



Kampala Counseling Services Ltd

DBT & Mental Health Services

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PARTNERS:

Mental Health Systems PC. Minnesota USA.
<https://www.mhs-dbt.com/locations/west-metro>



DBT & Mental Health Services

ABOUT

Kampala Counseling Services is a private outpatient mental health clinic. It is run by a team of experienced clinicians specializing in dialectical behavioral therapy (DBT), cognitive behavioral therapy (CBT), individual therapy, psychological testing and assessment for adolescents and adults.

We are dedicated to creating mental health awareness in Uganda, as well making mental health services accessible to the community.



MISSION

Kampala Counseling Services is dedicated to the wellbeing of our clients, community and staff. We are guided by our values of acceptance, respect, confidentiality, and wellness.

We provide evidence-based therapy services in respectful, and supportive environments.

SERVICES PROVIDED

- . Psychological assessment and diagnosis
- . Adult Group therapy
- . Adult Individual therapy
- . Adolescent group therapy
- . Adolescent individual therapy
- . Cognitive Behavioral therapy
- . Trainings on effective self care skills and coping mechanisms

Services provided to individuals experiencing but not limited to, different forms of depression, anxiety, stress caused by witnessing or experiencing traumatic events like accidents, or maltreatment, thoughts or action on self-harming behavior, like suicide or cutting, stress from work, relationships, school, etc, as well as some personality disorders.

