



Welcome to The Clear Path

Your journey to clarity, healing, and self-discovery begins here. We're so glad to have you with us. This short guide will walk you through what to expect and how to prepare for your first therapy session.

What We Do

The Clear Path is a professional online therapy platform committed to supporting individuals across the UAE and beyond. Our mission is to provide accessible, confidential, and empowering mental health care — from licensed, compassionate professionals, tailored to your unique needs.

How to Get Started

1. Sign up through our secure portal.
2. Complete a short intake form.
3. Based on your responses, we'll match you with a licensed therapist best suited to support your goals.
4. Book your first session and get started on your journey.

Booking Your First Session

Log in to your account and visit the 'Book a Session' tab. Once matched, you'll be able to see your therapist's availability and choose a time that works best for you.

Tips for Your First Therapy Call

- Find a quiet, private space.
- Be open and honest – your therapist is here to help, not to judge.
- It's natural to feel nervous. Showing up is the first step.
- Take notes if needed.
- You're not alone – we're with you every step of the way.

Contact & Support



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Questions? Need help?

Email: **info@theclearpath.ae**

Instagram: **@theclearpath.ae**

We're here to support you – always.

The Clear Path – Online Therapy in Dubai | www.theclearpath.ae | info@theclearpath.ae