

Who We Are?

MANAH- The Mind Studio is a mental health clinic led by RCI Licensed Clinical Psychologists, offering Ethical, evidence-based psychological assessments and psychotherapy.

We work with children, adolescents, and adults, providing a safe, confidential space to understand emotional concerns, behavioural patterns, and life challenges, and to support meaningful psychological growth.

Workshops, Seminars & Trainings

For schools, colleges, hospitals, corporates, coaching centres and communities.



Psychological Assessment & Therapy for: Children | Adolescents | Adults

Child, Adolescent & Developmental Concerns

- Autism Spectrum Disorder (ASD)
- Attention Deficit / Hyperactivity Disorder (ADHD)
- Specific Learning Disorders (SLD)
- Intellectual Disability
- Global Developmental Disorders
- School Refusal / Conduct Disorder
- Academic Stress / Parenting Concerns
- Sibling Rivalry

Emotional, Behavioral & Relationship Concerns

- Depression
- Anxiety/ Panic Disorder/ Phobias
- Obsessive Compulsive Disorder (OCD)
- Post-Traumatic Stress Disorder (PTSD)
- Adjustment Disorders
- Anger Issues/ Stress & Burnout
- Couple / Marital & Family Therapy

Severe Mental Health, Addictions /

Cognitive Conditions

- Schizophrenia
- Substance Use Disorders (Alcohol, Drugs, Tobacco)
- Behavioral Addictions (Internet, Gaming, Gambling)
- Sleep Disorders/ Eating Disorders/ Sexual Dysfunction
- Dementia / Alzheimer's Disease / Parkinson's Disease

Why Choose Us?

At Manah-The Mind Studio, we provide a wide range of evidence based psychological interventions tailored for children, adolescents and adults.

Our services:

- Cognitive Behavioral Therapy (CBT)
- Dialectical Behaviour Therapy (DBT)
- Play Therapy
- Parent-Child Interventions,
- Mindfulness-Based Therapy
- Behaviour Modification
- Social Skills Training
- Anger Management
- Stress Management
- Relaxation Techniques
- Acceptance & Commitment Therapy (ACT)
- Solution-Focused Brief Therapy (SFBT)
- Exposure Therapy
- Supportive Psychotherapy
- Addiction Counselling & Recovery
- Grief Counselling.

 **Emergency Helplines (India)**

Tele MANAS

14416 or 1-800-891-4416

24/7 | crisis support

iCALL (TISS)

09152987821

Mon–Sat, 10 AM–8 PM

Emotional distress and psychological
Support

*If you or someone you know is in immediate
danger, please contact local emergency services
or visit the nearest emergency department.*



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