Sheela Dang Mental Health Care Specialist

Home | About us | Services | Specialisation | Internship | Gallery | Book An Appointment

WELCOME TO MY PROFILE

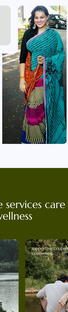
You Don't Have to Go Through This Alone.

Together, we'll work through anxiety, stress, trauma, and life's challenges —at your pace, on your terms.

Get Started Today | More than 10 k Clients Reviews

Individual Counselling | Couple Counselling | Child Counselling | Family Counselling

Customer Review 10,000



Meet your Therapist

Dr. Sheela Dang

mental health care specialist, psychologist

As our mental therapy and counselling centre, we are dedicated to guiding individuals on a journey toward inner peace and wellness.

Our Vision

Our vision is to create a world where mental health care is accessible, stigma-free, and empowering, enabling individuals to heal.

Our Mission

Provoke Compassionate Care

Promote Mental Wellness

Encourage Lifelong Healing

Get In Touch

SERVICES

Comprehensive services care for mind and wellness

View All Services

personalized individual therapy

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personalized couples counselling

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trauma and adolescent therapy

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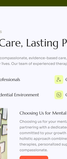
anxiety and depression support

Read More

Read More



relationship and certification coaching

Read More

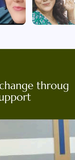
Join | Let's make something great work together **Get Free Quote**

WHY CHOOSE US

Trusted Care, Lasting Positive Change

With a commitment to compassionate, evidence-based care, we empower individuals to create lasting positive change in their lives. Our team of experienced therapists provides.

- Experienced Professionals
- Client-Centered Approach
- Safe And Confidential Environment
- Commitment To Growth



Choosing Us for Mental Wellness

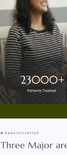
Choosing us for your mental wellness means partnering with a dedicated team of professionals committed to your growth and healing. Our holistic approach combines evidence-based therapies, personalized support, and a compassionate

Contact Us

WHAT WE DO

Empowering change throug therapeutic support

We provide a range of therapeutic services designed to empower individuals on their journey to mental wellness. Through personalized counseling.



23000+ Patients Treated

95% Client Satisfaction

500+ Certified Hours

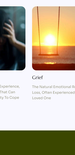
SPECIALISATION

Three Major areas we work on

View All Case Study's

Trauma

A Deeply Distressing Or Disturbing Experience Whether Physical Or Psychological That Can Significantly Impact A Person's Ability To Cope And Function.



Grief

The Natural Emotional Response To A Significant Loss, Often Experienced After The Death Of A Loved One

PTSD

A Mental Health Condition That Can Develop After A Person Has Experienced Or Witnessed A Traumatic Event

HOW IT WORK

Guiding You Our Therapy Process

Contact Us

01 Ok book appointment — Scheduling appointment with us is simple and

02 Initial consultation — Scheduling appointment with us is simple and

03 Progress Check-Ins — Scheduling appointment

04 ongoing support — Scheduling appointment with us is simple and

How are you Feeling Today ?

It has survived not only five centuries, but also the leap into electronic typesetting, remaining essentially unchanged.

I'm feeling anxious

Book Appointment

TESTIMONIALS

Client Stories Healing And Growth

Contact Us

Sheela Dang Mental Health Care

Customer Review 10,000

I can't thank my therapist enough for their compassionate approach. They helped me provide my trauma in a safe environment, and I've seen significant improvements in my mental health.

Jessica J.
Co-Founder

Logoipsum | Logoipsum | Logoipsum | Logoipsum | Logoipsum

FAQS

Frequently Asked Questions

Still have you any question?

+91 86879-20207

1. What is mental therapy, and how can it help me?
It's essential to feel comfortable and understood by your therapist. If you don't feel a connection, it's okay to discuss your concerns.
2. What if I don't find a connection with my therapist?
3. What should I expect in my first session?
4. Will therapy be covered by my insurance?
5. How long does therapy usually take?

LATEST POSTS/BLOG

Guidance and Insights for Mental Wellness Journey

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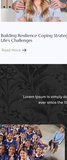

Building Resilience: Coping Strategies for Life's Challenges

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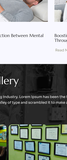
Exploring the Connection Between Mental and Physical Health

Read More



Boosting Self-Esteem and Confidence Through Therapy

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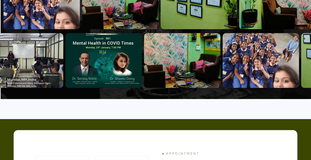
Gallery

Lorem Ipsum is simply dummy text of the printing and typesetting industry. Lorem Ipsum has been the industry's standard dummy text ever since the 1500s, when an unknown printer took a galley of type and scrambled it to make a type specimen book.



Phone Number | Email Address | Location

Sheela Dang Mental Health Care Centre
B-2, Rosal, Ganapati Wasi, Mumbai 400104

First Name | Last Name | Email Address | Phone Number | Please choose an option | Date

Book An Appointment

APPOINTMENT

Make an appointment

Schedule your hassle-free service with ease. Choose a date and time that works best for you.

Customer Services
1800 210 0400

Opening Hours
Mon - Sat (11:00AM - 08:00PM)
Sunday (12:30PM - 6:00PM)

FAQS

In collaboration with

Our trusted partner provides compassionate mental health therapy and counselling services to support.

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Get a free consultation

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Sheela Dang Mental Health Care Specialist

We're Here When You're Ready.

Join Our Community

Join Us Today For Resources, Insight & Conversation.

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