

Resources

-Mention our blog

- links for websites like American Psychological Association (<https://www.apa.org/>) and National Institute of Mental Health (<https://nimhans.ac.in/>) which offer a wealth of educational resources, articles, and guides on various mental health topics

- Links to some TED talks talking about mental health -
https://www.ted.com/talks/elyn_saks_a_tale_of_mental_illness_from_the_inside?referrer=playlist-the_struggle_of_mental_health&autoplay=true
- https://www.ted.com/talks/melissa_walker_art_can_heal_ptsd_s_invisible_wounds?referrer=playlist-the_struggle_of_mental_health&autoplay=true
- https://www.ted.com/talks/jeremy_forbes_how_to_start_a_conversation_about_suicide?referrer=playlist-the_struggle_of_mental_health&autoplay=true
- https://www.ted.com/talks/andrew_solomon_depression_the_secret_we_share?referrer=playlist-the_struggle_of_mental_health&autoplay=true
- List of some book recommendations people could look into
 - The Body Keeps the Score by Bessel van der Kolk : Best for people battling trauma
 - Hope and help for your Nerves :Best for anxiety
 - The Unexpected Joy of Being Sober: Best for recovery from addiction
 - Burnout: The Secret to Unlocking the Stress Cycle :Best for battling burnout
 - Attached: The New Science of Adult Attachment and How It Can Help You Find—and Keep—Love : Best for Navigating Relationships

Helpline numbers-

- NIMHANS, is offering free psychosocial support and mental health services to people experiencing stress, anxiety, fear or any kind of emotional discomfort during the pandemic.

Call: 080-46110007

- Mpower has launched a toll-free mental health support helpline at the onset of the pandemic in 2020

Call: 1800-1208-20050

- Fortis Stress Helpline offers mental health support in over 15 languages. The 24-hour service is taking emergency calls and offering instant responses every day.

Call: 08376804102

- the Parivarthan Counselling Helpline is open from Monday to Friday, 1PM to 10PM. It caters to all age groups and provides immediate support and crisis intervention during an emergency.

Call: 07676602602

- 1 Life, Crisis Support, Suicide Prevention is for Anybody who is experiencing an unbearable stressful condition, dangerous suicidal thoughts, deep depression, confused state of mind, negative attitude and loss of hope on life can call 1 Life helpline
Call: 7893078930

- Kiran, 24/7 National Toll free Mental Health Rehabilitation Helpline provides 24/7 free and confidential support by phone
Call: 1800-599-0019

- Samaritans Mumbai is a helpline providing emotional support to anyone feeling stressed, distressed, depressed, or suicidal
Call: 8422984528

FAQ's

At our practice, we understand that seeking therapy can be a daunting and personal process. That's why we aim to provide transparent information upfront to address any questions or concerns you may have.

1) Do I really need therapy? I can usually handle my problems on my own.

We all face challenging periods. Often, we can work through issues with the help of family, friends, literature, self-reflection and time. The time to seek therapy arises when you or your family just can't get beyond current hurdles, change reoccurring patterns or find yourselves on life paths that feel untrue to who you are and where you want to go. Therapy can provide you with life-long tools that will help you all to move in new directions and make adjustments along the way. I strongly recommend that you do not wait until you are in crisis. Consulting with a therapist now may help you to address your or your family's issues before they become completely overwhelming .

2) What can I expect in my first session?

In your first session, you can expect Ms. M to provide an overview of the counselling process and to discuss your goals and concerns. She will work with you to establish a plan for future sessions, tailoring the approach to your specific needs. During this initial meeting, she will aim to create a safe and supportive environment where you feel comfortable opening up and sharing your thoughts and experiences

3) How do I book an appointment?

Booking an appointment for therapy is a straightforward process. We offer online booking systems or potential clients to call our office directly to discuss availability and schedule an initial session.

4) How much does it cost for a session?

The cost of a counselling session can vary, but it's common for individual sessions to range from 2000 to 3000 rupees.

5) How do I know if counselling is for me ?

When you first seek out therapy, it's natural to have questions about the process and whether it's the right fit for you. As for determining if therapy is a good match, an initial session provides an opportunity to get a feel for the therapist's approach and see if you feel comfortable opening up to them

6) What does therapy require?

To get the most out of therapy you will want to be curious, as honest as possible with yourself and your therapist, able to sustain the discomfort of difficult subjects, and hold a desire to make changes to improve your life.

7) Is therapy confidential?

When you first seek out counseling, it's natural to have questions about the process and whether it's the right fit for you. Confidentiality is a key aspect of the counseling relationship - everything discussed in sessions is kept private and secure