



YUVANA
WELLNESS

**MENTAL
HEALTH
SCREENING**

General Health and Wellbeing

**DO YOU HAVE A "MIND'S HEALTH REPORT"
LIKE YOUR BLOOD REPORT?**



LETTER FROM OUR DIRECTOR

Emotions are the most potent driving force of every living organisms; humans are no exception to it. Disturbances in emotions can, therefore, cause significant distress in one's life. They can interfere with your ability to think rationally and thus obstruct your goal-directed activities. There are times when these problems are too overwhelming to be handled by oneself. That is where a psychotherapeutic intervention can help you get back on your feet.

We, at Yuvana Wellness, aim to equip you to handle and monitor your emotions in a healthy and fulfilling way. We also encourage everyone to think of mental health in the same way as your physical health. Thus, we have come up with a unique therapy style called "Mental Health Screening". It is an interactive method, making use of various tools, that gives you an insight into your overall mental health. This session will be a therapy session in a different format which is designed to be like a Mental Health Check-up.

At Yuvana Wellness, our aim is offer varied services under one roof. Our services are complementary to one another to suffice the enhancement of your mental health. We hope to lend you a helping hand to explore the light that shines within you. Contact us today avail our services or to enroll for our upcoming workshops.

A. Kulkarni.

ADITI KULKARNI

DIRECTOR, YUVANA WELLNESS

Aim of the Mental Health Screening

- 1. To build resilience and well-being to stop development of mental health disorders*
- 2. Make it equivalent to blood tests, stress tests, yearly check-up to know more about your mental toughness and resilience*
- 3. Create action plan to improve overall psychological wellbeing*

What Does Yuvana Mental Health Screening Offer?

1. Therapy-integrated psychometrics
2. These are not algorithm-based tests
3. Our psychometricians will go through each and every response to provide personalised analytics
4. A psychotherapy consultation based on your results is included
5. Action plan to help you achieve your goals is created in the consultation
6. Follow-up with you is done by the consultant after 1 month of your screening
7. Online as well as in-clinic conduction of screening available



Steps in Screening at Yuvana

MENTAL HEALTH SCREENING IN 2020

The mental health screening at Yuvana Wellness is a three day package. The Screening consists of psychometric tests given on different days to reduce fatigue. A 'getting to know your story' short session where we ask you about what are the things we need to know regarding any concerns you have regarding your emotions. We will go over your test results and come up with an action plan to help guide you to achieve your goals with mental resilience.

Package highlights and timeline

Day 1: "Getting to know You" - Phone call & Psychometric Test 1

Day 2: Psychometric Test 2 & 3

Day 3: Psychotherapy consultation

Day 30: Follow-up by the consultant

How does this work?

For online or clinic sessions

1. Go to yuvanawellness.com
2. Go to mental health screening booking
3. Select suitable time slot for the "Getting to know You" session

Your unguided action items are complete

1. Our team will contact you and provide you with all the required information
2. They will guide you through all the steps of the programme
3. You will receive your psychotherapy consultation and results and create your own action plan to improve your mental health

Timeline

Day 1: "Getting to know You" -
Phone call &
Psychometric Test 1

Day 2: Psychometric Test 2 & 3

Day 3: Psychotherapy consultation

Day 30: Follow-up



Yuvana Services

Single Session Therapy

*Is emotional distress holding you back?
Is your goal being obstructed by your
emotional hindrance?
It might be time to seek help from a
therapist.*

*Our specialised "Single Session Therapy" can
help you develop rational attitudes towards
life's most complex and challenging
circumstances by developing an action plan.*

*Contact us today and give us the opportunity
to become the best possible version
of yourself.*

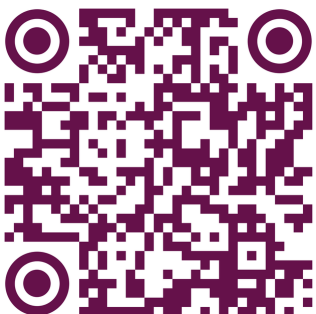
Workshop and Seminars

*Do you want to learn about emotions, causes
of emotional disturbances, coping techniques
and basics of therapy?*

*We have a number of short
duration programmes designed just for you.
The programmes are aimed at helping you
develop skills for better mental health.*

*Through our interactive workshops, you can
learn about the basics that can prove to be
a foundation for further knowledge
attainment.*

LEARN MORE



SCAN ME



YUVANA WELLNESS

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