



Holistic Solutions for Care & Wellbeing

Mental Health Care Services You Can Trust

Our Core Specializations

 Mental Health Care for adults  Dementia Care Interventions

 Elderly Care Services

Featured In :  **the pioneer**  **NEWS 18**  **Hindustan Times** 

CONTACT US



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Mental Health Solutions

Psychiatrist Consultations – Available for diagnosis and medication management.

Psychological Evaluations – Our clinical team is equipped to conduct detailed psychological evaluations to develop an effective treatment plan.

Psychotherapy – We develop the treatment plan in liaisons with the psychiatrist to provide effective case management.

Mental Wellbeing Self Care – Samvedna digital solutions help with screening and self-care programs to maintain mental wellbeing.

Group Therapy/ Support Groups – We have support groups for mental health, caregiver stress and healthy ageing.

Counselling Services for



Anxiety/Stress



Depression, Bipolar,
OCD, Personality
Disorders, PTSD



Lifestyle Transitions/
Ageing Nutrition/
Retirement Planning



Relationship Concerns



Age-related Concerns



Cancer and Long
Term Illness

Services are available Pan India – Online/In-Person.