



«Mental Health- Counseling and Therapy Centre» was founded as a multi-dimensional organization for the promotion of mental health through counseling, therapeutic, educational, research and publishing activities, as well as community interventions.

Dr Gregoris Simos, psychiatrist-psychotherapist is the Head of the Center.

Dr Simos was trained in the United Kingdom (Institute of Psychiatry, University of London) and USA (Center for Cognitive Therapy, University of Pennsylvania), is a Founding Fellow and Diplomate of the Academy of Cognitive Therapy, and has a rich teaching, research, and publishing background