

# Abu Dhabi Early Childhood Authority






## Selection of Mental Health Resources

### Several resources that employees can utilize including...

#### Guidebooks and reports

<b>Guide on mental health resources for early childhood development practitioners</b>	<b>Parent's guide to mental wellbeing</b>	<b>Mental health and resilience booklet</b>	<b>Mental health report</b>	<b>Healthcare workforce bioethics guidelines</b>
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 	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

<b>Takalam online counseling</b>	<b>Mindtales</b>	<b>Pura</b>	<b>24alife</b>	<b>Tanfees</b>
Mental health coaching sessions and counseling 	Digital wellness courses and online psychological counselling services 	Personalized psychiatric care and support 	Corporate well-being programs, onsite workshops, and wellness programs 	Family, marriage, psychological, and educational counseling programs 

#### Mental health support centers in Abu Dhabi

<b>Family Services Call Center</b>	<b>Contact details</b> + 800 33322	<b>Health Plus Family Health Center</b>	<b>Contact details</b> +971 600503035	<b>Intercare Health Center</b>	<b>Contact details</b> +971 26390080	<b>NMC Royal Hospital</b>	<b>Contact details</b> +971 22035000
<b>Beautiful Mind Medical Center</b>	<b>Contact details</b> +971 2 621 2230	<b>Maudsley Health</b>	<b>Contact details</b> +971 2 610 7777	<b>American Center for Psychiatry and Neurology</b>	<b>Contact details</b> +971 2 492 6000	Please refer to ECA's Guide on Mental Health Resources for an extensive list of mental health support centers	

