

DEAR DOCTOR,

MENTAL HEALTH

IS PART OF HEALTHCARE

At SoulFlow India, we provide compassionate, individualised and evidence-informed psychological care. We work collaboratively with medical professionals to support patients whose emotional, psychological and behavioural concerns may benefit from therapy alongside their existing medical treatment.

OUR APPROACH

Client-centred, trauma-informed and integrative. We draw from a range of therapeutic approaches — including CBT, EMDR, Narrative Therapy, Gestalt, Solution-Focused Therapy, Expressive Arts and Somatic Practices — always tailored to the individual's needs and context.



Compassionate



Collaborative



Inclusive



Evidence-based



Individualised

WHO WE WORK WITH



Children, adolescents and adults



Couples and families



People living with chronic illness or undergoing medical treatment



LGBTQ+ and diverse communities



Professionals facing burnout, stress or career challenges

How Psychological Support Compliments Medical Care

Psychological support can help patients and families:

- Better cope with the emotional impact of medical conditions.
- Improve adherence to treatment and lifestyle changes.
- Manage anxiety, low mood, stress and adjustment difficulties.
- Build resilience and improve overall quality of life.
- Strengthen support systems and communication.



THE REFERRAL PROCESS

WHEN MIGHT A REFERRAL HELP?

- Anxiety, Persistent stress
- and emotional overwhelm
- Depression and mood-related difficulties
- Trauma, PTSD and adverse life experiences
- ADHD-related difficulties
- Relationship and family concerns
- Adjustment to chronic illness
- Major life transitions
- Body image concerns, self-esteem difficulties
- and burnout
- Adolescent emotional and behavioural concerns
- Support for LGBTQ+ individuals
- Workplace stress and career-related challenges
- behavioural and emotional difficulties in medical contexts



HOW DOES IT WORK

REFER

CONNECT

COLLABORATIVE



1. Refer

Share SoulFlow India's details with patients who may benefit from psychological support. You can also express your interest in joining our professional referral network.



2. Connect

With your permission, we can include your professional details in our referral directory, helping us connect patients with appropriate medical and allied healthcare professionals when needed.



3. Collaborate

We value collaborative treatment and clear communication. With the patient's informed consent, we can coordinate care, share relevant updates and work together to support continuity of care and better outcomes.

LET'S BUILD A CONNECTED CARE NETWORK

TOGETHER, WE CAN MAKE REFERRALS SMOOTHER, COMMUNICATION CLEARER AND CARE MORE COMPREHENSIVE.

ALL DIRECTORY LISTINGS AND INFORMATION-SHARING ARRANGEMENTS ARE SUBJECT TO APPROPRIATE CONSENT, CONFIDENTIALITY AND PROFESSIONAL BOUNDARIES.

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