

WELLNESS CHECK

Screening and feedback on your wellbeing and mental health

ADDING A NEW DIMENSION TO HEALTH CHECK UPS

Because health is incomplete without mental health and well being

Do you wonder how well you are doing when it comes to dealing with challenges in your life and maintaining your mental well-being?

Do you wish to discuss various aspects of your wellbeing and functioning, with a mental health professional?

Do you wish to identify areas for personal growth?

*If your answer is yes, to any of the above questions-
Then, Wellness Check is for you!*

WHAT?

Wellness Check is a screening package that focuses on exploring various aspects of your mental health and wellbeing (your stress levels, moods, your psychological strengths, your style of working on your goals and your overall psychological wellbeing). This is in addition to routine preliminary screening for psychological difficulties.

HOW?

Wellness check is carried out through questionnaires you answer about yourself as well as a brief interview. After evaluation of your responses, a one to one single session is conducted to give you a detailed feedback. The Wellness check summary report is also provided. Wellness check needs two sessions. Session 1: Completing questionnaires and a brief interview (1.5 hours) Session 2: Feedback and consultation session (1.5 hours).

NOTE: Wellness check is NOT a diagnostic service for psychiatric disorders or a service for personality /aptitude testing. It is meant to help you take overall stock of your mental health with a focus on wellbeing/positive dimensions of your functioning

WHEN & WHERE?

Wellness Checks are scheduled on Saturdays @NIMHANS CENTER FOR WELL BEING (NCWB). You need to register for this service through prior telephonic appointments. This service would commence from 1st week of May 2014

For appointment and other details:

Contact FLOURISH CLINIC, NIMHANS Centre for Well Being (NCWB)

1/B, 9th Main, 1st Stage, 1st Phase, BTM Layout, Bangalore - 560076

Call or Message Mobile Phone Number - 9480829670; Landline Number- (080) 26685948; email: nimhans.wellbeing@gmail.com

WELLNESS CHECK: BECAUSE MENTAL HEALTH MATTERS!