

# Zen Mind: Enhancing Mental Health Services in India

Zen Mind is a leading provider of mental health services in India, committed to integrating psychological care into existing healthcare settings. We're here to empower healthcare professionals and address the pressing mental health needs of the Indian population.



# The Current Mental Health Landscape in India

**20–25%** of patients in general healthcare settings report mental health disorders, including depression, anxiety, and substance use issues (*Gureje, et al., 2008; Raghunandan, et al., 2017*).

Depression is the most common condition, affecting **10–20%** of primary care patients, while **15–20%** experience anxiety disorders, and **10–15%** struggle with substance use (*Subodh, et al., 2013; Srinivasan, et al., 2011*).

**50%** of patients with chronic illnesses, such as diabetes or cardiovascular diseases, also experience co-occurring mental health conditions, particularly depression and anxiety (*Kumar, et al., 2015; Srinivasan, et al., 2011*).

**40–50%** of patients with mental health conditions remain undiagnosed within general healthcare settings (*Kumar, et al., 2015; Subodh, et al., 2013*). **20–25%** of children in primary care settings experience mental health disorders such as ADHD, anxiety, and depression (*Mody, et al., 2014; Merikangas, et al., 2010*).

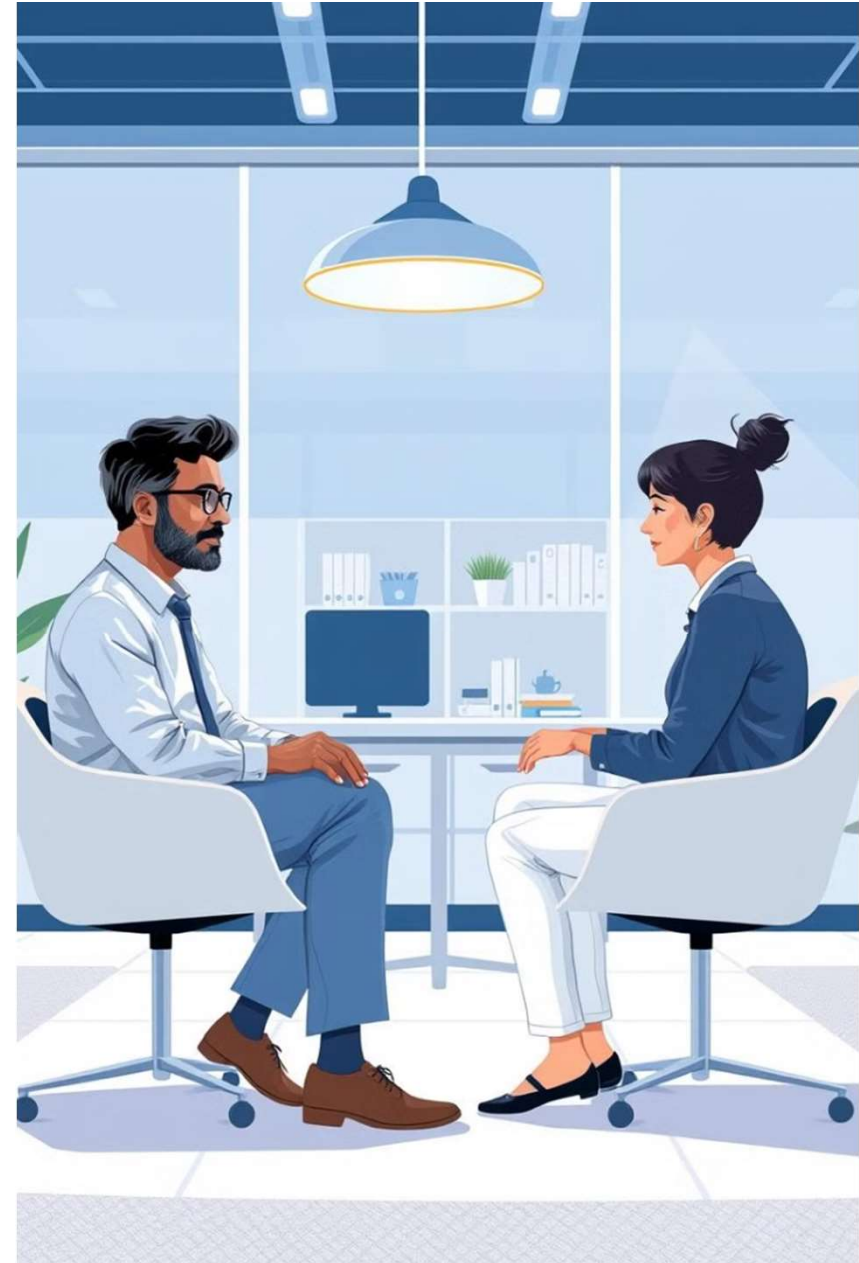
# Addressing the Challenges: Integration is Key

## Bridging the Gap

Many individuals with mental health conditions remain untreated due to limited access to care, and inadequate training.

## Comprehensive Solutions

Zen Mind provides integrated solutions that empower healthcare professionals to address mental health challenges directly within their settings.



# Zen Mind's Integrated Model

## Model Overview

Partner with hospitals and clinics to set up psychology clinics on-site or within the healthcare network.

## Services Offered

- Individual Therapy
- Couple and Family Therapy
- Psychological Assessments
- Workshops & Seminars



# Zen Mind's Three-Pronged Approach

## Model 1: Psychology Clinic Launch

Designed for institutions seeking to establish a dedicated psychology clinic.

## Model 2: Training for Existing Psychologists

Tailored for organizations with in-house psychologists, offering training programs to enhance their skills.

## Model 3: On Demand Consultation

Offers psychologists to provide short-term therapy services without the need to set up a full-time clinic.



# Model 1: Launch a New Psychology Clinic



## Trained Psychologists

Access to highly skilled and qualified psychologists to provide high-quality therapy services to your patients.



## Ongoing Supervision & Training

We provide continuous professional development for psychologists, ensuring the highest standards of service delivery.



## Comprehensive Marketing

We handle all aspects of marketing to attract patients to your clinic, ensuring a steady flow of referrals.







# Model 2: Training for Existing Psychologists

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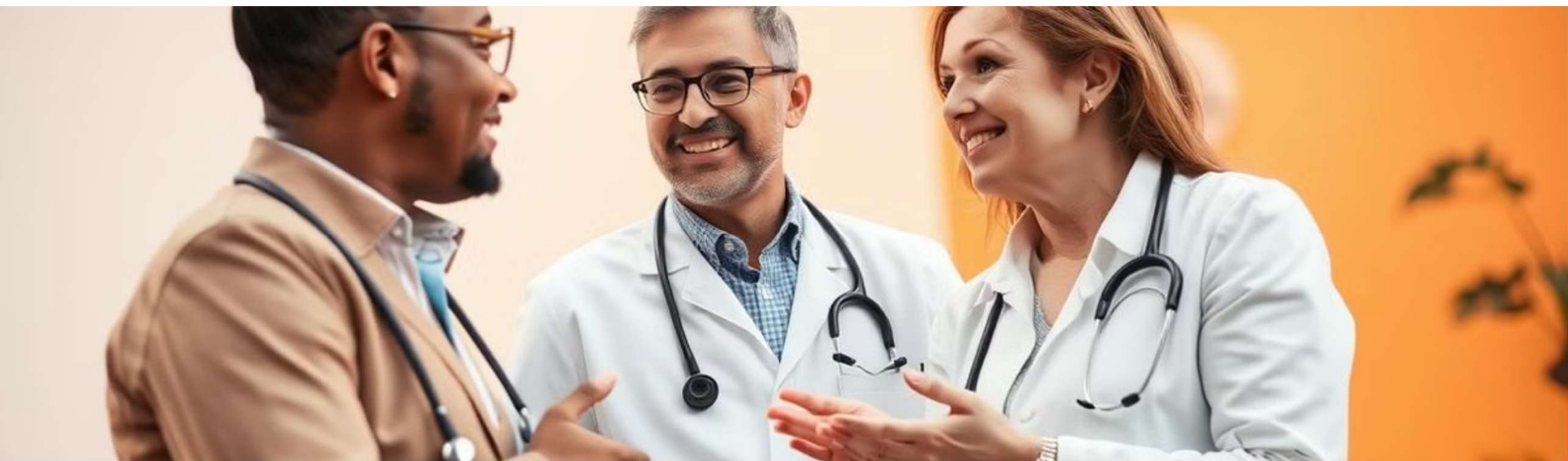
## Enhance Skills

Enhance your team's expertise through comprehensive training in psychological assessments, evidence-based therapies, and report preparation.

2

## Access to Psychological Tests

We provide a complete set of psychological assessments and tests to support your team in delivering effective and personalized treatment.



## Model 3: On-Demand Consultation Services

In this model, Zen Mind provides psychologists to offer short-term therapy, without establishing a full-time clinic. It's ideal for hospitals or clinics that don't have space for a permanent clinic but want to provide psychological consultations.



# Zen Mind's Role and Responsibilities

1 Designing Psychology Clinic

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2 Qualified Therapists

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3 Training & Support

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4 Marketing & Promotion

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5 Technology & Tools



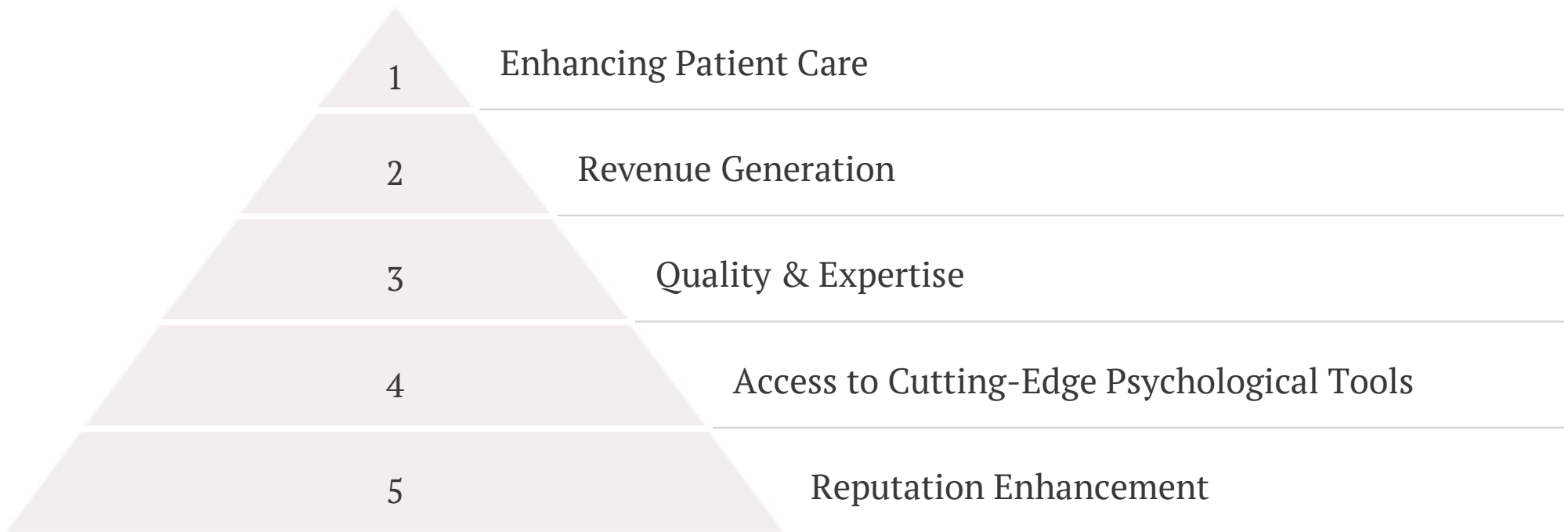
## Hospital/Clinic's Role and Responsibilities:

**Space Allocation:** Provide a dedicated space for the psychology clinic within the hospital or clinic.

**Administrative Support:** Assist in managing appointment bookings and patient flow, as needed.

**Integration into Existing Systems:** Facilitate the smooth integration of the psychology clinic into the existing healthcare framework (e.g., billing, patient records, etc.)

# Collaboration Benefits for Hospitals/Clinics




# Let's Collaborate for a Healthier Tomorrow

Zen Mind is committed to working alongside healthcare professionals to create a healthier future for India. Contact us today to explore partnership opportunities and learn more about our integrated solutions.

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