



WAIRIMU NDUNG'U

Psychosocial Services at Mathari Hospital

Clinic Days, Prices and Procedure





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Psychosocial Services Offered

Psychiatry

- Days: **Men** – Monday and Wednesday, **Women** – Tuesdays
- Time – 9 a.m to 12:30 p.m
- Cost – Ksh. 200

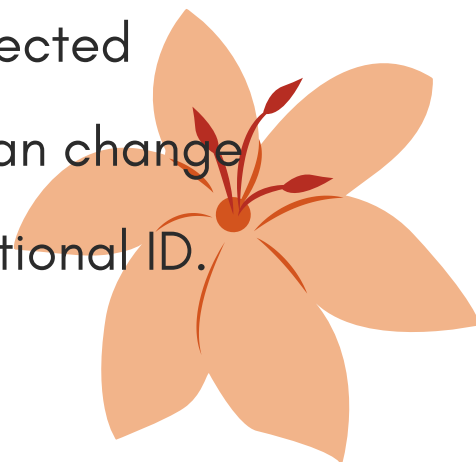
Psychotherapy

- Clinic Days – Thursdays for everyone
- Time – 9 a.m to 12:30 p.m
- Cost – Ksh.500

They also take NHIF for both services provided you've selected Mathari as your treatment facility of choice (if not you can change from their offices). Just carry your NHIF card and your national ID.

@wairimukendungu

wairimundungukenya@gmail.com | www.wairimundungukenya.wixsite.com/website





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First-Time Visit Procedure

Opening a new file (It's walk-in so no appointment needed)

- Start at the records office where they'll ask for your contact details, your ID and the purpose of your visit.
- They'll hand you a card to keep track of your appointments.

Making payment

- Head to the accounts desk to pay for your session. There's a different accounts desk for NHIF payments (just ask) and they'll keep your NHIF card until after your session so remember to pick it up.
- Return to the records office and hand over your receipt and card so they can send your file to the psych/therapist.

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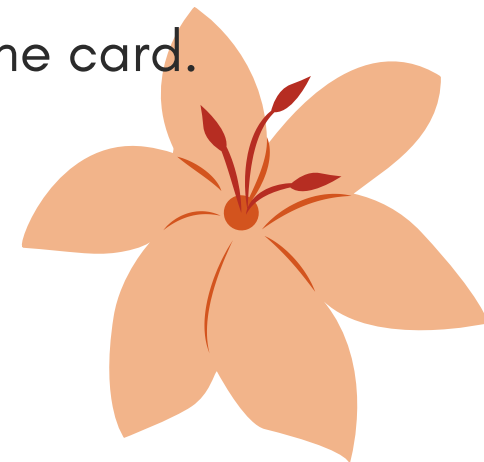
First-Time Visit Procedure

Seeing your mental health practitioner of the day

- Proceed to the designated waiting area which is a gazebo close to the records office (but you can ask to be sure).
- After your session, you'll get back your card, a prescription (if applicable) and a tiny paper indicating your next appointment.

Scheduling your next appointment

Go to the appointments desk and hand them the tiny paper so they can add the date of your next appointment to the card.



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First-Time Visit Procedure

Visit the pharmacy (in case of a prescription)

- Check for the availability of your medication – they're usually cheaper but I personally don't often find my medication there.
- If your medication isn't available, I recommend **Mumbi House Pharmacy** in town that has relatively cheaper prices than most places. Contact: 0715-585612

NB: If new to medication, please discuss brand versus generic options with the doctor – generic options are usually cheaper but different people have different experiences successfully managing their symptoms while taking them so ask questions.

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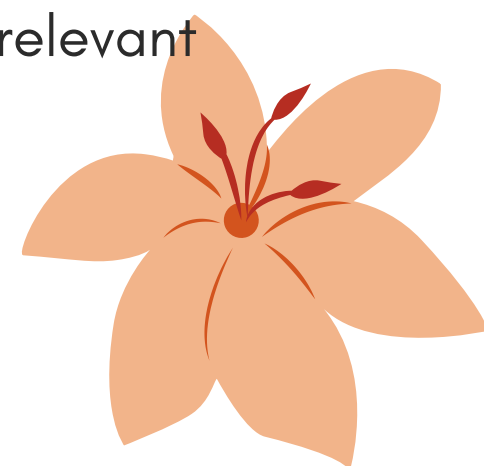
Frequently Asked Questions

Subsequent Visits

Start by paying at the relevant accounts office since your card already indicates which clinic you're going to and ask for directions to the clinic. Hand over your card and receipt then listen for your name in the waiting area.

Do I see the same psychiatrist each time?

I usually see the psychiatrist that's available on the day of my appointment. So far it has been a different one each time. They always refer to my patient file and they ask me relevant questions to gauge how I'm doing.



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Frequently Asked Questions

Do I see the same therapist each time?

- You're matched with and see the same therapist as long as needed. However, your therapist's time at the facility may come to an end in which case you switch to another one.
- Thus, if possible, request your then therapist to hand you over to the next one and/or prepare you to transition. The good thing is, your file contains all your progress notes.
- I've not attended therapy here but a loved one has met some amazing therapists who've really helped them.

Mathari Hospital contact: 020 2337694

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