



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 choose 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
Site No. 1/B, 1st Stage, 9th Main, 1st Phase,
BTM Lay out, Bangalore- 560019
Phone: 9480829670, (080) 26685948
Email: nimhans.wellbeing@gmail.com

An initiative by the Positive Psychology Unit
Dept of Clinical Psychology,
NIMHANS, Bangalore



Feeling Fit Mentally Too!

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?

How well are you 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 - A screening package: 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) + routine preliminary screening for psychological difficulties.

HOW?

*Questionnaires you answer about yourself + A brief interview → a detailed feedback and consultation + Wellness check summary report
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.*



WHEN & WHERE?

Wellness Checks are scheduled on Saturdays @NIMHANS CENTRE FOR WELL BEING (NCWB). You need to register for this service through prior telephonic -appointments

WELLNESS CHECK

BECAUSE MENTAL HEALTH MATTERS!

For appointment Contact : 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