

Abu Dhabi Early Childhood Authority

Selection of Mental Health Resources





هيئــــة أبوظــــى للطفـــولة المكـــرة Abu Dhabi Early Childhood Authority

Several resources that employees can utilize including...

Guidebooks and reports





Guide on mental health resources for early childhood development practitioners

Parent's guide to mental wellbeing Mental health and resilience booklet

Mental health report

Healthcare workforce bioethics guidelines

Key causes of mental health issues, ways to manage mental health, and local support resources



Managing the mental **wellbeing** of parents to lead a psychologically healthy life

دائــرة تنــهــية الــهـجـتـــــع DEPARTMENT OF COMMUNITY

Information on managing stress, anxiety, and depression



Overview of mental health illnesses and common mental health disorders in the UAE



Ethical guidance for healthcare professionals with a specific focus on workforce wellbeing in chapter Four







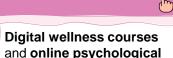
Online support platforms



Mental health coaching sessions and counseling



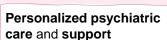
Mindtales



counselling services



Pura



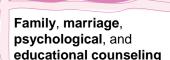


24alife

Corporate well-being programs, onsite workshops, and wellness programs



Tanfees







Mental health support centers in Abu Dhabi





Contact details

+800 33322

Health Plus Family Health Center



Contact details

+971 600503035

Intercare Health Center



Contact details

+971 26390080





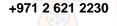
Contact details

+971 22035000

Beautiful Mind Medical Center



Contact details

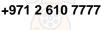




Maudsley

Health

Contact details



American Center for Psychiatry and Neurology



Contact details



Please refer to ECA's Guide on Mental Health Resources for an extensive list of mental health support

centers