



COUNSELING SERVICE

IT'S OKAY TO ASK FOR HELP.



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www.soulflowindia.com



KNOW MORE

A space to understand yourself, find support,
and move at your own pace.

You don't have to figure everything out on your own.

Sometimes life feels overwhelming, or we know something isn't right but can't explain it. Therapy offers space to pause, make sense of our experiences, and be heard without judgement. At SoulFlow, we seek to understand you as a whole person: your experiences, relationships, emotions, body, environment and what matters to you.

HOW CAN WE SUPPORT YOU?

It's fine if you don't know where to start...

-  Anxiety, stress and emotional overwhelm
-  Depression, mood-related difficulties and life transitions
-  Trauma and difficult past experiences
-  ADHD-related challenges and neurodivergence
-  Relationships, family dynamics and self-esteem
-  Emotional difficulties associated with chronic illness or medical concerns
-  Identity exploration
-  Burnout, workplace stress and everyday functioning
-  Career Counselling
-  Caretakers fatigue/ Support for family and friends

A space that centres you.

 Your experiences, needs and pace guide the process.

An approach tailored to you.

 Depending on your needs, therapy may draw on CBT, EMDR, Narrative Therapy, Gestalt, Solution-Focused Therapy, Expressive Arts and somatic practices.

A collaborative process.

 We work together to understand what's bringing you to therapy, explore what may help, and review your goals.

WHAT HAPPENS NEXT?



SoulFlow is not a crisis-intervention service. If you are in immediate danger or need urgent medical or psychiatric assistance, contact local emergency services or visit the nearest emergency department.

 soulflowindia.com
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 Online sessions | In-person services in Jaipur and Kolhapur