



# **FLOURISH**

## **POSITIVE MENTAL HEALTH & WELL BEING CLINIC**

### ***What Is FLOURISH?***

It is a weekly clinic that aims at providing one to one consultation to individuals for maintaining and enhancing their wellbeing.

### ***What Is Well Being?***

Well being is not just about 'feeling good', but also about high level of psychological functioning.

### ***I Do Not Think I Have Any Mental Illness. Why Bother About Wellbeing?***

Well being is not just relevant for people with a diagnosis of mental illness. But this is also about moving oneself from current (perhaps an average) level of functioning to a higher level.

Working towards maintaining/enhancing well being matters - because it can not only improve our current functioning, but can also make us more resilient to handle stressful situations in future. It is similar to working towards physical fitness, that aims at minimizing risks for physical problems and enhancing one's physical health.

### ***Who Is Most Likely To Benefit From FLOURISH Clinic Services?***

Do you think that you do not have a major mental health problem but you want to discover/assess your current level of psychological functioning/ well being/mental health?

Do you think that you are functioning alright in your life in general, and yet want to feel more fulfilled or want to grow as a person?

Do you feel the need to learn ways of managing your motivation to work on your goals, experience a sense of meaning in life, or enhance your psychological capacity to function?

***If your answer to any of the above questions is 'yes', you may consider a consultation at***

***FLOURISH.***

## What Are The Kinds Of Services Offered At FLOURISH?

Two kinds of services are offered at FLOURISH:

- I. At Flourish Clinic, clients can learn more about themselves and their mental health status and well being, obtain feedback about their psychological strengths as a person as well as the areas that require attention, through undergoing psychological assessment

### **WELLNESS CHECK SERVICE**

- II. At Flourish Clinic, clients can chose to discuss their concerns and issues regarding their well being and opt for individualized sessions aimed at enhancing wellbeing and functioning.

### ***Where and When?***

FLOURISH Clinic runs on once a week basis at the NIMHANS CENTER FOR WELL BEING (NCWB) on every Saturday (Except second Saturday)

From 9.30 am to 1 pm.

### **FOR SATURDAY APPOINTMENTS AT FLOURISH CLINIC:**

**Contact -** NIMHANS Center for Well Being

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