuals who receive care in the community are appropriately cared for, whilst also acting as a bridge between the health and social care services in the community. The CommCare team is comprised of nurses, a physiotherapist, an occupational therapist, a social worker, personal carers and administrative staff. Delivering care with this interdisciplinary approach supports and results in individuals remaining in the community, reducing the need for institutionalised care. CommCare undertakes home visits to administer medication to mentally ill persons who might otherwise become non-compliant with medication. <a href="http://www.activeageing.gov.mt/en/Pages/CommCare-Unit/CommCare-Unit.aspx">http://www.activeageing.gov.mt/en/Pages/CommCare-Unit/CommCare-Unit.aspx</a>
<b>Dementia Intervention Team (DIT), Department for the Elderly &amp; Community Care</b>	
CommCare Unit, St Luke's Hospital, Gwardamanga <b>22589301</b> Email: <a href="mailto:dementia@gov.mt">dementia@gov.mt</a> <a href="http://www.facebook.com/endzhaimer">www.facebook.com/endzhaimer</a> <b>1771 National Dementia Helpline</b>	DIT is an outreach service which implements a person-centered care approach towards persons living with dementia and their caregivers in the community. DIT consists of a number of professionals specialising in dementia care. Objectives include: to educate carers on dementia caregiving; to enable caregivers to cope better in stressful situations; to help caregivers apply person-centred care; provide easy access and create a network of social support system using community services already available; generate awareness on the importance of planning for the future.
<b>Direttorat għall-Promozzjoni tas-Saħħa u Prevenzjoni ta' Mard, Segretarjat Parlamentari għas-Saħħa, Ministeru għas-Saħħa.</b>	
5B, The Emporium, Triq C. De Brockdorf, Msida MSD 1421 <b>Tel: 23266000</b> <a href="http://www.health.gov.mt">www.health.gov.mt</a>	Wide range of health related initiatives, courses, support groups and literature in Maltese.
<b>Employment &amp; Training Corporation</b>	
<b>21654940</b> Email: <b>etc@gov.mt</b>	Inclusive Employment Services of ETC: Persons in disadvantaged situations can access all ETC services, including Work Exposure Schemes and mainstream training programmes. However, the Inclusive Employment Services are specifically designed to help disadvantaged individuals

	<p>who have a harder time finding work. Upon request, our team of trained Employment Advisors will facilitate and provide the guidance needed to overcome any barriers one might find.</p> <p><a href="http://etc.gov.mt/Category/3/43/Persons_in_Disadvantaged_Situations.aspx">http://etc.gov.mt/Category/3/43/Persons_in_Disadvantaged_Situations.aspx</a></p>
<b>Health Promotion and Disease Prevention Directorate</b>	
<b>2326 6000</b>	<p>Services include courses and publications on a wide range of health and mental wellbeing topics.</p> <p><a href="http://www.ehealth.gov.mt/">http://www.ehealth.gov.mt/</a></p> <p><a href="https://www.gov.mt/en/Services-And-Information/Business-Areas/Health%20Services/Pages/Health-Promotion-and-Disease-Prevention.aspx">https://www.gov.mt/en/Services-And-Information/Business-Areas/Health%20Services/Pages/Health-Promotion-and-Disease-Prevention.aspx</a></p>
<b>Mt. Carmel Psychiatric Hospital</b>	
<b>2141 5183</b> <b>2330 4301</b> <b>2330 4023</b>	General lines
<b>2330 4505</b>	Half Way House
<b>2330 4271/4272/4273</b>	Community Services Administration
<b>2330 4260</b>	Community Outreach Leader and Team
<b>2269 7623 or 21424969</b>	Roaming Mental Health Team - Mosta and Gżira Health Centres (this team co-ordinates, assists, discusses, supports and makes the necessary liaison with all concerned so that patients are given all the required help to be able to live in the community)
<b>21220955</b>	<p>Qormi Day Centre (covers: Qormi, Siġġiewi, Ғaž-Żebbuġ)</p> <p><b>Opening Hours:</b> Monday to Friday from 7:30am to 3:00pm</p> <p><b>Address:</b> Sala Kappillan Dun Alwig Psaila, Knisja Parrokkjali San Sebastjan, Hal Qormi</p>
<b>2144 1317 or 21440170</b>	<p>Qormi Community Mental Health Clinic (covers: Qormi, Siġġiewi, Ғaž-Żebbuġ)</p> <p><b>Address:</b> Centru tas-Saħħa, Triq il-Vitorja, Qormi</p>
<b>2180 4996</b>	<p>Cospicua Day Centre (covers Bormla, Isla, Birgu, Kalkara)</p> <p><b>Opening Hours:</b> Monday to Friday from 7:30am to 3:00pm</p> <p><b>Address:</b> 14/1 Pjazza Gavina Gulia, Triq Gulia, Bormla</p>
<b>2166 2088/ 21675492 or 2397 2330</b>	<p>Cospicua Community Mental Health Clinic (covers: Bormla, Isla, Birgu, Kalkara)</p> <p><b>Address:</b> Ċentru tas-Saħħa, Triq tal-Iljun, Bormla</p>
<b>2182 1566</b>	<p>Paola Community Mental Health Clinic (covers: Paola, Għaxaq, Fgura, Tarxien, Gudja, St. Luċija, Ғaž-Żabbar)</p> <p><b>Address:</b> Heaven, 40, Pjazza ta' Raħal Ġdid, Raħal Ġdid</p>
<b>2166 5727</b>	<p>Paola Day Centre (covers: Paola, Għaxaq, Fgura, Tarxien, Gudja, St. Luċija, Ғaž-Żabbar)</p> <p><b>Opening Hours:</b> Monday to Friday from 7:30am to 3:00pm</p> <p><b>Address:</b> Heaven, 40, Pjazza ta' Raħal Ġdid, Raħal Ġdid</p>
<b>2133 7244/ 5 or 2134 4766</b>	Gżira Health Centre (mental health roving team)
<b>2122 0454</b>	<p>Floriana Community Mental Health Clinic (covers: Marsa, Valletta, Hamrun, Pieta', G'Mangia, St. Venera)</p> <p><b>Address:</b> 25, Pjazza Robert Sammut, Floriana</p>
<b>2122 0955</b>	<p>Floriana Day Centre (covers: Marsa, Valletta, Hamrun, Pieta', G'Mangia, St. Venera)</p> <p><b>Opening Hours:</b> Monday to Friday from 7:30am to 3:00pm</p> <p><b>Address:</b> 25, Pjazza Robert Sammut, Floriana</p>
<b>2145 4917</b>	<p>Mtarfa Community Mental Health Clinic (covers: Rabat, Mdina, Dingli, Attard, Bidnija, Kuncizzjoni, Landrijiet, Buskett, Baħrija, Mtaħleb)</p> <p><b>Address:</b> Town Centre, Triq ir-Regimenti Maltin, Mtarfa</p>
<b>2182 0263</b>	<p>Żejtun Day Centre (covers: Żejtun, M'Scala, M'Xlokk, Birzebbugia)</p> <p><b>Opening Hours:</b> Monday to Friday from 7:30am to 3:00pm</p> <p><b>Address:</b> Dar it-Tagħlim Nisrani, San Girgor, Triq San Girgor, Zejtun</p>
<b>2330 4101</b>	Befriending Volunteer Programme/ Kun Voluntier
<b>2330 4213</b>	Male Dual Diagnosis Unit (M.D.D.U.) (drogi)

<b>2330 4517</b>	Female Dual Diagnosis Unit (F.D.D.U.)
<b>2141 5183</b>	Forensic/Prison Ward
<b>2330 4243/4/5</b> <b>2330 4240/1/2</b> <b>2330 4171/2/3</b>	Geriatric Residential Complex at MCH Santa Bernardetta Ward San Gorg Preca Ward St Jeanne Antide Ward
<b>Psychiatric Services at Mater Dei Hospital</b>	
<b>2545 3950</b>	Crisis Service (as at September 2015, this service is operating on a scaled down basis)
<b>2545 6930/ 1; 25455222</b>	Psychiatric Out-Patients Unit (P.O.P)
<b>2545 6920/1</b>	Psychiatric In-Patients Unit
<b>Sedqa Agency</b> - <a href="http://www.sedqa.gov.mt">www.sedqa.gov.mt</a>	
<b>Drug Related Services</b>	
23885110	Drugs Community Services
21244528	Residential Drug Rehabilitation Programme – Komunita’ Santa Marija
2388 5300	Detox Centre (Substance Misuse Out-Patients Unit)
2122 0408	Dar l-Impenn (Substance Misuse In-Patient Unit)
<b>Alcohol and Gambling Related Services</b>	
2388 5110	Alcohol and Gambling Community Services
2124 7630	Alcohol Day/Residential Rehabilitation Programme - Dar Żerniq
<b>Other Services:</b>	
2388 5110	Family Services
2388 5110	Psychological Services
<b>Speech and Language Department, Department Primary Health Care</b>	
21230822	Offers training courses on such themes as Introduction to Autism Spectrum Disorder, Dementia, Feeding and Swallowing Disorders, Communicating with Assistive Technology. Courses held at Mt Carmel Hospital.
<b>Ministry for the Family and Social Solidarity (MFSS)</b>	
<b>2590 3136</b>	Residential Half-Way Programme (RHP): series of residences for persons needing accommodation. A Social Worker needs to be responsible for following up and monitoring the referred person.

### SERVICES BY NON-GOVERNMENTAL ORGANISATIONS (NGOs)

<b>ADHD Malta</b>	
2, PO Box, St Julian’s STJ 1001 <b>21233749</b> Mob: 79706364 Email: <a href="mailto:info@adhdmalta.org">info@adhdmalta.org</a> URL: <a href="http://www.adhdmalta.org">www.adhdmalta.org</a> Facebook: <a href="http://www.facebook.com/adhdmalta">www.facebook.com/adhdmalta</a>	
<b>Association for Child and Adolescent Mental Health (ACAMH)</b>	
<a href="https://www.acamh.org/local-network/malta">https://www.acamh.org/local-network/malta</a>	ACAMH is the leading multi-disciplinary UK-based membership organisation for professionals engaged in this valuable area of work. It aspires to improve clinical standards of practice in child services in Malta through education and scientific research in child and adolescent mental health. It focuses on services which require further development locally such as perinatal and infant psychiatry. This will offer opportunities for local and foreign research to

	be presented in conferences organized by ACAMH. ACAMH will be holding regular educational events throughout the year and encourage professionals to join us by becoming a member.
<b>Autism Parents Association - Malta (APAM) – <a href="http://www.autismparentsassociation.com">www.autismparentsassociation.com</a></b>	
9942 7839	Support to parents of children with autism spectrum disorder
<b>Caritas Malta Agency – <a href="http://www.caritasmalta.org">www.caritasmalta.org</a></b>	
25906600	Thursday Club (mental health aftercare)
79412338	Emotions Anonymous EA
<b><i>Drug Related Services</i></b>	
21237935	Outreach - 82, Capuchins Street, Floriana (identifies and supports persons with serious drug-related problems including drug abusers, family members and significant others) and prepares drug abusers for further holistic and integrated rehabilitation).
21237935	San Blas Therapeutic Community
21237935	Harm Reduction Shelter (offers help to homeless people with a drug abuse problem)
21237935	Dar il-Vittorja – Birkirkara (rehabilitation for female drug users)
2123793	Evening Programmes (consist of group therapy to drug users who are not suited to a residential programme)
2123793	Prison Inmates Programme PIP (caters for people who are serving a prison sentence and have a drug abuse problem)
<b><i>Support Groups</i></b>	
25906600	Gamblers Anonymous (for individuals suffering from compulsive gambling)
25906600	GamAnon (for the gamblers)
25906600	Alcoholics Anonymous (for individuals with an alcohol addiction and wish to end their drinking problem)
25906600	Al Anon (for relatives of individuals who have an alcohol addiction)
<b>Fondazzjoni Suriet il-Bniedem (fondazzjoni tal-aħwa kapuċċini)</b>	
<b>2123 2330</b>	Runs 2 residential care facilities for persons with mental health difficulties. <a href="http://www.fsib.org.mt/">http://www.fsib.org.mt/</a>
<b>Friends of Mt. Carmel Hospital Society</b>	
Mr Joe Borg, Vice President: <a href="mailto:josborg5@gmail.com">josborg5@gmail.com</a> Mr John Lanzon, Secretary: <a href="mailto:jonlan@maltanet.net">jonlan@maltanet.net</a>	Through fundraising, items needed to settle down in the community as well as basic furniture are provided for discharged patients.
<b>Hearing Voices</b>	
Paulann Grech, Lecturer in Mental Health Email: <a href="mailto:hearingvoicesmalta@gmail.com">hearingvoicesmalta@gmail.com</a> <b>Website:</b> <a href="http://www.hearingvoicesmalta.com">www.hearingvoicesmalta.com</a> <b>Facebook: Hearing Voices Malta</b>	The aim of this VO is to get people together so that they can explore different perspectives and ways of living with hearing voices. For some people, the voices/ unusual experiences may be positive whilst for others, these may be distressing. Both types are welcome in the group. The act of sharing these experiences in a safe environment can help members to learn from each other and support each other in living a satisfactory life (whatever that means for each and every person). The group is not a type of psychiatric treatment or therapy.
<b>Malta Dementia Society</b>	
2208 1826 c/o Room 135, Department of Pharmacy, University of Malta, Msida MSD 2080	Dementia Helpline for people with dementia, their carers or for anyone wishing to ask for information on dementia. The telephone line is open from 10 am to 1 pm from Monday to Fridays except on Feasts and Public Holidays. (contact: Dr Stephen Abela)
<b>Mental Health Association (MHA) Malta</b>	

<p><b>79800080 (for SMS messages only)</b>  Email:  <b>assistance@mhamalta.com</b></p>	<p>MHA has, since the early 1990s, been engaged in advocacy work on behalf of caregivers of mentally ill persons. All its members are volunteers and caregivers themselves. MHA runs an annual empowerment course for caregivers of mentally ill persons. Organises seminars, conferences, video-fora and publishes books for children and adults on mental health. MHA also runs mental wellbeing groups at its Marsa base.  <a href="http://www.mhamalta.com">www.mhamalta.com</a></p>
<p><b>Mental Health Association - GOZO</b></p>	
<p><b>7959 3354 Jeanette</b>  <b>mhagozo@gmail.com</b></p>	<p>Promotes positive mental health and supports persons with mental illness, their families and carers by identifying their needs and advocating their rights.</p>
<p><b>Richmond Foundation</b></p>	
<p>21482336; 21440324;  21224580</p>	<p>Villa Chelsea Rehabilitation Facility</p>
<p>same as above</p>	<p>Home Support Service</p>
<p>same as above</p>	<p>Supported Housing Scheme</p>
<p>same as above</p>	<p>Youth Mentoring for Employment</p>
<p>same as above</p>	<p>Kids in Development K.I.Ds (residential care home for children with emotional and behavioural problems)</p>
<p>same as above</p>	<p>Never Mind Leisure Centre, Old Bakery Street, Valletta (club: crafts; outings)</p>
<p>same as above</p>	<p>Self-Help Groups (example: for OCD sufferers)</p>
<p>same as above</p>	<p>Wellness Programme (helps people who are on psychiatric treatment to engage in good health practices, develop healthier eating habits and engage in regular physical activities).</p>
<p>2122 8528</p>	<p>Floriana Hostel (provides accommodation with 24 hour support, to men with mental health problems).</p>
<p>2147 2042</p>	<p>Community Technology and Learning Centre (provides IT courses to persons experiencing mental health problems, and to the general public).</p>
<p><b>St Jeanne Antide Foundation</b></p>	
<p>21808981; 27672367;  21809011  Email: sjafngo@gmail.com  Facebook: SJAF Antide Centre</p>	<p><b>LWIEN Service</b> in support for family caregivers of mentally ill persons. Family consultations run every Wednesdays and Fridays at Ċentru Antida, 51 Tarxien Road, Tarxien and twice monthly on Saturdays at Haż-Żabbar. By appointment. Service includes consultations with a Senior Psychiatric Nurse, Social Work support for the family, support groups for caregivers and depression support groups and publications.  <a href="http://www.antidemalta.com">www.antidemalta.com</a> (soon to migrate to <a href="http://www.antidemalta.org">www.antidemalta.org</a>)</p>
	<p><b>SOAR Malta:</b> Survival of abuse with resilience. Peer-to-peer support by survivors of domestic violence to victims and survivors. Includes: therapeutic groupwork, social activities, social work support to access mainstream state services and preventive workshops for youth on dating violence.</p>
	<p><b>Emotional Freedom Service</b> for persons wanting to be free from thier anger, fear or other emotional distress.</p>
	<p><b>IRENE Service</b> in support of vulnerable women involved in street prostitution. Runs a drop-in centre open 6 days a week.</p>
<p><b>Victim Support Malta (VSM)</b></p>	
<p><b>21228333</b>  <a href="mailto:info@victimsupportmalta.org">info@victimsupportmalta.org</a></p>	<p>Malta's support and information centre.  Online victim support: <a href="http://www.vso.org.mt">www.vso.org.mt</a> (has anonymous chat feature and email feature).  Victim Support Malta manages the Sexual Abuse Response Team (<b>SART</b>) service at Mater Dei Hospital.</p>

## OTHER ORGANISATIONS

<b>Centre for Resilience and Socio-Economic Health, University of Malta</b>	
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<b>Department of Mental Health, Faculty of Health Sciences, University of Malta</b>	
Mater Dei Hospital, Block A1, 1st Floor, B'Kara By-Pass, Msida MSD <b>2340 1180</b> <a href="mailto:paulann.grech@um.edu.mt">paulann.grech@um.edu.mt</a> <a href="mailto:mentalhealth.healthsci@edu.mt">mentalhealth.healthsci@edu.mt</a>	To develop programmes of study for all professional disciplines working in the speciality of mental health. The current focus is on pre-qualification and post-qualification education of psychiatric nurses. It plans to provide specific post-graduate degrees in other aspects of mental health care, such as rehabilitation, child and adolescence and substance misuse and short courses in similar topics that may be open to the general public. <a href="http://www.um.edu.mt/healthsciences/mentalhealth/courses">http://www.um.edu.mt/healthsciences/mentalhealth/courses</a> .
<b>Malta Student Psychology Forum, NSTF</b>	
<a href="mailto:mspf@nstfmalta.eu">mspf@nstfmalta.eu</a>	Debating Forum in teams of 2 debate on different topics from a psychological perspective – 1 session per month.
<b>Mental Health Students' Association</b>	
Laura Coppini, PRO Email: <a href="mailto:publicrelations.mhsa@gmail.com">publicrelations.mhsa@gmail.com</a> <b>79296355</b>	

### **Xi PUBBLIKAZZJONIJIET bil-Malti dwar is-saħħa mentali**

<u>Bdoti fil-Maltemp: kif tieħu ħsieb qarib b'mard mentali. St Jeanne Antide Foundation u Mental health Association. 2015. (sjafngo@gmail.com)</u>
<u>Il-Kwiekeb fid-Dlam Jixegħlu: vjaġġi mterrqa minn qrafa ta' persuni b'mard mentali. Mental health Association u St Jeanne Antide Foundation, 2011.</u>
<u>Nindukraw Ħabib, Ħabiba jew Qrafa bid-Dimensja: linji gwida għal min jindokra. Segretarjat Parlamentari għad-Drittijiet ta' Persuni b'Dizabilità u Anzjanità Attiva.</u>
<u>Vuċi lis-Silenzju. Magaġin mill-Mental Health Association Gozo (MHAG). email: mhagozo@gmail.com</u>