

## External Mental Health Resources QATAR



## Specialized Services



### National Help Line



Emergency



National Mental Health  
Helpline

- ☐ If you are experiencing a life-threatening emergency, call **999**
- ☐ Call **16000**, select Arabic or English language, then select 4 for the mental health helpline
- ☐ Working hours: **8 am - 6 pm** (Sunday-Thursday)



### Alcohol & Substance Misuse



- ☐ Call for an appointment: +974 4494 6000
- ☐ Working hours: 7 am – 3.30 pm (Sunday-Thursday)
- ☐ Further details: [Click here](#)



### Family Support

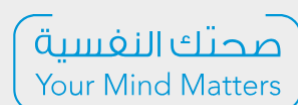
[CAMHS](#)

(Child and Adolescent  
Mental Health services)

- ☐ Call for an appointment: +974 66912020
- ☐ Working hours: 7 am - 3 pm (Sunday-Thursday)
- ☐ Further details: [Click here](#)



### National Mental Health Website



- ☐ A resource to support good mental health and wellbeing for the people of Qatar
- ☐ Further details: [Click here](#)



### Telehealth Service



- ☐ Free tele-counselling service, available in multiple languages
- ☐ Further details: [Click here](#)

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### Hospitals

#### Hamad Medical Corporation (HMC)



- ☐ Call for an appointment: 1600
- ☐ Support for general mental health difficulties, including stress management, anxiety, depression, family conflicts, personal difficulties, etc.

#### Primary Health Care Corporation (PHCC)



- ☐ Call for an appointment: 107
- ☐ Support for depression and low mood. Also offers community support in community settings (e.g., at home), if hospital setting is not preferred.

#### Sidra Medicine



- ☐ Call for an appointment: 4003-3333
- ☐ Assessment and treatment services for mental health concerns in children, adolescents and women.

#### Al Ahli Hospital



- ☐ Call for an appointment: 4489-8888/8000
- ☐ Assessment and treatment services for depression, anxiety, and stress.

#### Doha Clinic Hospital



- ☐ Call for an appointment: 4499-5211
- ☐ Assessment and treatment for a range of difficulties, including sleep disorders, mood disorders, anxiety, trauma and OCD. Also includes a specialized sleep clinic.