



# PROGRAM

## 7.30-8.00am: Registration

## 8.00-8.30am: Open Remarks

- Short music performance,
- Inform the audience about the agenda of the day
- Brief introduce of each organization who joins hands in organizing the event with their booth number

## 8.30-10.30am: Simultaneous Activities

- Organization booth presentation
- Mindfulness /relaxing activity
- Coping skills
- Stabilization techniques
- Mini-counseling
- Art therapy
- Psycho-education on maintaining healthy relationship communication
- Mental Health First Aid
- Knowing your strength
- Values clarification
- Yoga
- Video screening to present about each organization's program and activities.

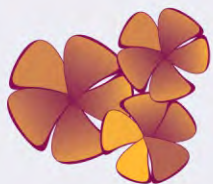
## 10.30-12.00pm: Expert Talks

- Psychological distress and positive mental health of people with physical impairments and their families (Dr. Khem Thann, program manager, LD and Miss. Min Chenda, Handicap International)
- Mental health first aid (Mr. Pich Panha, Clinical Supervisor TPO)
- Treating PTSD by resource activation in Cambodia (Mr. Om Plaktin, EMDR therapist, Mekong Project II)
- Mental health intervention (Prof. Yim Sobotra, MD. Chief of department for mental health and substance abuse)

## 12.00pm: Closing Remarks



# DATE



Friday, 14 October 2016

7:30am - 12pm

Royal University of Phnom Penh

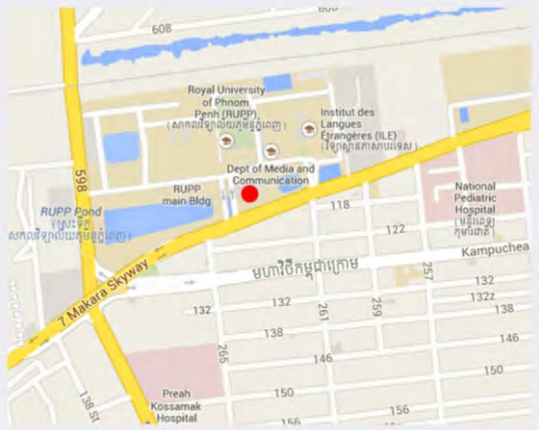


# giz



## Address

Royal University of Phnom Penh (RUPP)  
Russian Federation Boulevard, Toul Kork,  
Phnom Penh, Cambodia

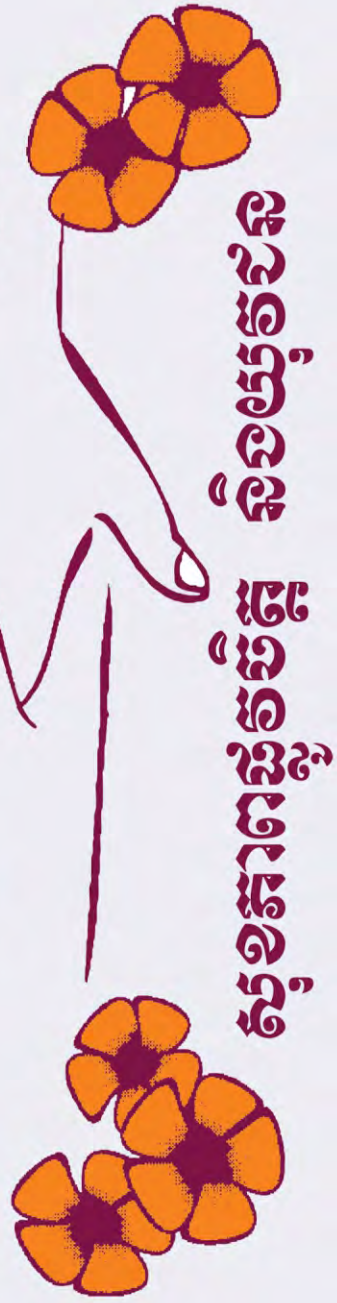


ចូលរួមដោយសេរី  
ផ្តល់ជូនអាចយីក

ស្នើសុំសហការជាមួយស្ថាប័នពាក់ព័ន្ធ

@ RUPP

សិខេត្តស្ទឹងត្រែង  
ស្នើសុំសហការជាមួយស្ថាប័ន





## PROGRAM DESCRIPTION

Many students face difficulties such as relationship problems, Stress and pressure from their studies, family troubles, or mental health problem like anxiety and depression. Many students may not realize the solutions or ways to manage these problems.

RUPP's Youth Mental Health Day brings together the major players in the field of mental health to raise awareness of mental health issues in Cambodia, particularly those affecting young people.

The day will have many interactive and varied activities. The audience is welcome to participate in the activities, ask questions and engage with experts on a wide range of topics throughout the day.

Students and the public are invited to come at any time during the day to listen to talks, watch play and films, listen to music, or get involved in fun activities like art therapy and mindfulness exercises.....or even experience a brief counseling session!

## ORGANIZER AND CO-ORGANIZER

### Royal University of Phnom Penh

#### Department of Psychology

Offers Bachelor of Arts in Psychology since 1994 and Master of Arts in Clinical and Counseling Psychology since 2008 as well as students' counseling services  
Tel: 012 841 332 ( Ms. Sek Sisokhom, Head of Department)

[www.masterofpsychology-rupp.com](http://www.masterofpsychology-rupp.com)

### CCAMH

Comprehensive services for children and adolescents with neuro-psychiatric, developmental and psychological problems through customized interventions provided by multi-disciplinary team  
Tel: 023 983 348

[www.caritascambodia.org](http://www.caritascambodia.org)

### Child Helpline Cambodia (CHC)

Providing professional phone counselling, information services, referrals with appropriate partners and online counselling  
Tel: 1280 (Free) and SMS: 1293 (Free Cellcard and Smart)  
E-mail: [1293@youthchhlat.org](mailto:1293@youthchhlat.org) / [www.childhelpline.org.kh](http://www.childhelpline.org.kh)

### EMDR Cambodia Association - Mekong Project II

Provides psycho-education on trauma, trauma treatment counseling, and trauma capacity building - Professional EMDR Therapy Training

Tel: 089 968 678 (office) / 012 942 964 (Mr. Bunna)

[www.emdrcambodia.org](http://www.emdrcambodia.org)

### Garden of Hope in Cambodia (GOHC)

Provides a long term aftercare program to girls, ages 6 to 18, who were victims of abuse through holistic approach: a safe home, education, social development, build self image, sport, case management, community involvement, and individual and group counseling

Tel: 023 454 4778 or 023 640 3778

[www.ficfellowship.org](http://www.ficfellowship.org)

### Hagar Cambodia (Counseling service team)

Serving men, women and children who have survived the most extreme cases of human rights abuse – sexual exploitation and violent rape, trafficking for labour and forced work, domestic violence and acid attacks

Tel: 023 211 962

[www.hagarinternational.org](http://www.hagarinternational.org)

### Indigo International

A team of international and local professionals providing psychology, counseling, speech therapy and occupational therapy to children, adults & families in Phnom Penh, Cambodia

Tel: 023 222 614

[www.indigo-international.org](http://www.indigo-international.org)

### IOM (International Organization for Migration)

A leading international organization assisting migrants and working with governments to provide solutions to migration challenges

Tel: 023 216 532 / [www.iom.int](http://www.iom.int)

### Karol & Setha

Contribute tackling the root causes of societal problems that require a better self-understanding and the improvement of interconnectedness between people

Tel: 012 392 507 or 089 455 960 / [www.k-s-i.org](http://www.k-s-i.org)

### Khmer Counseling and Psycho-Education Services (KCPS)

Promote positive mental health in Cambodia through supervision, counseling/psychotherapy, and psycho-education services

Tel: 017 668 941 / [www.khmer-cps.com](http://www.khmer-cps.com)

### Kundalini Yoga Cambodia

A yoga project that aims to make Kundalini Yoga accessible to local and international practitioners, to train young Cambodians to become certified teachers, and to build an active community of teachers and practitioners

Tel: 092 42 98 35 / [www.kundaliniyogacambodia.org](http://www.kundaliniyogacambodia.org)

### Louvain Coopération au Développement

Providing financial and technical support to local organizations and working in three different areas: Rural mental health services, other non-communicable diseases, food and economic security

Tel: 012 758 682 (Dr. Khem Thann)

[www.louvaincooperation.org](http://www.louvaincooperation.org)

### Maryknoll Mental Health

An NGO registered with the Ministry of Health that provides psychiatric and counseling services at a treatment center in Phnom Penh and sends mobile mental health teams to remote villages to provide psycho-education, develop peer support communities and treat a host of psychological disorders.

Tel: 017 718 250 (Fr. Kevin)

### Rabbit School

Cambodian NGO whose mission is oriented toward the rehabilitation and full integration to the Cambodian society of people with disability with special focus on children and youth with intellectual disabilities

Tel: 092 887 055 (Ms. Chhorn Chanphak)

[www.rabbitschoolcambodia.org](http://www.rabbitschoolcambodia.org)

### Ragamuffin Cambodia/International

The application of creative arts therapy to ease the emotional pain and psychological damage in children and adults

Tel: 017 752 684 (Ms. Serey Samchet)

[www.ragamuffinproject.org](http://www.ragamuffinproject.org)

### Sunrise Mental Clinic

A private and leading clinic provides mental health services as psychiatric treatment, assessment, and counseling psychotherapy in Phnom Penh, Cambodia

Tel: 023 955 777 / [www.sunriseclinic.com.kh](http://www.sunriseclinic.com.kh)

### TPO Cambodia

A leading NGO providing mental health services and psycho-social support to Cambodian people and communities

Tel: 023 63 66 991 (clinic)

[www.tpocambodia.org](http://www.tpocambodia.org)

