

PATIENT NAME: _____

AGE: _____

ADDRESS: _____

PHONE: _____

HEIGHT: _____ WEIGHT: _____

DATE OF 1ST CONSULTATION: _____

DATE OF FOLLOW UP: _____

SERVICES

CHILD AND ADOLESCENT PSYCHIATRY

- AUTISM SPECTRUM DISORDER
- ADHD
- INTELLECTUAL DISABILITY
- DOWN'S SYNDROME
- DYSLEXIA
- BED-WETTING
- EATING DISORDERS
- GAMING DISORDER
- TEMPER TANTRUMS
- EMOTIONAL DISORDERS
- SIBLING RIVALRY
- TIC AND TOURETTE
- ATTACHMENT DISORDERS
- MALTREATMENT, ABUSE, TRAUMA
- INFANT MENTAL HEALTH & DEVELOPMENT

NEUROTIC AND PSYCHOTIC DISORDERS

- DEPRESSION
- BIPOLAR DISORDER
- OCD
- ANXIETY DISORDERS
- SCHIZOPHRENIA
- DELUSION & OTHER PSYCHOTIC DISORDERS
- PERSONALITY DISORDERS
- SOMATIC DISORDER
- EATING DISORDERS
- HEADACHE AND PSYCHOGENIC SEIZURES
- SLEEP ISSUES
- MARITAL AND SEXUAL DISORDERS
- GENDER RELATED ISSUES
- PTSD
- SUICIDAL BEHAVIOR AND TENDENCIES

WOMEN'S MENTAL HEALTH

- PRE-MENSTRUAL SYNDROME (PMS)
- PMDD
- POST PARTUM DEPRESSION
- POST PARTUM PSYCHOSIS
- MOOD DISORDERS
- ADJUSTMENT DISORDERS
- EATING DISORDERS
- OCD AND SOMATIC DISORDERS
- MARITAL AND SEXUAL DISORDERS
- BONDING ISSUES
- PTSD

GERIATRIC AND DE-ADDICTION

- ALZHEIMER'S DISEASE
- BEHAVIORAL ISSUES IN DEMENTIA
- PARKINSON'S PSYCHOSIS
- LONELINESS AND DEPRESSION
- HEADACHE
- EMPTY NEST SYNDROME
- GAMING AND INTERNET USE DISORDER
- TOBACCO USE DISORDER
- ALCOHOL USE DISORDER
- CANNABIS, COCAINE, METH ETC DE-ADDICTION

COUNSELLING

- RATIONAL EMOTIVE BEHAVIORAL THERAPY
- COGNITIVE BEHAVIOR THERAPY
- MARITAL AND RELATIONSHIP COUNSELLING
- HABIT REVERSAL THERAPY
- PARENTING TECHNIQUES
- MINDFULNESS BASED THERAPY
- APPLIED BEHAVIOURAL ANALYSIS (ABA)
- STRESS MANAGEMENT
- ADOLESCENT EXAM, CAREER AND SAFE PRACTICES COUNSELLING

ASSESSMENT AND TESTING

- IQ TEST AND VSMS
- ADHD ASSESSMENT
- AUTISM ASSESSMENT
- DYSLEXIA ASSESSMENT
- TEMPERAMENT AND PERSONALITY TESTS
- DEPRESSION AND ANXIETY ASSESSMENT
- OCD ASSESSMENT
- MINI MENTAL STATE EXAMINATION
- DEMENTIA ASSESSMENT
- RISK ASSESSMENT

GUIDELINES TO HELP YOU MANAGE APPOINTMENTS, MEDICINES AND YOUR TREATMENT SMOOTHLY

1. APPOINTMENTS

- PLEASE ARRIVE 10-15 MINUTES EARLY.
- INFORM US AT LEAST 24 HOURS BEFORE IF YOU NEED TO RESCHEDULE.
- BRING PREVIOUS PRESCRIPTIONS OR REPORTS.
- FOR ANY QUERIES KINDLY DROP A MESSAGE ON 9925792719, WE WILL GET BACK TO YOU IN 24 HOURS.

2. MEDICINES

- TAKE MEDICINES EXACTLY AS PRESCRIBED - SAME TIME EVERY DAY.
- DON'T CHANGE OR STOP THEM WITHOUT CHECKING WITH THE DOCTOR.
- IF YOU MISS A DOSE, SKIP IT IF ITS CLOSE TO THE NEXT ONE. DON'T DOUBLE DOSE.
- AVOID ALCOHOL AND INFORM US ABOUT ANY OTHER MEDICINES YOU TAKE.

3. WHAT TO EXPECT

- MEDICINES USUALLY TAKE 2-6 WEEKS TO SHOW FULL EFFECT.
- EARLY SIGNS OF IMPROVEMENT: BETTER SLEEP, CALMER MOOD, CLEARER THINKING BUT DON'T STOP MEDICINE COURSE WITHOUT CONSULTING.
- STAY CONSISTENT; IMPROVEMENTS BUILD GRADUALLY.

4. DAILY WELLBEING TIPS

- MAINTAIN REGULAR SLEEP AND 20-30 MINUTES OF LIGHT EXERCISE.
- BALANCED MEALS & GOOD HYDRATION.
- LIMIT CAFFEINE IF ANXIOUS OR NOT SLEEPING WELL.

5. THERAPY & FOLLOW-UPS

- THERAPY + MEDICATION GIVES THE BEST RESULTS.
- BE OPEN DURING SESSIONS.
- FOLLOW-UP EVERY 2-6 WEEKS OR AS ADVISED.

6. FOR FAMILY & CAREGIVERS

- HELP WITH MEDICINE REMINDERS.
- WATCH FOR MAJOR CHANGES IN BEHAVIOUR OR SLEEP.
- OFFER A CALM, SUPPORTIVE ENVIRONMENT.

WE ARE HERE TO SUPPORT YOU!

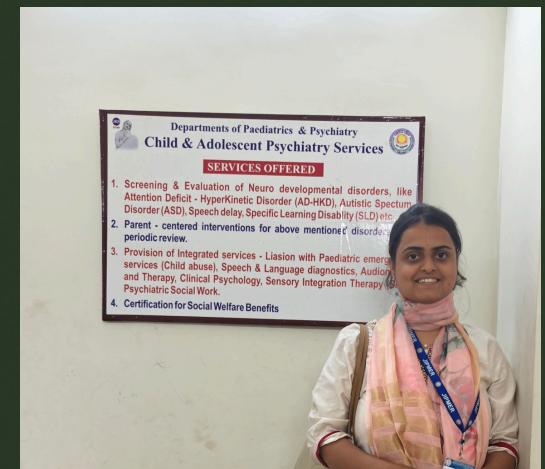
FEEL FREE TO REACH OUT ON 9925792719 BETWEEN 8:30 TO 9:00 PM.

SERVICES

- CHILD & ADOLESCENT GUIDANCE CLINIC- AUTISM, ADHD, DYSLEXIA, TICS ETC.
- EMOTIONAL & BEHAVIORAL PROBLEMS IN CHILDREN- INTERNET USE DISORDER, SCHOOL REFUSAL, TEMPER TANTRUMS ETC
- WOMEN'S MENTAL HEALTH
- COUNSELLING AND PSYCHOTHERAPY
- NEUROTIC DISORDERS (DEPRESSION, ANXIETY, OCD ETC)
- PSYCHOTIC DISORDERS
- GERIATRIC DISORDERS
- HEADACHE AND SLEEP ISSUES
- DE-ADDICTION SERVICES
- TRAUMA & ADJUSTMENT DISORDERS
- ASSESSMENT SCALES, DIAGNOSTIC AND SEVERITY ASSESSMENT TOOLS

ABOUT DR. AAKRITI JHA

- MBBS AND MD PSYCHIATRY WITH GOLD MEDAL FROM BJ MEDICAL COLLEGE AND CIVIL HOSPITAL ABAD (GUJ. UNIVERSITY)
- NMC REGISTERED POST-DOCTORAL FELLOWSHIP DEGREE IN CHILD & ADOLESCENT PSYCHIATRY FROM INSTITUTE OF NATIONAL IMPORTANCE - JIPMER
- CHILD & ADOLESCENT FELLOWSHIP TRAINING - NIMHANS, CMC VELLORE AND JIPMER
- CERTIFIED REBT THERAPIST
- MEMBER OF INTERNATIONAL SOCIETY OF AUTISM RESEARCH, INDIAN PSYCHIATRIC SOCIETY & INDIAN ASSOCIATION OF CHILD AND ADOLESCENT MENTAL HEALTH
- NATIONAL MENTAL HEALTH SURVEY CONSULTANT AT AIIMS RAJKOT



The MindHouse

૧૧૮, પહેલો માળ, બ્લોક બી, આર્થન વર્ક્સપેસ ૩ (AWS ૩), માનવ મંદિર રોડ સામે,
મેમનગર, અમદાવાદ ૩૮૦૦૫૨

સોમ-શનિ: ૪ વાગ્યાથી રાત્રે ૮ વાગ્યા સુધી
સવાર અને રવિવાર એપોઇન્ટમેન્ટ દ્વારા
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