

## Our Vision

We are committed to providing our clients with world-class quality management of mental health conditions. We do so through unconditional positive regard and advanced empathy.

## Our mission

is to be a world-class leader in the field of mental health, specializing in the intervention, prevention, and treatment of related conditions. We are committed to driving research and capacity-building initiatives to achieve this goal.

## Our Core Values

Responsibility | Integrity | Respect |  
Excellence | Servant | Leadership

# DISORDERS

## SUBSTANCE- RELATED AND ADDICTIVE DISORDERS

- Alcohol Use Disorder
- Cannabis Use Disorder
- Stimulant Use Disorder (e.g., cocaine, amphetamines)
- Opioid Use Disorder
- Gambling Disorder

## NEURODEVELOPMENTAL DISORDERS

- Autism Spectrum Disorder (ASD);
- ADHD (Attention-Deficit/Hyperactivity Disorder)
- Specific Learning Disorders
- Communication Disorders
- Speech or language impairments.
- Motor Disorders

## MOOD DISORDERS

Major Depressive Disorder (MDD)  
Persistent Depressive Disorder (Dysthymia)  
• Disruptive Mood  
Dysregulation Disorder (DMDD)

**DOVE INTERNATIONAL WELLNESS CENTRE**

*Your wellness is our concern*

## DOVE INTERNATIONAL WELLNESS CENTRE

### Who We Are

Dove International is a non-profit organization established in Kenya in 2013.

We are dedicated to delivering quality care in mental health and neurology for individuals across Africa and beyond.

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info@doveinternational.co.ke



Feel at home at Dove International Wellness Centre

Miss Rhoda Kithure  
Psychologist - Dove Intl Wellness Centre



# Our Approach

## Our preventive treatment approach includes:

### Early Screening & Diagnosis

Identifying mental health risks in schools, workplaces, and communities.

### Relapse Prevention Programs

Continuous monitoring and structured follow-up for individuals in recovery.

### Stress Management & Resilience Training

Teaching practical coping skills to reduce vulnerability.

### Psychoeducation

Empowering individuals and families with knowledge about early warning signs.

### Workplace & School Programs

Promoting supportive environments that reduce stigma and encourage mental wellness.

## Our curative treatment approach includes

### Comprehensive Psychiatric Assessment

Accurate diagnosis to guide treatment planning.

### Psychotherapy & Counseling

Evidence-based therapies such as CBT, DBT, trauma-focused therapy, family, and group therapy.

### Pharmacological Support

Safe use of antidepressants, mood stabilizers, antipsychotics, or anti-anxiety medication.

### Inpatient & Outpatient Care

Providing structured environments for individuals with severe or persistent conditions.

### Rehabilitation Services

Recovery-focused programs for substance use and addiction.



## Our promotive treatment approach includes:

### Wellness & Mindfulness Programs

Yoga, meditation, art therapy, and guided relaxation techniques.

### Community Engagement & Advocacy

Campaigns to reduce stigma and promote open conversations about mental health.

### Support Groups & Peer Counseling

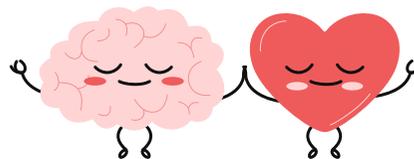
Safe spaces for sharing experiences and building resilience.

### Holistic Health Promotion

Integrating nutrition, physical fitness, and balanced routines with mental wellness.

### Educational Workshops

Teaching life skills, emotional intelligence, and conflict management.



# Our Facilities

**Karen I Branch**  
Along Kwarara Rd

**Karen II Branch**  
Galleria, Karen along Mokoyeti West Road  
off Lang'ata Rd

**Kikuyu Branch**  
Rungiri Road

[www.doveinternational.co.ke](http://www.doveinternational.co.ke)

**SELF MENTAL**

**ASSESSMENT TEST**

**SCAN HERE**

