

INFORMATION ABOUT EMBRACE AND EMHC

The Embrace Mental Health Center (EMHC) is part of Embrace, a non-profit, non-governmental organization, established in 2013 to promote mental health and ensure people with mental illnesses are respected, empowered, and able to access appropriate care without constraints.

As a response to the Beirut explosion that occurred on August 4, 2020, Embrace established the EMHC within two weeks, and rapidly expanded its team to include a team of psychologists, psychiatrists, social workers, and support staff.

For appointments, contact us on:
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+961 1 346 226
clinic@embracelebanon.org
Location: Hamra, Makdisi Street

For any further information,
visit our website:
www.embracelebanon.org

Director of EMHC: Dr. Pia Zeinoun
President of Embrace: Mia Atwi

Supported by



embrace

EMBRACE
MENTAL
HEALTH
CENTER

مركز
إمبرايس
للصحة
النفسية

SO THAT ALL PERSONS CAN ACCESS
QUALITY MENTAL HEALTH CARE

WWW.EMBRACELEBANON.ORG

INFORMATION FOR PEOPLE CONSIDERING MENTAL HEALTH SERVICES

The Embrace Mental Health Center consists of an experienced team of mental health professionals who offer quality mental health services to children and adults, without any barriers.

Types of services offered

1. Psychotherapy using cognitive-behavioral therapy, family-systems, and brief psychodynamic approaches.
2. Psychiatric consultations where medical doctors assess, counsel, and prescribe medical treatments.
3. Group therapy sessions where professionals help several people.
4. Psychosocial consultations to connect people with services in the community, and access free medications, and other services such as shelter and protection from harm.

We welcome anyone who may be depressed, moody, anxious, or has gone through trauma or grief, relationship/family problems, along with other concerns.

Fees

We offer fully funded services; you don't have to pay any fee but are welcome to donate a small amount per session if you can.

INFORMATION FOR PROFESSIONALS REFERRING TO EMHC

Our treatment philosophy is person-centered, community-based, multidisciplinary, and evidence-based. We assess and treat the person holistically within their context and culture, using scientifically proven approaches.

Our staff consists of licensed psychologists and psychiatrists, trained locally and internationally, and psychologists undergoing supervised training as part of our university-affiliated training program in Clinical Psychology.

We ensure quality through rigorous evaluations of patient satisfaction with our services and clinicians.

We also monitor symptom relief across times through validated scales.

