


LANDING PAGE:




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Transforming Lives, Restoring Hope

Welcome to Soul Support, your destination for comprehensive mental health resources and support. Explore a wealth of knowledge on various mental health topics, including symptoms, tips, and treatment options. Connect with a supportive community of individuals who understand your experiences, and find solace in shared stories. Access professional online counseling, discover a directory of trusted mental health professionals, and utilize our self-assessment tool for personalized insights. Begin your path to inner peace and well-being today with Soul Support.

[Start Therapy](#)





Want To Read Something?

Discover a treasure trove of wisdom in our blog section, curated by our team of professional therapists, offering transformative perspectives, evidence-based strategies, and self-care practices to enhance your mental well-being.

Access the Latest Mental Health Insights on Our Blog

[Read Blogs](#)

Shane Feldman

WEBINAR :
Unlocking the Power of Mindfulness

AUGUST 1ST, 2023 1-2PM

[Join Live](#)

12:15:58:45

How Soul Support Works



Self-Assessment

Answer a few questions and receive personalized feedback instantly



Personalized Match

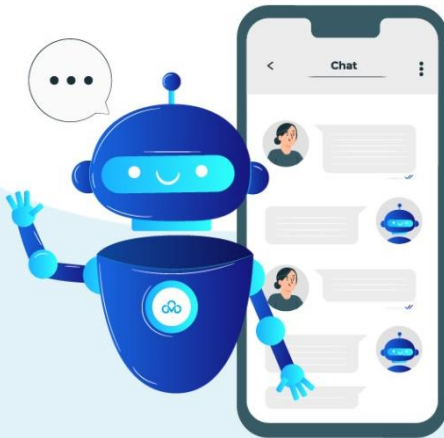
Discover the right therapist for you, tailored to your mental health needs.



Start Therapy

Begin your healing journey with Online Therapy Sessions

Get Started

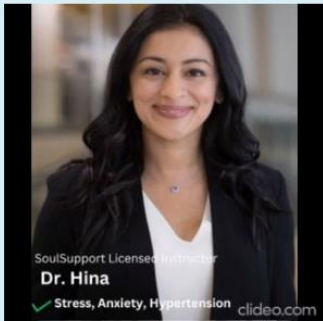


Welcome to Chatty

How can I help you today?

Experience empathy and personalized guidance with our AI-powered mental health chatbot, empowering you on your journey towards well-being.

Start Conversation



Soulful Sessions

Meet Our Expert Instructors and Join Live Counseling for Mental Health

- ✓ Anxiety
- ✓ Depression
- ✓ Family Conflicts
- ✓ OCD
- ✓ Stress Management
- ✓ Anger Management
- ✓ Insomnia
- ✓ Cognitive Distortions
- ✓ Coping Skills
- ✓ Grief and Loss
- ✓ Self Care Strategies
- ✓ Career and Life Transitions

Start Therapy

Our Happy Clients!

More Than 1000 Clients Rated



Maria Khan
@mariakhan

Soul Support has been a game-changer for me. The wealth of information and resources on mental health topics is incredible. I finally feel understood and supported on my journey to better mental well-being.



Romaisa Ahmed
@romaisaAhmed

Finding Soul Support was like discovering a lifeline. The online counseling feature has allowed me to connect with a licensed therapist conveniently from my home. It's been a crucial part of my healing process.



Huzaifa Haneef
@huzaifaHaneef

I'm grateful for the self-assessment tool on Soul Support. It helped me gain valuable insights into my mental health condition and guided me towards seeking the appropriate help. It's an empowering feature.



Khansa Rehman
@khansaRehman

The blog section on Soul Support is a treasure trove of mental health wisdom. The articles cover a wide range of topics, and I've found practical tips and coping mechanisms that have made a positive impact on my daily life.



Ahmed Khan
@ahmed_khan65

The user-friendly interface of Soul Support makes navigating the website a breeze. I appreciate the attention to detail in organizing the information and resources in an easy-to-understand format.

About Us

Background
Team
Benefits

Services

Assessment
Appointment
Therapy

Blog

Science
Psychological
Nutrition



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LOGIN/SIGNUP:

Register

JohnDoe@yahoo.com

username

password

Register

Already Registered?

[Click here to Login!](#)

Login

username

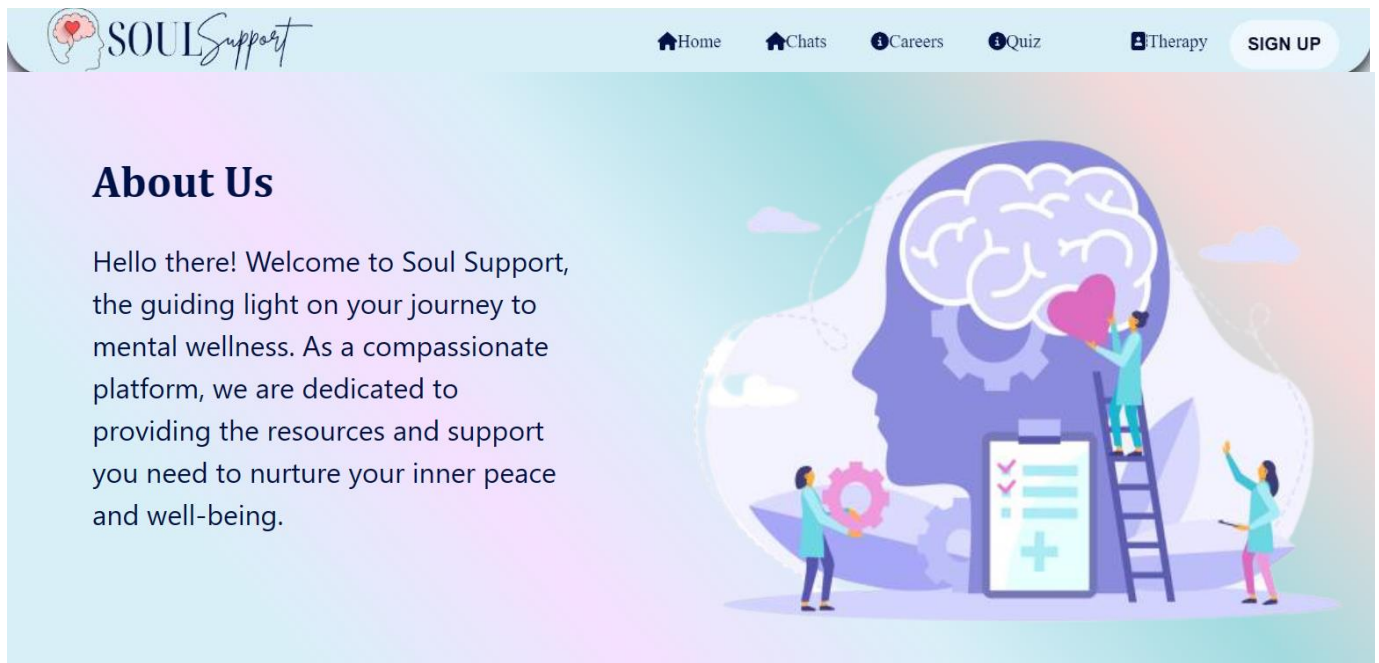
password

Login

Not Registered?

[Click here to Register!](#)

ABOUT PAGE:



About Us

Hello there! Welcome to Soul Support, the guiding light on your journey to mental wellness. As a compassionate platform, we are dedicated to providing the resources and support you need to nurture your inner peace and well-being.



Our Mission

Welcome to Soul Support, your nurturing companion on the journey to mental wellness. We are dedicated to providing a comprehensive online platform where individuals struggling with mental health issues can find information, resources, and unwavering support. At Soul Support, we understand the challenges individuals face when seeking help for their mental well-being. That's why we've created a safe and inclusive space where you can discover a wealth of knowledge on mental health topics, from understanding symptoms to exploring effective coping strategies. Our user-friendly platform ensures easy navigation, allowing you to find the information you need quickly and easily. We believe in the power of community and connection. Through our supportive forum, you can share your experiences, connect with others facing similar challenges, and find solace in knowing you're not alone on this journey. To further support your mental wellness, Soul Support offers access to professional online counseling services. Our licensed therapists are dedicated to providing personalized guidance and support from the comfort and privacy of your own home. Additionally, our directory of trusted mental health professionals enables you to connect with experts who specialize in various areas of mental health, ensuring you have access to the best possible care. Embark on your path to inner peace and well-being with Soul Support. Together, we'll nurture your mental wellness and empower you to lead a fulfilling life.

Our Team

We are passionate and compassionate professionals, driven by the mission of helping more people live a better and happier life every day. We are growing fast and always looking for new talent. If you love people and like challenges - come and join us!



Aqsa Irfan



Ariba Siddiqui



Syed Muhammad Ammar

Self-Assessment Tool:

[LOGOUT](#)

Select the one you are most worried about!

DEPRESSION

ANXIETY

SLEEP DISORDER

TRAUMA AND PTSD

STRESS

OBSESSIVE COMPULSIVE DISORDER OCD

Over the past two weeks how often have you felt down depressed or hopeless ?

a) Not at all

b) Occasionally

c) Often

d) Almost all the time

Have you experienced a loss of interest or pleasure in activities that you previously enjoyed ?

a) Not at all

b) Occasionally

c) Often

d) Almost all the time

Stage: Moderate Depression

Treatment: Explore evidence-based therapies such as cognitive-behavioral therapy (CBT) or interpersonal therapy (IPT). Discuss with a healthcare professional the possibility of medication if appropriate

- **BOOKING ALONG WITH PAYMENT:**

Get therapy from Our expert Therapists



Connect with one to one live session

Our team of experienced and licensed therapists is committed to helping you navigate the challenges you may be facing. Whether you're dealing with anxiety, depression, relationship issues, or any other mental health concern, we are here to listen and provide professional guidance tailored to your unique needs.

To begin your counseling session, simply click on the "Join Session" button below. This will connect you to a secure and confidential video call with your dedicated therapist.

Join Session

BOOK YOUR APPOINTMENT ONLINE



Appointment Booking

Enter Date:

06 / 26 / 2023

Enter Domain:

Trauma and PTSD

Depression
Anxiety
Sleep Disorder
Trauma and PTSD
Stress
Obsessive Compulsive Disorder(OCD)

Book Appointment

PAYMENT:

The Therapy You Need!

Rs 3500/session

Book Appointment

The Therapy You Need!

VISA 4242 4242 4242 4242 04 / 24 242 42424

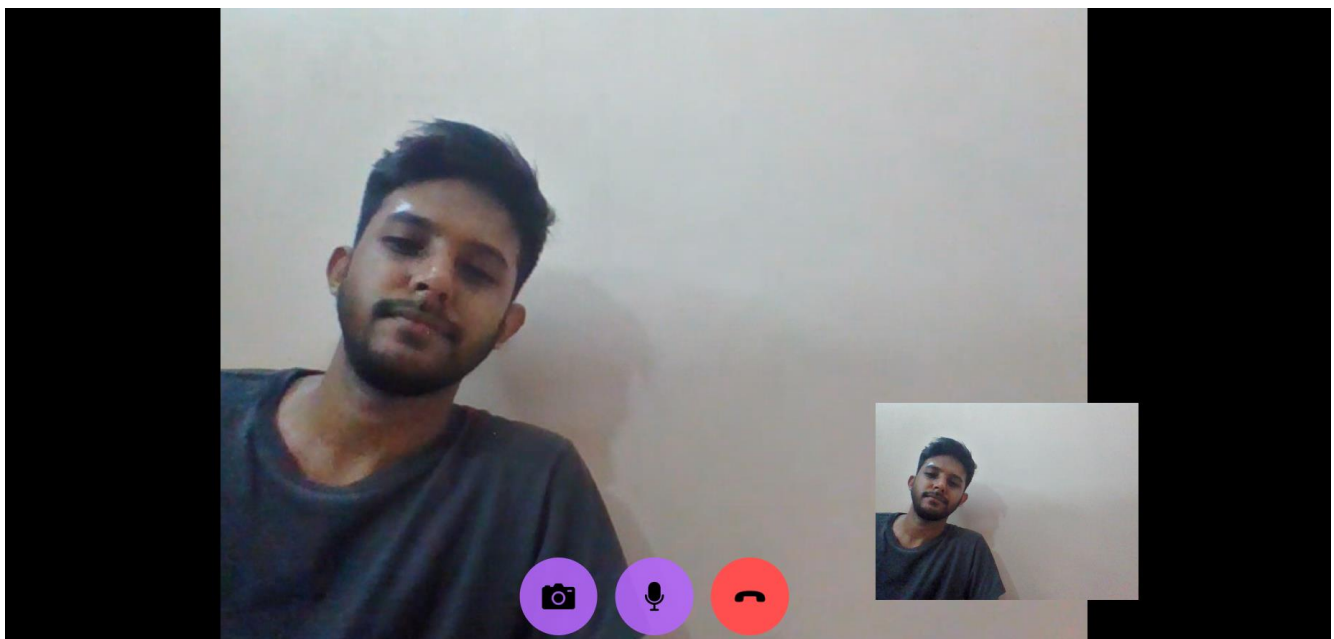
Pay

The Therapy You Need!

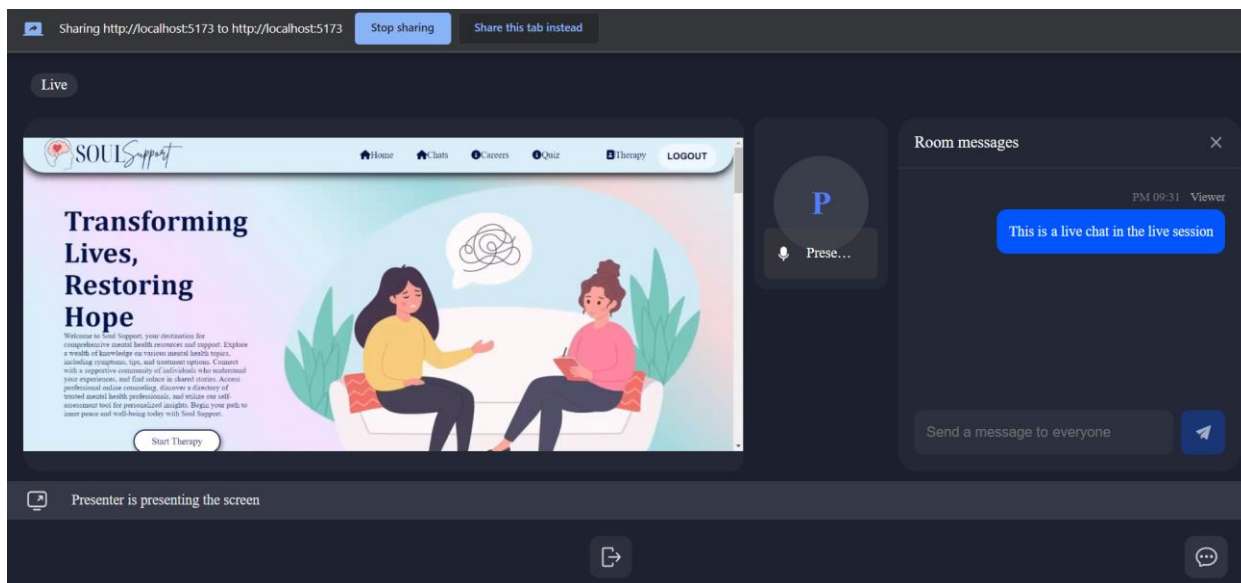
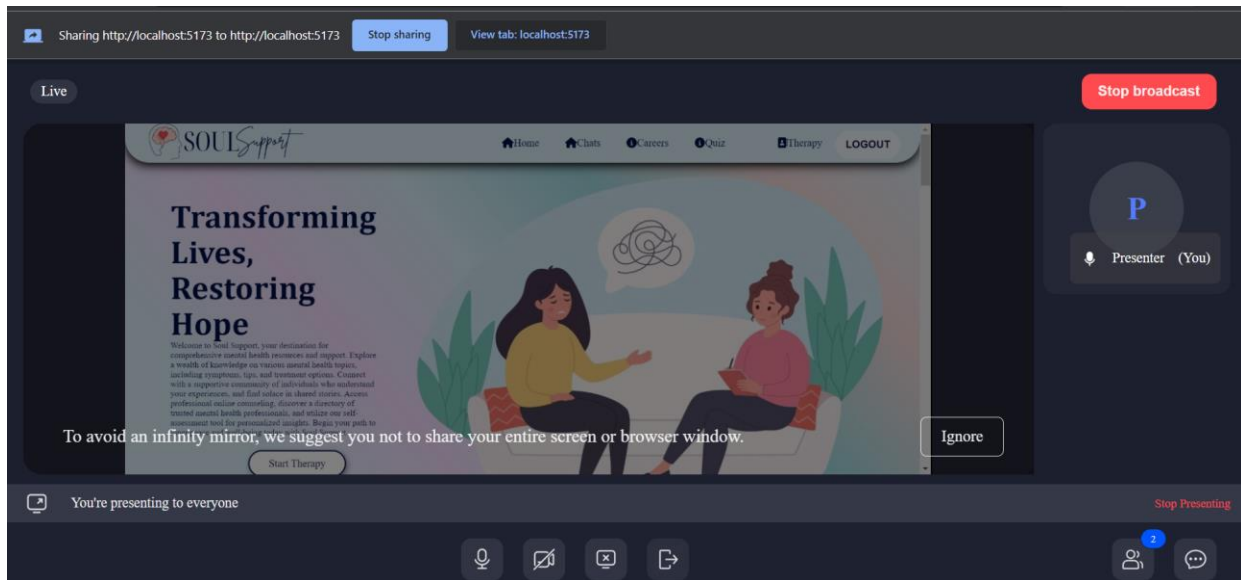
Your Therapy Session has been booked!

Professional Therapist and Instructor Opportunities:

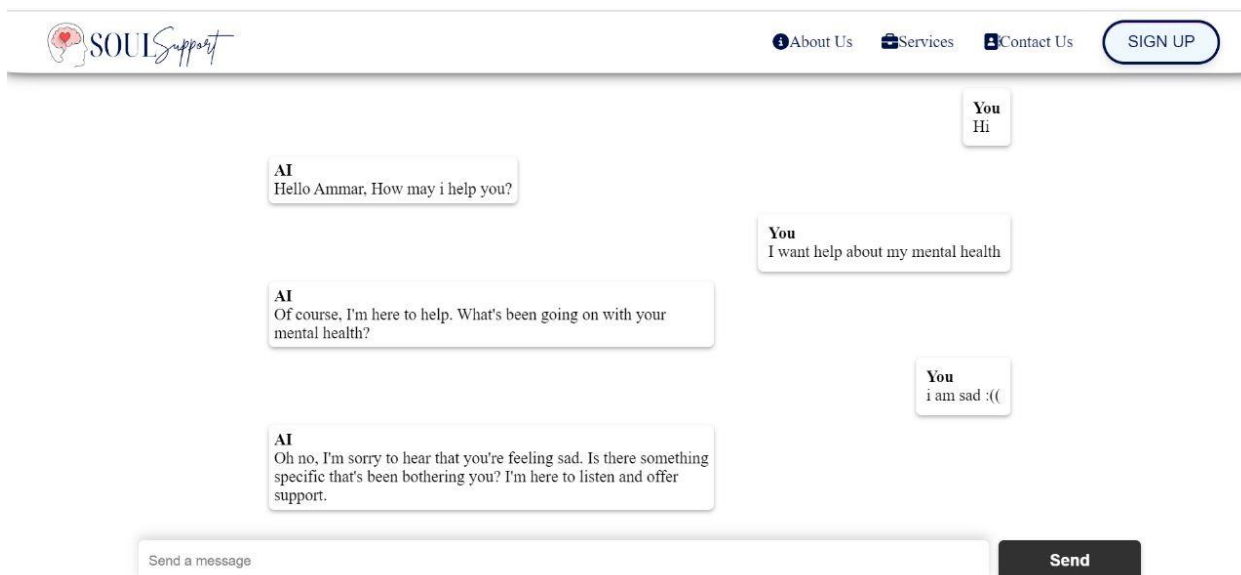
Online Counseling:



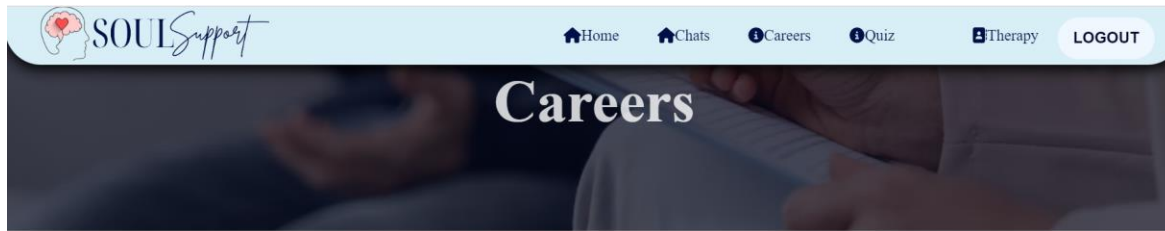
- **Live-Session with Instructor:**



Chat-bot:



CAREER PAGE:



Join Our Team of Compassionate Therapists

Make a difference in the lives of others by joining our team of dedicated therapists. As a therapist at our mental health website, you'll have the opportunity to connect with clients worldwide, provide professional support, and contribute to the growth and well-being of individuals seeking therapy. Join us and be part of a community committed to making a positive impact on mental health.

Join Us!

Send Your Resume at SoulSupport@gmail.com

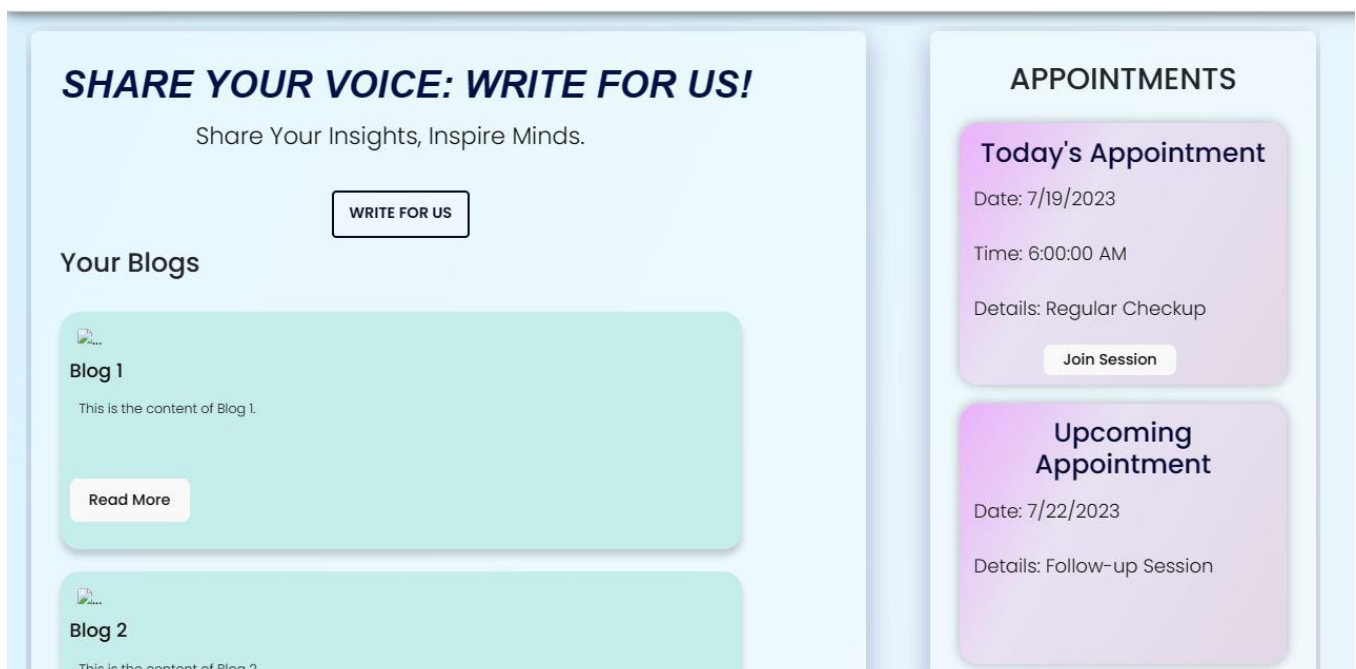


Connect with Us

Stay connected with us on social media to receive updates, resources, and inspiration for your mental well-being journey. Follow us on Facebook, Instagram, Twitter, and LinkedIn to join our supportive community.



THERAPIST DASHBOARD:



Blog Section:

Peer Support and Its Role in Mental Health Recovery.

In the journey towards mental health recovery, one invaluable resource often goes unnoticed peer support. Peer support refers to the unique bond and understanding shared between individuals who have experienced similar mental health challenges. These connections can provide a lifeline of

[Read More](#)

JHON

2022-07-04

[Edit](#)[Delete](#)

Peer Support and Its Role in Mental Health Recovery.

In the journey towards mental health recovery, one invaluable resource often goes unnoticed peer support. Peer support refers to the unique bond and understanding shared between individuals who have experienced similar mental health challenges. These connections can provide a lifeline of support, empathy, and encouragement. By sharing their own stories, peers can inspire hope, instill a sense of belonging, and reduce feelings of isolation. Peer support groups and programs create safe spaces where individuals can openly discuss their struggles and triumphs, gaining valuable insights and coping strategies from others who truly understand. The power of peer support lies in its ability to foster connection, empathy, and empowerment, making it an

Final Evaluation

Today is our final evaluation of Soul Support

Publish Blog

[Publish](#)