**Break-up counselling**

***Get over it before it gets over you!***

***Dealing with a relationship failure? We know it’s not easy!***

***But, before it consumes your mental peace, GET OVER IT.***

***Consult a relationship expert and learn the coping mechanisms.***

*You deserve a happy life and a stronger self!*

**How will this therapy benefit you?**

* Strengthening your personality.
* Developing healthier perceptions.
* Coping up with the broken relationship.

**3-steps to “A BETTER YOU” -**

* Choose a plan.
* Match to a therapist.
* Start the session in online mode.

**Convenient** - No more traveling! No rigid hours! Choose according to your availability.

**Confidential** - Your identity and personal data is never shared with the third party.

**Expert guidance** - All our psychologists, counsellors, and therapists are highly trained.

**Pricing Details -**

* **Starter Plan - 3000**

3 sessions - 60 minutes each

24\*7 support

*Grab now at a special price - Rs.* ***2397***

* **Basic Plan - 5000**

5 sessions - 60 minutes each

24\*7 support

*Grab now at a special price - Rs.* ***3245***

* **Advanced Plan - 10000**

10 sessions - 60 minutes each

24\*7 support

*Grab now at a special price - Rs.* ***5990***

***Don't get stuck up with this emotional pain.***

***Talk to our counsellor!***

**Start your healing process today!**

**FAQS**

* **Do I need therapy?**

Yes, if you are going through tough times in life, therapy will provide a helping hand. Awareness of the need for therapy and approaching a mental health professional is a good sign and there is nothing to be ashamed or embarrassed about.

* **What happens during the first therapy session?**

The first session is focused on building a comfortable and trusting relationship between the client and therapist. An attempt is made to understand the client’s difficulties and goals in detail so that a therapy plan can be chalked out.

* **What happens in therapy?**

A therapy is not a one-time meeting. It is a complete process where the client and therapist work towards understanding difficulties and generating appropriate solutions. An effective therapy requires a number of sessions that can be mutually agreed upon by therapist and client. A standard therapy session is typically for 45 – 50 minutes, this allows you and the therapist to have a focused and meaningful interaction.

* **How can I get a refund after paying for the program?**

If you request for a refund within 24 hours of payment, full amount minus the transaction charges will be paid. If you request after 24 hours, it will be decided on a case to case basis. The refund amount if any will be determined by the company. Refund requests can be sent to **care@careme.health**

* **What can I do if there is no improvement after sessions?**

If you feel that a few sessions have not helped you can always have an option to go for a few for more sessions.

After completing 3 sessions, if you're not satisfied you can take 5 session packages and pay only the difference amount. If you take 5 sessions and are dissatisfied or if you feel a lack of improvement after a significant number of sessions, you can raise your concern. A detailed review will be carried out by the treating team and course correction would be undertaken as necessary.

* **Can I change my therapist?**

While we recommend that you stay with the same therapist for the best therapeutic experience, you can request for a change of therapist in case you are not satisfied.