

## Our Strategy

### PREVENT

detrimental influences which may hamper positive mental wellbeing

### PREPARE

individuals to face any challenges in life by equipping them with psycho-social skills for increasing resilience

### PURSUE

wellbeing by exploring new opportunities and activities within communities



## MISSION STATEMENT

MIND India Wellness Centre is envisioned to meet the felt need for a comprehensive multidisciplinary mental health facility. The centre will help to create a space to address every facet of positive living encompassing the entire range of physical, emotional, social, mental and spiritual aspects of human experience. The main thrust would be to facilitate enhancement of quality of life for all age groups by augmenting resilience at the individual level to ensure sustainability of wellbeing at the community level



## Services Offered

### COUNSELLING & THERAPEUTIC INTERVENTION

- Individual, Group, Youth Counselling
- Family & Marital Counselling
- Career Assessment & Counselling
- Cognitive Rehabilitation

### PSYCHIATRIC EVALUATION

- Psychiatric Assessment & Intervention
- Psychological Assessments
- Alcohol & Drug Deaddiction Programme
- Oral Substitution Therapy
- Dementia Screening & Rehabilitation for the elderly

### CHILD & ADOLESCENT MENTAL HEALTH SERVICES(CAMHS)

- IQ testing
- Remedial Programmes for Learning Disability ADHD, Autism
- Special Education
- Speech & Language Therapy
- Behaviour Therapy
- Occupational Therapy
- Art & Expressive Therapy

### ALTERNATIVE HEALING

- Physiotherapy
- Yoga Practices
- Mindfulness Practices
- Ayurveda
- Acupressure
- Homeopathy

## About MIND India

*Life is exultation and its fount is positive wellbeing*

Wellbeing is a state of positivity in the physical, emotional, social, mental and spiritual spheres of living and not merely the absence of disease. MIND India has embarked on a journey with a mission to ensure "Positive Mental Health for All" on January 20, 2006, with a group of professionals dedicated to the cause of ushering in the benefits of Positive Mental Health & Wellbeing for all sections of society.



*"I believe, unconditional acceptance is an understanding that each individual needs to realize in the path of self discovery"*

Dr.Sangeeta Goswami  
President, MIND India



## MIND India Wellness Centre

### Contact Us

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"Choose Change"**