



2025

**MENTAL
HEALTH DIGEST**

**(A Collection Of Psychiatrists, Psychologists,
Organizations And Mindfulness Activity Centres)**



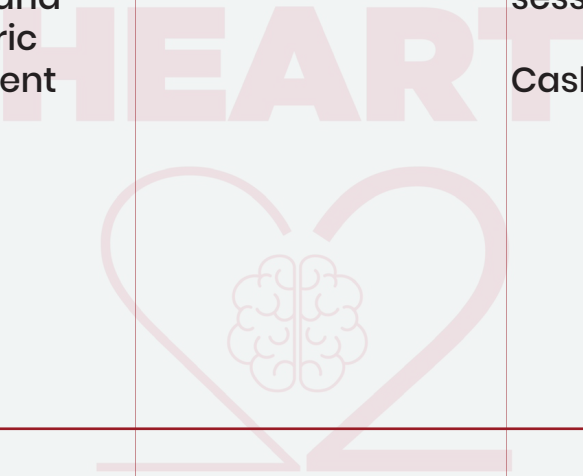

NAME	SPECIALITY	LOCATION	CASH/ INSURANCE	CONTACT INFORMATION
PSYCHIATRISTS				
Dr. Benedict Akimana		Thursday at Butabika Hospital 9:00am to 1:00pm	Free	0704173569
		Thursday at Lubaga Hospital 2:00pm to 5:00pm	50,000 per session. Either cash or insurance	
		Friday at Nsambya Hospital 9:00 am to 1:00 pm	60,000 per session. Either cash or insurance	
		Sunday Rocket Health Clinic Kampala 11:00am to 2:00pm	100,000 per session both cash and insurance	
		Private visits 100-200		
Dr. Mwesiga Emmanuel		Tuesday at Mulago Hospital	Free	0706346222 (Nakasero booking line)
		Nakasero Hospital	100,000 per session both cash and 50,000 top up fee if you are using insurance and it depends on the policy you are on	
Dr. Kuteesa Hilary		Monday and Friday at Nakasero hospital	100,000 per session both cash and 50,000 top up fee if you are using insurance and it depends on the policy you are on	0706346222 (Nakasero booking line)
Dr. Arinda Anita		Paediatrics	100,000 per session both cash and 50,000 top up fee if you are using insurance and it depends on the policy you are on	0312531416 (Nakasero Paediatrics)

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PSYCHIATRISTS				
Dr. Mpamizo Emmanuel	Young People, children, adolescent and youth. Specifically, OCD, PTSD, Heart breaks and other types of trauma.		70,000 Cash both Face to Face and online.	0701431898/ 0712340069
PSYCHOLOGISTS				
Elizabeth Musoke/ CATCHA Ltd	Psychotherapy for individual adult, adolescents, couples and family	Shared on consultation	\$70 per hour for individuals. \$100 for couples and \$120 for families up to 4 members. Cash only	0787259429 or ekibukamusoke@gmail.com
Kazooba Wilson	Trauma informed therapist working with young adults. Offering grief counselling and male one on one therapy sessions.	Shared on consultation	100,000 to 150,000 per session. Cash only	0781517111
Liz Atim	Mood disorders (Depressive disorders, Trauma & Stressor disorders, Bipolar disorders etc.	Shared on consultation	50,000 for a face to face first time consultation 100,000 for a face to face session 25,000 for an online therapy session. Cash only	0701389708

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PSYCHOLOGISTS				
Rachel Crawford	Double certified therapy in art therapy and counselling as well as a licensed clinical mental health counsellor working with adolescents, couples experiencing grief and loss, trauma etc	Online sessions	70,000 per session Cash only	+254115229287
Ann Maria Nakimera			70,000- 50,000 for individuals depending on the number of sessions and for groups depending on the number of people.	0741033260
ORGANISATIONS				
Heart to Heart Spaces Ltd	Bridging the gap between mental health professionals and patients by providing referrals for people who need treatment, carrying out advocacy and wellness talks to end the stigma surrounding mental health and providing affordable group therapy sessions.	Online and Physical sessions	30,000 per person for group therapy sessions 200,000 for group wellness talks 70,000 for one on one therapy sessions. 500,000 per day for organising wellness events Cash only 0 for pro bono advocacy work. We only have four slots each year.	0700410356 Or www.hearttoheartspaces.com Or @Hearty spaces on X Or Hearttoheartspaces on Instagram.

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ORGANISATIONS				
<p>Safe Spaces Uganda Kyambogo</p>	<p>Out patient and emergency Mental Health Care</p>		<p>100,000 per psychiatrist consultation</p> <p>70,000 per psychologist consultation for individuals</p> <p>150,000 consultation per session for couples</p> <p>Group therapy dependent.</p> <p>Cash only</p>	<p>0770700944 07782740522</p> <p>Or</p> <p>www.safeplacesuganda.com</p>
<p>Safe Spaces Uganda Hospital Bujjuko</p>	<p>In patient/ Residential Mental Health Care including Addiction rehabilitation</p>		<p>100,000 per psychiatrist consultation</p> <p>70,000 per psychologist consultation for individuals</p> <p>150,000 consultation per session for couples</p> <p>Group therapy dependent.</p> <p>Please check out the website for in patient pricing.</p> <p>Cash Only</p>	<p>www.safeplacesuganda.com</p>

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Butabika National Referral Mental Health Hospital	Offers specialised mental health treatment, psychological and psychiatrist support for general in patient and out patient care.	Plot 2 Kirombe Butabika road.	Free for the general ward and 40,000 for the first consultation at the private ward.	0414504376 Or 0414504388
Kampala Counselling Services.	Dialectical Behavioural Therapy for Teens and Adults. One on one sessions for individual therapy. Couples Therapy	Online and Physical sessions	150,000 for initial sessions and 100,000 for follow up sessions. Cash Only	0741056164 Or Email: kcsug.com
Africa Retreat Center	Specialised Treatment facility for all Mental Health Conditions	Naguru and Nkokojeru road Mbarara	100,000 per Psychiatric and Psychologist session. For Cash. Insurance AAR, Prudential, ICEA, GA, CIGMA and APA The charge depends on Insurance.	0787271852/ 0705334446
Swiss Psychotherapy Center	Maternal Mental Health, Marriage and Family therapy, Common mental health disorders.		80,000 per session Cash Only	0752635999

NAME	SPECIALITY	LOCATION	CASH/ INSURANCE	CONTACT INFORMATION
<p>New Dawn Counselling and Psychotherapy</p>	<p>Offers services in stress management, relationship counselling, trauma therapy and mental health support for individuals, families and groups.</p>	<p>Plot 105 Estate Bukoto, Lutaya Drive Kampala</p>	<p>100,000 Individual sessions 150,000 for Couple sessions Cash only.</p>	<p>0779657966 Or 0704922905 Or info@nedawnug.com</p>
<p>Shevonne Therapy</p>	<p>Psychosocial therapy and Psychiatric assessment</p>		<p>100,000 per session Cash Only</p>	<p>0393252935 Or Email: info@shevonne.org/ Shevonne.therapy@gmail.com</p>
<p>Mindful Conversations</p>	<p>Online space bridging the gap between people and mental health professionals through referrals, group therapy, peer support, individual and specialised psychotherapy</p>		<p>100,000 per session Cash Only</p>	<p>0777832731</p>
<p>Kwa Imani Organisation</p>	<p>Mental Health Awareness majoring in Suicide awareness and advocacy.</p>		<p>20,000 for consultations 20,000 to 50,000 for books. Provides support groups. Cash Only</p>	<p>0773163896</p>

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Sumaya Rise Above Initiative	Addiction and mental health therapy		100,000 for the first session and 70,000 for subsequent session. Cash Only	0702181323 Or 0772181323 Or Jane. mapenzi@ gmail.com
Therapy Uganda Associates	Psychotherapy and Psychiatric support and specialised services in anger management, grief and support for eating disorders.	Ntinda and Namuwongo Kampala.	First 3 investigative sessions at 200,000. 80,000 for subsequent sessions. Cash Only	0774909412 Or therapy uganda@ dr.com
Vessel is Me	Is a Non Profit organisation dedicated to improving care for families who have experience pregnancy loss, neonatal deaths and fertility challenges.	Peer to Peer grief coaching, professional grief and trauma therapy sessions, support group sessions	The sessions are totally free however please donate to the cause. There is a donation link on their website.	0800220636 (Toll free) Or support@ vesselisme. org
Strong Minds Uganda	Free Mental Health charity organisation that improves mental health for low income and marginalised women and adolescents.	Luthuli rise	Free	0200923340

NAME	SPECIALITY	LOCATION	CASH/ INSURANCE	CONTACT INFORMATION
Serenity Centre for Alcohol and Drug Addiction.	Offers both residential and outpatient services. Their programs include psychotherapy, cognitive behavioural therapy, mindfulness and relapse prevention.	Bwebajja, Central Region.	Please refer to the website for any consultations.	0717504261 Or Website: Serenity Centre

MINDFULNESS ACTIVITIES CENTERS

ACTIVITY	NAME	FEE	CONTACT
Pottery and Pots Painting	Bight of Benin	25,000	0709702833
Beading Workshop and Candle Making	Taloso Workshop Bugolobi	30,000	0762787873
Aroma Therapy Massages Body Soak Body Scrub	The Pampery or soothing Spa	Varies	0764606231 for the pampery 0783356744 for soothing spa.
Yoga	Man with A Mat Yoga Ventures	Varies	0700812043
Chocolate Making	Moon Bean Chocolate	75,000	0701805182
Yoga Martial Arts Sound Healing Fitness Class	Amrutha Wellness Center	Varies	0701292909
Art Therapy	Figurines- Uganda	Varies	0700780275
Writing Therapy and workshops	Dear Us Uganda	Varies	0700410356