



About Us



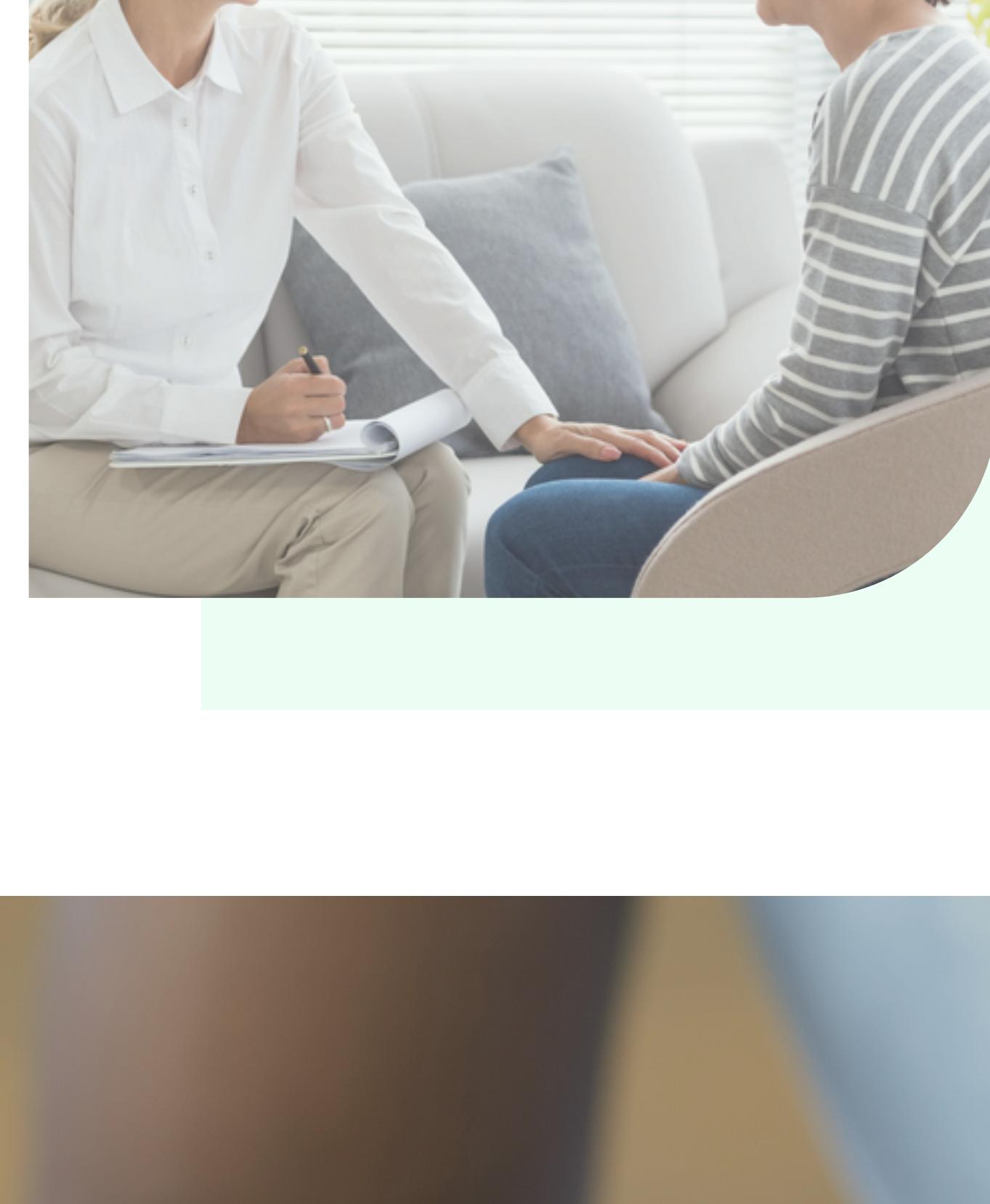
Our Story

The world we live in creates much disruption in people's lives – due to its fast pace, change in perceptions, expectations, early success etc. Everyone goes through some amount of stress in their day to-day life causing mental discomfort even without realising it at times. Add to it the stigma of seeking support for mental health issues / counselling

Established in 2017, Bangalore, India.

The Able Mind is a platform that facilitates and supports Clients with Proactive & Positive Mental Health Support Services across India & Overseas

- ★ Achievement line one 1
- ★ Achievement line two 2
- ★ Achievement line three 3
- ★ Achievement line four 4



20

Years of experience

840+

In psychology

98%

Positive Feedback

Our Value

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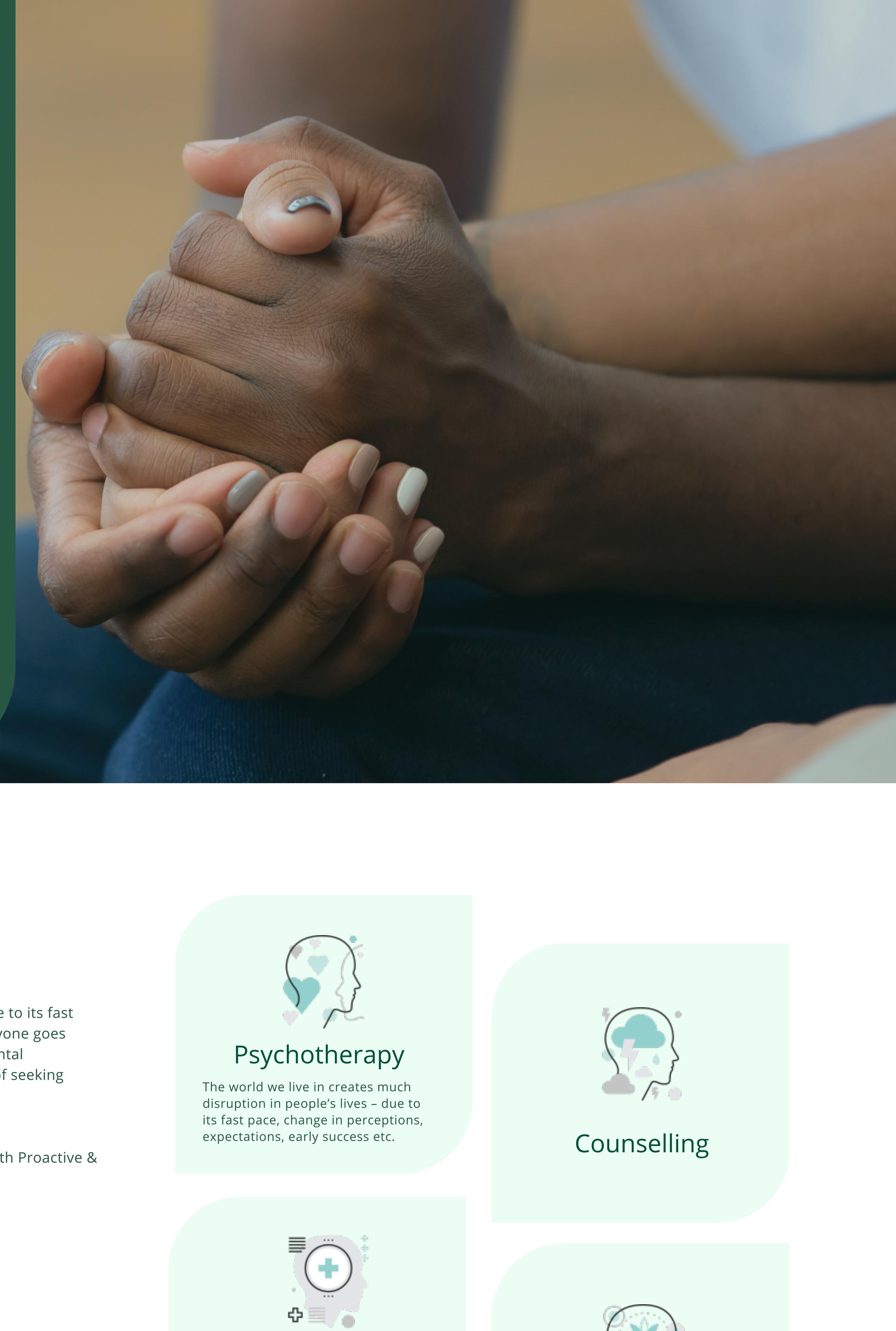
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Vision

Our Vision is to change the social narrative around mental health in India - by making Proactive & Positive Mental Health Services – Accessible, Affordable, and Anonymous. Simultaneously building awareness on the importance of Mental Well-Being in holistic health.

Mission

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What We Do

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- ❖ Special point one 1
- ❖ Special point two 2
- ❖ Special point three 3
- ❖ Special point four 4

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Psychotherapy

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Counselling

The world we live in creates much disruption in people's lives – due to its fast pace, change in perceptions, expectations, early success etc.

Preventive catharsis

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Training

A healthier choice for a happier you.

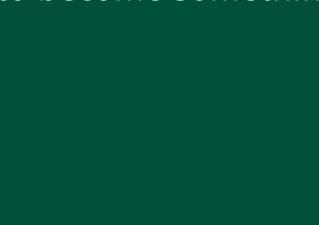
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In every mind lies the ability to become something more...

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[Office Hours](#)

Monday to Friday
9:00Am - 7:00Pm

Saturday
9:00Am - 5:00Pm