A journey since 2016
WE CARE FOR YOUR MIND

What is Mental health? Mental health is a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community (WHO). It promotes healthy and non-violent relations between two individuals and among groups, with mutual trust, tolerance and respect for the dignity of every person. Right to mental healthcare is a human right!

Moner Bondhu is a platform to provide care for mental health and well-being service. We care for you and your mind, and make it a healthy one.
What do we do

Since 2016, we are dedicatedly working for mental healthcare in Bangladesh by 1) providing care and support to mental distress, via helpline number, online and offline counseling support; 2) organizing group sessions, workshops, and training; 3) hosting ‘Amar Moner Kotha’, a weekly radio program on Color’s FM 101.6 dedicated to endorsing issues on mental healthcare; 4) broadcasting a TV show to openly talk about mental healthcare and finally 5) advocating for the mental healthcare services with narratives, videos, and many more digital media.

Achievements
ACCESSIBLE AND AFFORDABLE SERVICE FOR ALL

Since 2016, Moner Bondhu has reached 800,000 people thorough its various online platforms, while off-line, through our many events we have reached 100,000 people. Roughly 1200 people received our counseling services with our highly skilled mental health professionals. We want to tell everyone that, we are here for you, whenever you need, wherever you are.
Moner Bondhu won Best Startup at UNDP Youth Co:Lab after a two-day-long boot camp and a very competitive selection process.

Moner Bondhu received extensive support from PUM Netherlands senior experts. Mr. Jos Poelmann, (Senior Expert, Mental Healthcare) came on behalf of PUM Netherlands to share expert insight.

Moner Bondhu signed a historic Memorandum of Understanding with Bangladesh Garment Manufacturers and Exporters Association (BGMEA) for providing mental wellbeing support to the Ready Made Garment (RMG) sector workers. This is a milestone not only for Moner Bondhu, but also for BGMEA as this is the first ever initiative of BGMEA where Moner Bondhu will work to provide mental health services to 10,000 RMG workers in 50 factories.

Moner Bondhu signed a Memorandum of Understanding (MOU) with Ujjwala to lead a series of workshops in the remote areas of Bangladesh for the marginalized women and vulnerable communities on their mental wellbeing and self-care mechanisms.

Moner Bondhu won Best Startup at UNDP Youth Co:Lab after a two-day-long boot camp and a very competitive selection process.

Moner Bondhu worked on ‘Engaging English Medium Schools to Identify Inclusive Parenting and Student Behavior’ USAID Bangladesh’s Obirodh, Road to Tolerance project in 2019. We also developed three crisis assessment tools for adolescents with the findings of the FGDs and literature review.
Acumen Fellowship and Moner Bondhu

Following a rigorous application process, Tawhida Shiropa, C.E.O. and Founder of Moner Bondhu won the prestigious Acumen Fellowship. Acumen Academy has selected 23 Bangladeshi changemakers as Fellows for the inaugural group of the Acumen Fellowship Program.

From 230 potential applicants, and a critical assessment through a holistic 3-stage application process, Tawhida Shiropa has proven her potential skill and strong commitment to promote affordable and accessible mental health services in Bangladesh.
Upcoming work

1. Moner Bondhu's first live TV show with Nagorik Television
   "Moner Kotha, Phone er Kotha"
   Time: Thursday night 10:30 - 11:30 pm
   First episode aired on 16th January 2020

2. Join us at the Session at EMK Center
   "Personal Relationship & Attachment"
   Time & Date: 6:00-7:30pm, Tuesday, 11 February, 2020

3. Workshop Series on 'Inclusive Parenting and Adolescence Activity' in Dhaka and other cities

4. Next Speaker on our Radio Show:
   Javed Parvez, Vice President, Robi Axiata Limited
   Hear us on 3 February, 2020 at ColoursFM 101.6 from 11 pm to 1 am

Now, we are on TV!
Moner Bondhu and Nagorik Television signed a Memorandum of Understanding in 15 January, 2020 to create a television program and community on mental health.

Do you hear us on FM Radio?
If not, please tune into ColoursFM 101.6 from 11 pm to 1 am. Moner Bondhu and ColoursFM 101.6 is hosting radio shows since 2016. We come three times every month on MONDAY to talk about different mental health issues and how to tackle them bravely.

Our business hour has updated
Now on, team Moner Bondhu will be more accessible.
We are accepting appointments for all seven week days. Like our page on Facebook, send us a message or call us at +8801776632344. Your confidentiality and privacy would be our higher priority.
Meet The Managerial Team

Tawhida Shiropa, Founder & CEO
Shikhly Sunny, Strategic Lead
Ipshita Siddiquee, Program Manager
Aashaa Zahid Khan, R&D Manager
Tarikur Rahaman, Logistics Manager

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