



Holistic Wellness Hub:

Holistic Wellness Hub is a mental health programme which aims to provide a variety of services that help support people to navigate serious and ongoing mental health issues and adjusting in the society.

As a people-oriented organisation, our goal is simple: to promote holistic and mental health care among individuals by offering easy-to-access professional counselling.

Our Services:

Individual counselling

Trauma counselling

Substance Abuse and Addiction Counselling

Our counsellors provide a necessary safe space and support system for individuals who are recovering from issues such as drug abuse, eating disorders, gambling addictions, and so on. Counsellors provide support, resources, and guidance without any judgement.

Psychological Assessments

At the Wholeness Counselling Hub, psychological assessment is made using the latest tools to aid in the diagnosis of various mental health, and personality disorders. Personality tests are also available for the client.

**"We Never Know When We Will Need Someone To Listen To Us...
Our Team Is Ready Whenever You Are..."**

Student Counselling & Coaching

We provide student counselling, mentorship and coaching with a focus on awareness, prevention, and early intervention. We provide a holistic approach that aims to improve a student's well-being and equip them with the adequate skills and techniques that will enable them to be in control of their own wellness and self-growth.

Corporate Counselling & Career Development Assessments

We provide counselling services to individuals and groups in the work-place environment to help them navigate mental health issues that are a result of their work lifestyle. These services include: sensitivity training, executive training, career counselling, self-development assessments, team building, and coaching.

Gender Based violence & recovery counselling

Marriage Counselling & Family Therapy

HIV&AIDS Counselling

Grief Counselling

We provide counselling services to those who are grieving the death of a loved one and other personal losses. We support our clients through the stages of grief and help them resume their daily lives.

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Who can access counselling?

People of all ages and walks of life can access our counselling services. All minors (individuals under the age of 18 years) or those without the capacity to give consent can only talk to a therapist with their parents'/guardians' consent.

In this case, the guardian must first debrief the therapist before further engagement with the person seeking therapy.

What to expect:

Clients will fill out intake forms ahead of time. That means we can start addressing concerns right away during the first session.

Often, just one session with a good counsellor can help one to think more clearly.

The following are additional perks:

- ✓ Counselling services are available virtually, over the phone, or in-person.
- ✓ 50-minute-long sessions.

Revenue Distribution:

Our team is formed by volunteer counsellors who receive a stipend for the services offered to our clients.

The revenue will be distributed as indicated below:

The standard session fee to be paid by the client will be **KES 1,500**.

The **volunteer counsellor is entitled to 60%** of mentioned amount while the remaining **40% is allocated to our organisational development**.

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