



EMOTIONAL/MENTAL COUNCELLING:

One to One Zoom Live Session 45-60 Minutes

An Emotional/Mental Counselling Consultation focuses on addressing psychological and emotional well-being.

Here's what it typically involves:

Key Aspects:

1. Health Assessment:

- The counselor evaluates your emotional and mental health through conversations and assessments.
- Identifies issues like stress, anxiety, depression, or other emotional struggles.

2. Personalized Plan:

- Based on the evaluation, a tailored counseling plan is created.
- Techniques like cognitive-behavioral therapy (CBT), mindfulness, and talk therapy may be utilized.

3. Therapeutic Benefits:

- Provides emotional support and coping strategies.
- Enhances self-awareness and emotional regulation.
- Improves overall mental health and well-being.

Integration with Holistic Approaches:

- May include recommendations for lifestyle changes, dietary advice, and relaxation techniques.
- Aims to provide a comprehensive approach to mental health by addressing physical, emotional, and spiritual needs.

FOR REGISTRATIONS CALL  **WhatsApp +91 9625779356**

OR Scan the QR Code

