



New Service Line

Mental Health



Mental health is integral to living a healthy, balanced life.

Mental health includes our emotional, psychological and social well-being. It affects how we think, feel and act. It also helps determine how we handle stress, relate to others and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood and old age.

Conditions We Manage & Treatment Approaches

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Virtual consultations with a highly trained and licensed psychologist

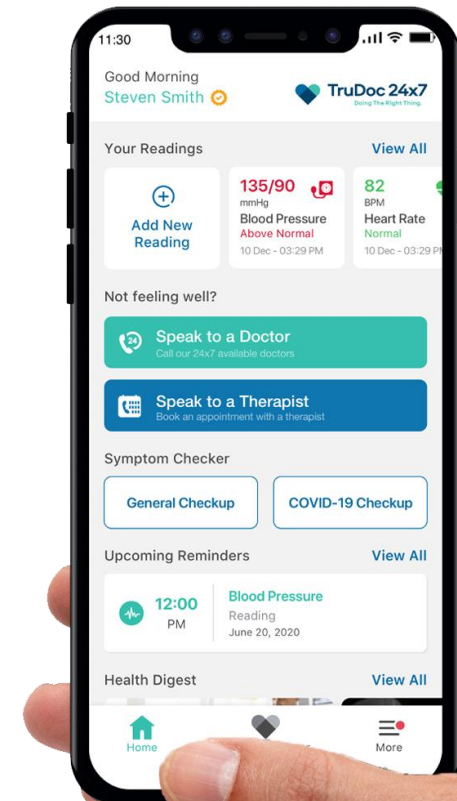
Through our mobile application, you can book an appointment to speak to our highly trained and licensed psychologists. Some of the conditions we can manage include:

- Anxiety
- Panic Attacks
- Depression
- Substance Misuse & Addictions
- Anger Management
- Offending Behavior/Behavior Problems
- Personality Disorders
- Bipolar/Mood Disorders
- Eating & Sleep Disorders
- Trauma, Stress & Grief

Some of the treatment approaches include:

- Cognitive Behavioral Therapy
- Dialectical Behavioral Therapy
- Psychosocial Rehabilitation
- Mindfulness Interventions
- Relapse Prevention
- Psychoeducation
- Positive Psychotherapy

*Semi-controlled/ controlled drugs cannot be prescribed via telemedicine as per the regulations. TruDoc will facilitate referrals for such cases within the network.



Scope of Services

Scope of Psychological Services

Virtual Services

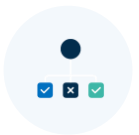
(Included in the service fee)



Consultation



Psychotherapy



Assessments



Support or Counselling Programs



Basic Emotional/
Psychological First Aid

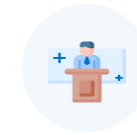


Add-on Services

(Available on request for additional fee)



Mental Health Awareness Programs



On-Site Seminars on Mental Health

Benefits

Benefits



Access to trained and licensed mental health experts via virtual consultation



Easy access from anywhere in the world – home, office, or traveling



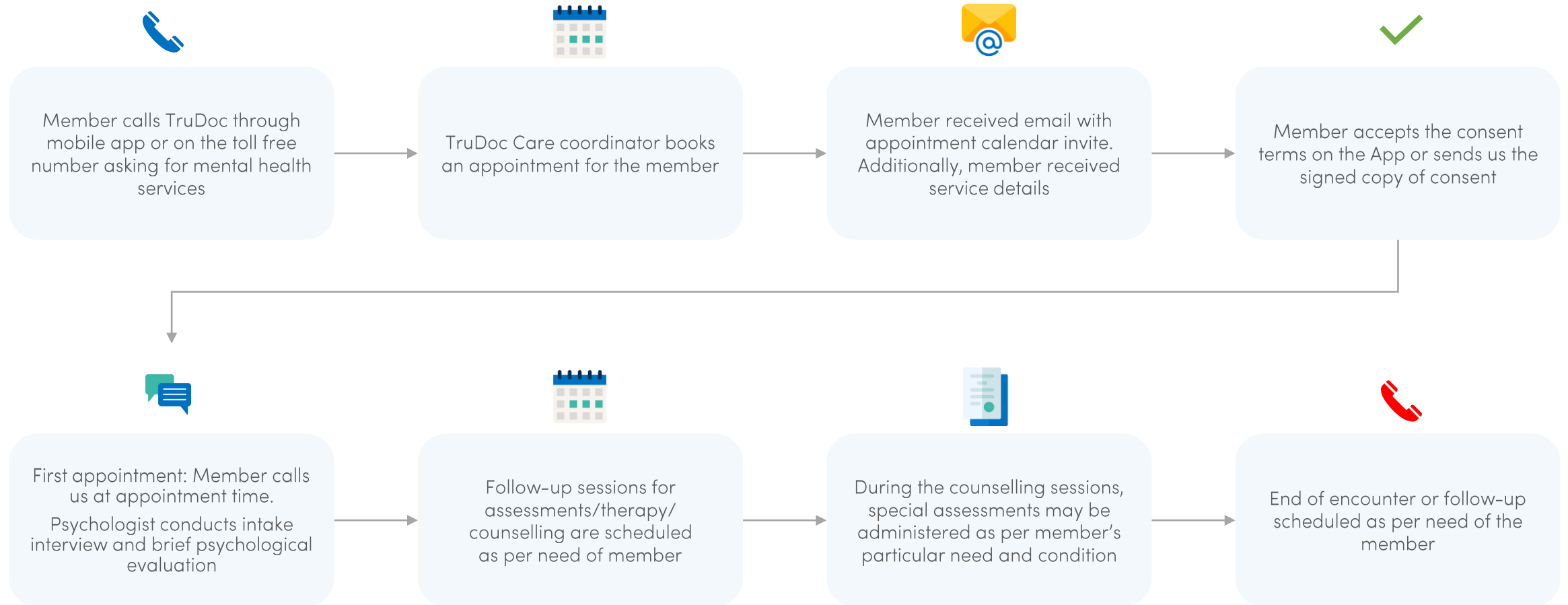
Protected data to help maintain your privacy



Convenient access through easy-to-use mobile application

Member Journey

Member Journey



Thank You!