Within
Sousan Razzouk
Psychological and Behavioral Therapy L.L.C.

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سوسن رزوق
لعلاج الاضطرابات
النفسية و السلوكية ش.ذ.م.م

A. Child Protection, Violence-Related Support, and Mental Health Resources

United Arab Emirates

Service	Contact	Use
Ministry of Interior Child Protection Centre	**116111**; https://moi-cpc.ae	Reporting suspected or known child abuse, neglect, exploitation, or threats to children's safety. Provides access to official child protection reporting mechanisms.
Dubai Foundation for Women and Children (DFWAC)	**800111**; https://www.dfwac.ae	Support and protection services for women and children affected by domestic violence, child abuse, or human trafficking. Provides crisis-related assistance and referrals.
Mental health and emotional support	**Itma'en: 800 506**	Dubai's free mental health support service, daily from 9 a.m. to midnight**, in** Arabic and English**.** Available to citizens, residents and visitors of all ages, with guidance and referral for further care when ne
Child abuse, neglect or exploitation in Dubai	**CDA Child Protection: 800 988**	24 hours a day. For concerns about a child being harmed or at risk. CDA's service covers children under 18 of all nationalities living in Dubai.
SAKINA Mental Health Support Hotline, Abu Dhabi	**800 725462** (800-SAKINA); https://www.doh.gov.ae	Psychological first aid, emotional support, and access to mental health professionals. Arabic- and English-language support is available 24 hours a day, seven days a week.

Lebanon

Service	Contact	Use
Himaya Child Protection Services	**03 414 964**; resilience@himaya.org; https://www.himaya.org	Reporting suspected or known child abuse, including sexual abuse. Provides child protection assessments, psychosocial intervention, consultation, and referrals for children and families.
KAFA (enough) Violence & Exploitation	**03 018 019**; https://kafa.org.lb	Support, information, and assistance concerning violence against women, domestic violence, and related protection concerns.
Embrace National Lifeline for Emotional Support and Suicide Prevention	**1564**; https://embracelebanon.org	Confidential emotional support, suicide-risk assessment, and guidance toward mental health services. Available 24 hours a day, seven days a week.
Embrace Mental Health Center	**01 346 226** or **81 003 870**; clinic@embracelebanon.org; https://embracelebanon.org	Psychological and psychiatric consultations, psychotherapy, and assistance with accessing appropriate mental health care.

Saudi Arabia

Service	Contact	Use
National Family Safety Program, Child Helpline	**116111**; https://my.gov.sa	Support and consultation for children under 18 experiencing abuse, neglect, exploitation, or other threats to their wellbeing. Provides guidance and referrals to appropriate authorities.
Ministry of Human Resources and Social Development, Family Violence Reporting Center	**1919**; 1919@hrsd.gov.sa; https://www.hrsd.gov.sa	Reporting family violence or abuse, obtaining family protection assistance, and receiving guidance or referrals. Available 24 hours a day, seven days a week.

Ministry of Health, Health Consultation Service	**937**; https://www.moh.gov.sa	Medical and psychological consultations, health-related guidance, and assistance accessing appropriate healthcare services. Available 24 hours a day, seven days a week.

Kuwait

Service	Contact	Use
Kuwait National Child Protection Program, Child Helpline	**147**; https://kncpp.moh.gov.kw	Reporting suspected child abuse, neglect, exploitation, or other safety concerns. Provides guidance, child protection consultation, and referral to relevant services.

Qatar

Service	Contact	Use
Protection and Social Rehabilitation Center (AMAN)	**919**; https://www.aman.org.qa	Protection, psychosocial support, legal and social consultation, and referrals for women and children affected by violence or family-related harm. Hotline available 24 hours a day, seven days a week.
Hamad Medical Corporation, National Mental Health Helpline	**16000**, select option **4**; https://www.hamad.qa	Psychological support, mental health guidance, and assistance accessing appropriate mental health services. Operating hours should be confirmed before distribution.

Bahrain

Service	Contact	Use
Ministry of Social Development, Child Protection Centre	**998**; https://www.social.gov.bh	Reporting child abuse, neglect, sexual abuse, or threats to child safety. Provides consultation, support, and referrals to the relevant authorities.
Family Protection Services	**17430515**; https://www.bahrain.bh	Assistance and reporting related to domestic and family violence, including concerns about the safety of women and family members.

Oman

Service	Contact	Use
Child Abuse Reporting Service	**1100**; https://gov.om	Reporting suspected child abuse, neglect, or other child protection concerns to the relevant authorities.
Domestic Violence Reporting Service	**80077788**; https://gov.om	Reporting domestic violence and obtaining access to official protection and response mechanisms.

Jordan

Service	Contact	Use
Jordan River Foundation, 110 Helpline for Families and Children	**110**; https://www.jordanriver.jo	Confidential child and family safety consultations, psychosocial support, parenting guidance, and referrals concerning abuse, violence, neglect, or family distress.

Egypt		
Service	**Contact**	**Use**
National Council for Childhood and Motherhood, Child Helpline	**16000**	Reporting child abuse, exploitation, neglect, and other threats to children's welfare. Provides access to child protection assistance, consultation, and referral mechanisms.
National Council for Women, Women's Complaints Office	**15115**; https://ncw.gov.eg	Information and assistance concerning violence against women, harassment, legal rights, and related social or psychological support needs.

B. Emergency Services by Country

The following numbers are intended for situations requiring immediate intervention.

Country	Service	Emergency number
Lebanon	Internal Security Forces, police	**112**
Lebanon	Lebanese Red Cross, emergency ambulance	**140**
United Arab Emirates	Police	**999**
United Arab Emirates	Ambulance	**998**
Saudi Arabia	Police	**999**
Saudi Arabia	Saudi Red Crescent, ambulance	**997**
Kuwait	Unified emergency services, police, ambulance, and fire	**112**
Qatar	Unified emergency services, police, ambulance, and civil defense	**999**
Bahrain	Emergency services, police and ambulance	**999**
Oman	Royal Oman Police, emergency response	**9999**
Jordan	Unified emergency services	**911**
Egypt	Police	**122**
Egypt	Ambulance	**123**