

## 7 places offering free psychotherapy/Counselling Services in Kenya

The following are the seven places where you can get free mental health/psychological counselling services in Kenya for free. The centres/organisations offer free online and physical counselling meaning you can contact the institutions wherever you may be. In case you are distressed psychologically or emotionally, do not hesitate to ask for help.

### [Kenya Red Cross Society.](#)

Modality: Online Therapy (24/7).

Contact: **1199 (Free Toll Number).**

: (+254) 703 037 000

Email: [info@redcross.or.ke](mailto:info@redcross.or.ke)

### [Kenyatta National Hospital](#)

Modality: Physical Therapy (Every Tuesdays from 8:00 AM)

SGBV Clinic (Monday to Friday).

Contact: **020 2726300, 0709854000, 0730643000**

Email: [knhadmin@knh.or.ke](mailto:knhadmin@knh.or.ke).

### [Befriender Kenya](#)

Modality: Physical and online Therapy (24/7).

Services: Free counselling for Suicide Prevention.

Contact: **0722178177**

Email: [befrienderskenya@gmail.com](mailto:befrienderskenya@gmail.com)

### [NACADA](#)

Modality: Online Therapy (24/7).

Services: Free counselling and referral for Drugs and Substance Abuse Issues.

Contact: **1192 (Free Toll Number).**

Email: [info@nacada.go.ke](mailto:info@nacada.go.ke)

### [Hopewell Foundation](#)

Modality: Online Therapy (24/7).

Services: Free Therapy/counselling for the Youth who cannot Afford.

Contact: **0717296275**

Email: [info@hopewellcounseling.co.ke](mailto:info@hopewellcounseling.co.ke)

### [one2one 1190](#)

Modality: Online Therapy (8:00am-10pm)).

Services: Free Counselling services for HIV, Gender-based Violence, Sexual Reproductive Health & Rights and Mental Health

Target Group: Free counselling services for women, deaf, lgbtq+, and the youth.

Contact: **1190(Free Hotline)** +254733 333268 +254722 203610 / +254724 256026

Email: [one2onewebsite@lvcthealth.org](mailto:one2onewebsite@lvcthealth.org)

### [Healthcare Assistance Kenya](#)

Modality: Online Therapy (24/7).

Services: Free Counselling services for SGBV Survivors.

Contact: **1195 (Free Hotline)** 705208065 / +254 733738626

Email: [one2onewebsite@lvcthealth.org](mailto:one2onewebsite@lvcthealth.org)