

NATIONAL MENTAL HEALTH HELPLINE STATISTICS 2025													
	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC	TOTAL
CRISIS MANAGEMENT	21	17	12	33	21	17	13	4	25	26	34	38	261
EMOTIONAL SUPPORT	94	79	93	178	178	263	381	314	180	275	238	266	2539
INFORMATION	319	327	409	801	899	636	377	336	324	385	303	277	5393
FOLLOW UP	84	64	48	243	211	204	161	189	217	234	177	93	1925
										TOTAL CALLS (2025)			10118
NATIONAL MENTAL HEALTH HELPLINE STATISTICS 2026													
	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC	TOTAL
CRISIS MANAGEMENT	19	2	18	55	47	28	80	41	53	56			399
EMOTIONAL SUPPORT	187	150	350	290	368	201	334	244	351	351			2826
INFORMATION	204	196	462	553	508	506	747	871	986	1149			6182
FOLLOW UP	51	41	98	350	346	268	863	914	929	1164			5024
										TOTAL CALLS (2026)			14431
HOSPITAL/HOME VISITS COMMENCED ON AUGUST 2026													
Home Visit	60												
Hospital Visit	49												
COUNSELING & PSYCHOSOCIAL SESSION COMMENCED ON SEPTEMBER 2026													
Psychosocial sessions	292												
Counseling sessions	60												

Subject: Re: Data Request: Mental Health Helpline Call Categories (Jan 2025 – Present)
Date: Sunday 25 October 2026 at 14:43:49 Maldives Time
From: Fathimath Leena
To: Mohamed Ibrahim (North Galolhu)
CC: National Mental Health Department, Aminath Ismail
Attachments: image001.jpg, image.png, image.png, image.png, image.png, image.png, image.png, Statistics of NMHD.pdf

Dear MP,

Thank you for your email and for your interest in understanding the current mental wellbeing of our community.

Unfortunately, we do not currently have the Mental Health Helpline data segregated into the specific categories outlined in your request. However, I am sharing the data currently available with us for the period from January 2025 to date, which may be useful for your reference.

Please note that the information provided is limited to the data currently collected and available within the Department.

Thank you for your understanding.

Best regards,
Fathimath Leena
Director General
National Mental Health Department
Ministry of Health



Fathimath leena

*Director General of National Mental health
National Mental Health Department*

T: +960 3024520

W: health.gov.mv



From: Mohamed Ibrahim (North Galolhu) <mp.mohamed.galolhu@majlis.gov.mv>

Sent: Saturday, October 24, 2026 7:07 PM

To: Fathimath Leena <fathimath.leena@nmhd.gov.mv>

Subject: Data Request: Mental Health Helpline Call Categories (Jan 2025 – Present)

You don't often get email from mp.mohamed.galolhu@majlis.gov.mv. [Learn why this is important](#)

Dear Fathimath Leena,

To better understand the current status of mental wellbeing within our community, I would like to request data on the calls made to the Mental Health Helpline from January 2025 to the present date.

Specifically, if available, I am looking for data broken down by the following categories:

1. Acute Crisis and High-Risk Calls
2. General Mental Health and Distress Calls
3. Substance Use and Addiction Calls
4. Third-Party and Concerned-Other Calls
5. Information, Referral, and Logistics Calls

If you are unable to provide data for these exact categories, please let me know what alternative data or metrics you would be able to share.

Thank you for your time and assistance.

Best Regards,

Kudu



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Mohamed Ibrahim

Member of Parliament, North Galolhu Constituency

People's Majlis Secretariat (Parliament of Maldives)
Medhuziyaaraiy Magu, Malé 20080, Republic of Maldives

+960 777-3125

www.majlis.gov.mv

[@mvpeoplesmajlis](https://twitter.com/mvpeoplesmajlis)

Subject: Data Request: Mental Health Helpline Call Categories (Jan 2025 – Present)
Date: Saturday 24 October 2026 at 19:07:51 Maldives Time
From: Mohamed Ibrahim (North Galolhu)
To: fathimath.leena@nmhd.gov.mv
Attachments: image001.jpg

Dear Fathimath Leena,

To better understand the current status of mental wellbeing within our community, I would like to request data on the calls made to the Mental Health Helpline from January 2025 to the present date.

Specifically, if available, I am looking for data broken down by the following categories:

1. Acute Crisis and High-Risk Calls
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Mohamed Ibrahim

Member of Parliament, North Galolhu Constituency

People's Majlis Secretariat (Parliament of Maldives)

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