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Founded in 2007.

Welcome to the Institute of Mental Health (IMH), Colombo, Sri Lanka

Our two official IMH Latin Mottos:

- **“mens sana in corpore sano” - (a healthy mind in a healthy body)**
- **"mutare vivendi viam vestram" - (change your way of living)**



Ayubowan! - **ආයුබෝවන්** (āyubōvan) (May you live long!). Vanakkam! - **வணக்கம்** (Adoration, Worship, Reverence, Respect, Submission, etc.). As-Salaam-Alaikum! **السَّلَامُ عَلَيْكُمْ** (Peace be upon you). Greetings and welcome to the **Institute of Mental Health (IMH)** in Colombo-04, Sri Lanka website. Our aim is to provide and promote positive mental health and wellness services and education and training opportunities for all. We have been operating successfully since our inception in Colombo 03 in August 2007 as a private educational and research Institute and we conduct regular short-duration small group and individual **Internationally Recognized and fully Accredited Certificate and Diploma level Courses and Training programs** and online (distance learning) **accredited** courses in general psychology, counselling and psychotherapy, life coaching, relationship coaching, child psychology, positive and responsible parenting, educational psychology, abnormal psychology, health psychology, CBT, DBT, diet and nutrition, and the psychology of addiction and substance abuse. We also conduct regular public seminars and workshops on relevant and important topics related to Psychology, Suicide Prevention, Counselling and Mental Health in Colombo.



THE IMH IS AFFILIATED AND IN PARTNERSHIP WITH THE BRAZILIAN ASSOCIATION OF PSYCHOANALYSIS – ABP®

We also provide face-to-face and online confidential and personalized psychological counselling and psychotherapy sessions and consultations on request for individuals (teens, adults, couples, elderly citizens) and groups. Clinical hypnotherapy consultations and sessions are also made available for students, clients, organizations and the general public for effective relaxation and stress management, increasing self-esteem, phobia cure, eating disorders, sleeping disorders, behavioral addictions, alcohol and smoking cessation, drug and substance abuse, overcoming social anxiety and mild depression and for achieving accelerated behavioral changes and personal growth.



Institute of Mental Health – Most Innovative Counselling Services Sri Lanka – Global Excellence Awards 2017 – Certificate

Please take some time to explore this site and drop us a line if you require any more information or clarification about our professional and confidential counseling and psychotherapy services, clinical hypnotherapy services, our psychology and mental health related courses/classes, or if you have any other suggestions or comments.



[Read the IMH Latest News and Events](#)

[Read and Download the Research Articles and Publications on Mental Health, Psychology, Psychiatry and Psychotherapy by clicking this link.](#)

We wish you continued health and happiness and we look forward to hear from you soon!

Opening Days and Hours: Monday to Saturday from 9.00 am to 6.00 pm



HONORARY PATRON OF THE IMH

[H.E. Amb. Gen. Sir Divakar Chandra Sarkar](#), ONU, CCK, ELLD, MD, JD, SJD, DPS, Ph.D., FAMDA - **Ambassador Extraordinary and Plenipotentiary, United Nations, President and Chief Judge, UN Inter-Governmental Special Court of Arbitration, Lt. General and Inspector General, H-WIPC Interpol Command**

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Mr. Nisal Perera, Internationally Certified Addiction Professional and Recovery Coach, Consultant to the Police Department on Drug and Alcohol Addiction, Consultant to the Ministry of Rehabilitation in Sri Lanka, Coordinator for the Presidential Drug Task Force, Sri Lanka. Consultant - Durdans Hospital - Negombo, and Ave Maria Hospital in Negombo, Sri Lanka.

Team of IMH Counsellors and Psychotherapists

TEAM OF IMH CERTIFIED LIFE COACHES

TEAM OF IMH CERTIFIED RELATIONSHIP COACHES

The IMH is an official Institutional signatory of the **The SDG Accord** global initiative established to inspire, celebrate and advance the critical role that education has in delivering the **Sustainable Development Goals (SDGs)** and the value it brings to governments, business and wider society.



The IMH is also an official **Academic Signatory** of the **Education Charter International** initiative of CCLP Worldwide.



The IMH is now an official "Mental Health and Wellbeing Partner" of the Rotaract District 3220 Sri Lanka and Maldives for the Rotaract Year 2020-21 in building a mentally stronger and healthy community in our very own country.



The Institute of Mental Health is an **Affiliate Organization Member** of the **World Federation for Mental Health**
- WFMH, USA.



The IMH is **Accredited** with a **5 Star Grading** by **The International Commission for Diplomatic Relations, Human Rights and Peace (ICDRHRP)**, Inter-Governmental Organization (IGO), California, USA.



The Institute of Mental Health is an **Affiliated Institution** of The Academy of Universal Global Peace (AUGP), USA



The Institute of Mental Health is **Affiliated** with the [International Vocational Education and Training Association \(IVETA\)](#), USA, via its Founder and Director Dr. Sir Romesh Jayasinghe who is an Individual Member of the IVETA, USA.



The Institute of Mental Health is **Affiliated** with the [Young Scientists University \(YSU\)](#), USA



The Institute of Mental Health is **Accredited** by the [International Special Court of Arbitration and Human Rights \(ISCAHR\)](#), USA



The IMH is **Affiliated** with The Canadian Health Sciences Institute (TCHSI), IGO, Canada.



The IMH is a **Member** of the International Initiative for Mental Health Leadership (IIMHL), New Zealand.



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