

Congratulations! You're already ahead of 160 million people!

[Book Session Now](#)

ABOUT US

Licensed, Professional Therapists That You Can Trust

Unfazed, is the fastest-growing mental health platform in India. Founded in the year 2023, by Aman Agarwal, an entrepreneurship and finance enthusiast; and India's fastest-growing mental health creator, Jasneet Kaur, Unfazed has become the most trusted platform for online therapy sessions within the nation.

At Unfazed, we believe that not all wounds are physical or visible. We aim to heal the ones that are emotional and unseen. Every human being, in today's world, faces challenges in their professional and personal lives. We at Unfazed, help you in all possible ways to make sure that you overcome the various challenges that life throws at you. By offering all types of therapies and care required to deal with mental health challenges, we help you swing for the fences with strength and resilience.

We at Unfazed, put your emotional and mental well-being above everything. We offer confidential, personalized therapy that makes it easy to sail through life's ups and downs with a peace of mind. Quality mental health care—approachable and impactful—is our target. Our integrated methodology works in a secure environment to understand your thoughts, build strategies, and work towards a fruitful life.

In 2024, Ms. Jasneet Kaur, Co-Founder at Unfazed and a global mental health creator, had the fastest growing mental health page with 178,000 organic followers and 20 crore views in just 4 months!

Follow Us: 

 Affordable Sessions

 24x7 Chat Access to Psychologists

 Complete Privacy & Confidentiality

 Specialists for Every Need

[Let Us Find Your Best Match](#) 



Our Session Types

COUPLE

Relight the Spark: Couples Counselling

Help couples rekindle their commitment to one another, improve communication, resolve disputes, and strengthen your feelings of love for each other.

INDIVIDUAL

Relationship & Love Life Therapy

Age-old enigmas about why one should explore romance and relationship patterns in order to nurture better romantic connections in the future.

INDIVIDUAL

Self-Esteem & Confidence Building

Put an end to self-criticism; enhance yourself at a high, and observe that every aspect of your life is stimulated by this growth.

INDIVIDUAL

Burnout & Work-Life Balance

Managing work-related stress and personal life, reducing burnout, and finding a sustainable work-life balance.

INDIVIDUAL

Stress, Anxiety & Depression Management

Getting stressed up, feeling anxious or depressed on certain occasions is normal and appropriate. Here is how we can help you manage stress effectively.

INDIVIDUAL

Grief and Trauma Counseling

Grief and Trauma Healing, understanding, and management—with your grief, trauma, and one's family members' support.

THE PROCESS

How Individual Therapy Works



Initial Assessment

Begin with understanding your concerns, goals, and background through an initial conversation, allowing us to customise our approach.



Exploration & Discussion

Together, we explore your thoughts, feelings, and experiences, identifying key issues and developing strategies to address them.



Action & Follow-Up

We go on to make a plan of action, laying out in broad terms what needs to be done, and follow it regularly to keep you on course with modifications that may be needed.

OUR TEAM

Meet Our Therapists



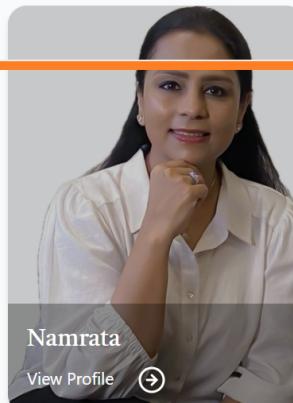
Monika

[View Profile](#) 



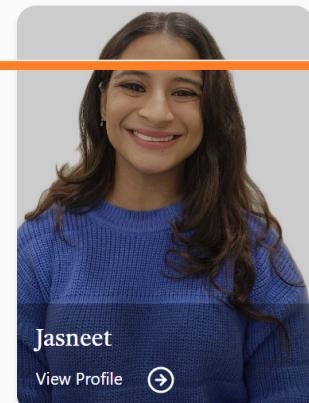
Simran

[View Profile](#) 



Namrata

[View Profile](#) 



Jasneet

[View Profile](#) 

[View More...](#)

PSYCHOTHERAPISTS ONLINE

Schedule Your Online Session Today

Therapists have a minimum of 7 years experience, are accredited and insured to practice privately.

PSYCHOTHERAPISTS ONLINE

Today's Essential Reads



October 19, 2024

Procrastination, The Opportunity's Assassin!

How Harnessing Urgency Can Fuel Productivity?

[View More](#)



October 19, 2024

Can Coffee Consumption...

[View More](#)

JOIN OUR COMMUNITY

Together We Can Make Great Progress

[Apply Today](#)



Center for psychology & counseling.

LINKS

- [Home](#)
- [About](#)

Other LINKS

- [Privacy Policy](#)
- [Refund Policy](#)

ADDRESS

A: NRI City, Kanpur
Uttar Pradesh, India

CONTACT

Tel: +91 6392975097
E-mail:



[Blogs](#)
[Services](#)
[Contact Us](#)
[Our Therapists](#)

[Terms & conditions](#)

contact@unfazed.in

© All Rights Reserved.