Lebanese Republic
Ministry of Public Health
National Mental Health Programme

Where can you find affordable / free mental health services in Lebanon?

4Ws Online Platform

What is the 4Ws Online Platform?

The mapping of mental health and psychosocial support services in Lebanon is available through an online platform hosted by the National Mental Health Programme at the Ministry of Public Health and accessible through the link below.

- You can access it by scanning this QR code with your phone
- You can also access it by visiting this link: https://mhis.nmhp-lb.com/#/guest/home

The 4Ws online platform offers information on available mental health services in the country (at free or nominal fees) and details on how to access them. This information is inputted by the organizations providing mental health services.

Step-by-Step

What is Step-by-Step?

Step-by-Step is a self-help intervention for individuals struggling with low mood and stress. It is confidential, free of charge, and available through a mobile application or website. You will receive a weekly support call from a trained E-Helper for 5 weeks. Step-by-Step is run by the National Mental Health Programme and is currently being implemented as a free service to help people residing in Lebanon get emotional support.

- You can access it by scanning this QR code with your phone
- Join us via: http://step-by-step-program.com
- Click on the icon to download the app via:

Available on the App Store

GET IT ON Google Play

Operation Hours: 10 AM – 6 PM, Monday to Friday.

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embrace

1564
THE LIFELINE

The National Emotional Support & Suicide Prevention Hotline, in collaboration with Embrace.

What services do you receive by calling the National Lifeline?

The National Lifeline is a hotline that provides a safe space for anyone going through severe emotional distress or experiencing thoughts of suicide or self-harm allowing them to talk and be listened to.

The National Lifeline operators, who are trained and supervised by health professionals, are here to:

- Actively listen
- Offer emotional and moral support
- Assess the severity of suicidal ideation and provide support in de-escalating suicide risk
- Orient callers, when needed, to available mental health services across Lebanon

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