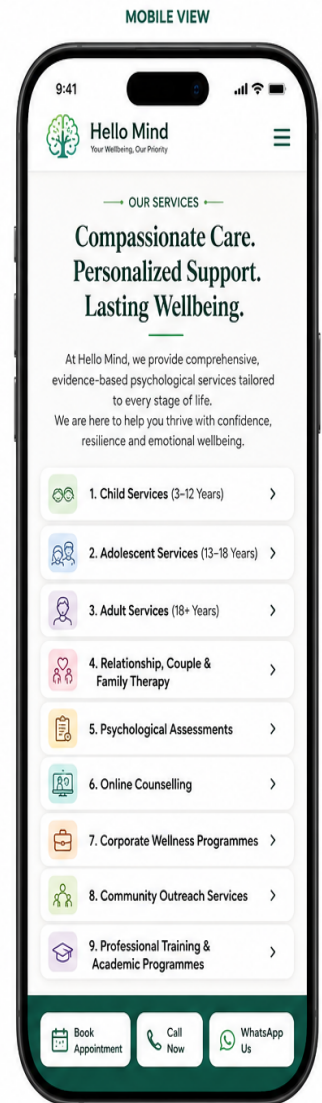
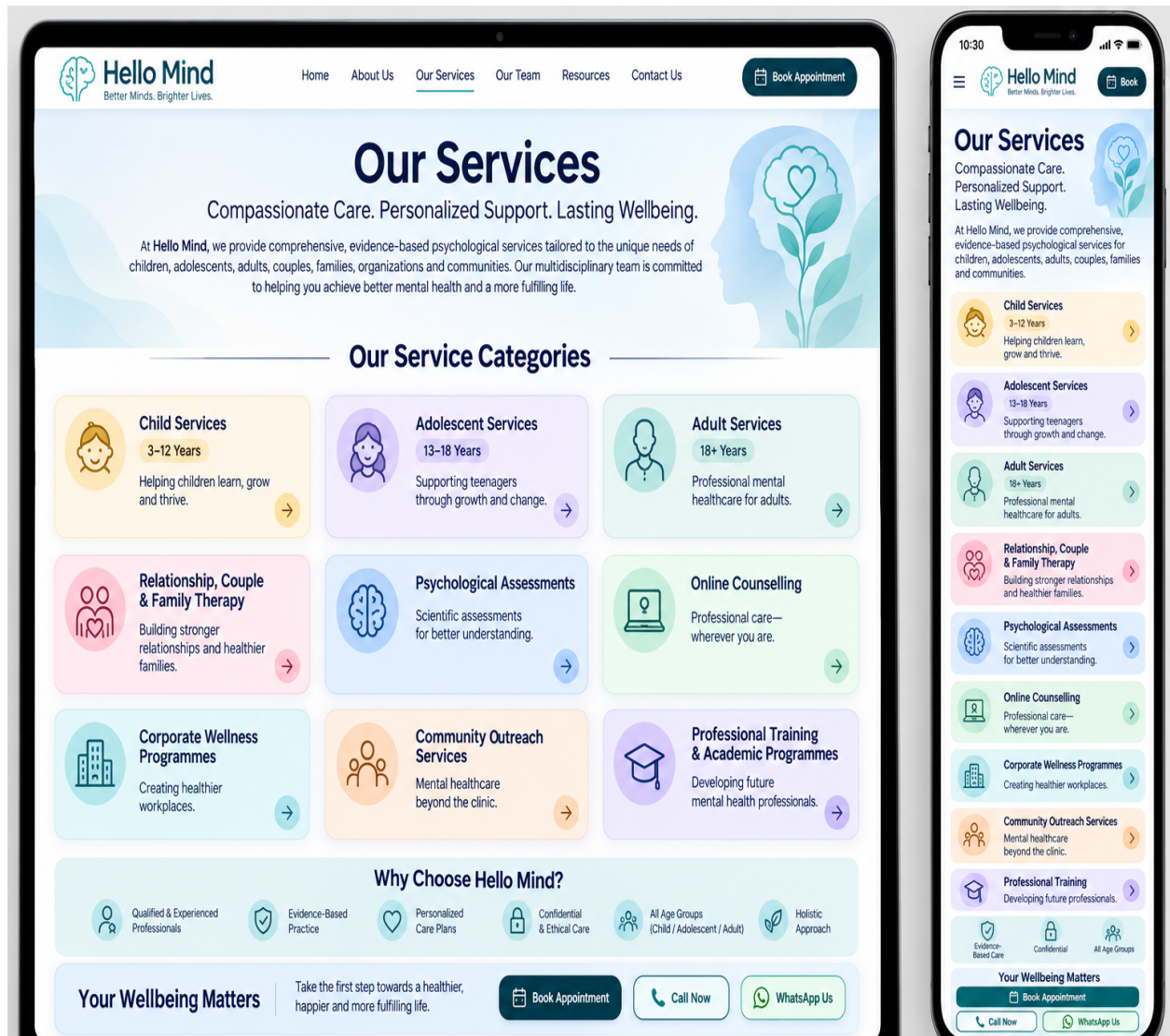






Our Services

Compassionate Care. Personalized Support. Lasting Wellbeing.

At **Hello Mind**, we provide comprehensive, evidence-based psychological services tailored to the unique needs of children, adolescents, adults, couples, families, organizations, and communities. Our multidisciplinary team is committed to helping individuals overcome

challenges, build resilience, and achieve lasting emotional wellbeing through compassionate, ethical, and personalized care.



Child Services (3–12 Years)

Helping Every Child Learn, Grow & Thrive

Childhood is the foundation for lifelong emotional, social, and cognitive development. Our child psychologists provide specialized assessments and interventions to help children overcome developmental, behavioural, emotional, and learning challenges while empowering parents with practical guidance.

Common Concerns

- Autism Spectrum Disorder (ASD)
- Attention Deficit Hyperactivity Disorder (ADHD)
- Learning Disabilities (LD)
- Behavioural Challenges
- Emotional Difficulties
- Developmental Delays
- School Refusal
- Social Skills Difficulties
- Parenting Concerns

Services

- Child Psychological Assessment
- Behaviour Therapy
- Parent Guidance & Counselling
- Emotional Development
- Social Skills Training
- School Consultation
- School Readiness Assessment



Adolescent Services (13–18 Years)

Supporting Teenagers Through Growth & Change

Adolescence is a period of significant emotional, social, and academic development. We provide a safe and confidential environment where teenagers can explore their concerns, develop resilience, and strengthen emotional wellbeing.

Common Concerns

- Academic Stress
- Exam Anxiety
- Peer Pressure
- Emotional Difficulties
- Anxiety & Depression
- Self-Esteem Issues
- Identity Concerns
- Behavioural Problems
- Career Confusion
- Digital & Social Media Challenges

Services

- Individual Counselling
- Emotional Wellbeing Counselling
- Parent–Teen Counselling
- Behavioural Intervention
- Academic Support
- Career Guidance



Adult Services (18+ Years)

Professional Mental Healthcare for Adults

Life's challenges can affect emotional wellbeing, relationships, careers, and overall quality of life. Our psychologists provide confidential and evidence-based psychological care to help adults lead healthier, more balanced lives.

Common Concerns

- Anxiety Disorders
- Depression
- Workplace Stress
- Burnout
- Relationship Difficulties
- Grief & Loss
- Trauma
- Anger Management
- Low Self-Confidence
- Emotional Wellbeing
- Gender identity confusion

Services

- Individual Counselling
- Psychotherapy
- Stress Management
- Career Guidance
- Online Counselling



Relationship, Couple & Family Therapy

Building Stronger Relationships Through Understanding & Connection

Healthy relationships are essential for emotional wellbeing. Our therapists help individuals, couples, and families improve communication, resolve conflicts, strengthen relationships, and enhance emotional and physical intimacy through evidence-based therapeutic approaches.

Common Concerns

- Marital Conflicts
- Premarital Preparation
- Relationship Difficulties
- Communication Problems
- Family Conflict
- Parenting Challenges
- Separation & Adjustment
- Trust Issues
- Emotional Intimacy
- Sexual Wellbeing Concerns

Services

- Couple Counselling
 - Marital Counselling
 - Premarital Counselling
 - Family Therapy
 - Parenting Guidance
 - Relationship Counselling
 - Intimacy & Sexual Wellbeing Counselling
 - Conflict Resolution Therapy
-



Psychological Assessments

Scientific Assessments for Better Understanding

Our comprehensive psychological assessments support diagnosis, educational planning, treatment planning, career guidance, and personal development using standardized and evidence-based tools.

Developmental Assessments

- Autism Assessment
- ADHD Assessment
- Developmental Screening
- Behavioural Assessment
- School Readiness Assessment

Intelligence & Cognitive Assessments

- IQ Assessment
- Cognitive Ability Assessment
- Memory Assessment
- Attention & Concentration Assessment

Educational Assessments

- Learning Disability (LD) Assessment
- Academic Skills Assessment
- Learning Readiness Assessment

Personality & Emotional Assessments

Projective Tests

- Rorschach Inkblot Test (RIBT)
- Thematic Apperception Test (TAT)
- Children's Apperception Test (CAT)
- Sentence Completion Test (SCT)

Personality Tests

- Personality Assessment
 - Emotional Assessment
 - Behavioural Assessment
-

Neuropsychological Assessments

- NIMHANS Neuropsychological Battery
 - Memory Assessment
 - Executive Function Assessment
 - Cognitive Function Assessment
-

Career & Vocational Assessments

- Aptitude Assessment
 - Interest Inventory
 - Career Assessment
 - Personality for Career Planning
-

Therapy Programs

- Cognitive Behaviour Therapy (CBT)
- Behaviour Therapy
- Family Therapy
- Couple Therapy
- Play Therapy
- Parent–Child Interaction Therapy
- Mindfulness-Based Therapy
- Stress Management
- Anger Management
- Social Skills Training



Online Counselling

Professional Care—Wherever You Are

Confidential and secure online consultations for individuals, couples, and families.

Suitable For

- Students
 - Working Professionals
 - Couples
 - Families
 - NRI & International Clients
-



Corporate Wellness Programmes

Creating Healthier Workplaces

Helping organizations build mentally healthy, productive, and resilient workplaces.

Programmes

- Employee Assistance Programme (EAP)
 - Workplace Counselling
 - Stress Management
 - Burnout Prevention
 - Leadership Wellbeing
 - Team Building
 - Work life balance
 - Mental Health Awareness Workshops
-



Community Outreach Services

Mental Healthcare Beyond the Clinic

Promoting emotional wellbeing through education, awareness, and community engagement.

Programmes

- School & college Mental Health Programmes
 - Parenting Workshops
 - Community Awareness Campaigns
 - NGO Collaborations
 - Government & Institutional Programmes
 - Public Mental Health Talks
 - Old age rehabilitation program
-

Professional Training & Academic Programmes

Developing Future Mental Health Professionals

Building knowledge and clinical skills through structured academic and professional training.

Programmes

- Psychology Internship Programme
 - Psychologist Trainee Programme
 - Certificate Courses
 - Workshops
 - Conferences
 - Psychologist enhancement programme
-
- Evidence-Based Psychological Care
 - Personalized Treatment Plans
 - Confidential & Ethical Practice
 - Child, Adolescent & Adult Specialists
 - Relationship & Family-Centred Care
 - Comprehensive Psychological Assessments
 - Modern Assessment & Therapy Facilities
 - Online & In-Person Consultations
 - Academic Excellence & Professional Training
 - Community Mental Health Initiatives
-

Contact us