

# Benefits after seeking Mental Health treatment



## Better well-being:

Regular mental health treatment can reduce anxiety, and alleviate depression, leading to a more balanced and peaceful emotional state.



## Better relationships:

Mental health treatment often improves communication skills, enhancing relationships with family, friends, and colleagues.



## Increased Productivity:

Reduced symptoms of mental health conditions can lead to improved concentration, memory, and decision-making skills.



## Physical health benefits:

Improved mental health can encourage healthier eating, regular exercise, and better sleep patterns.



# Book Your Appointment



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## Contact Us:

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INSTITUTE OF HEALTH SCIENCES

AUTONOMOUS

"A Unit of Margdarsi"

# Brain Fitness Clinic

## -Chandaka Health Resort

Take a proactive step towards reclaiming your life and rediscovering the happiness that may have seemed elusive.





## Welcome to **Brain Fitness Clinic**

Margdarsi has established Brain Fitness Clinic to enhance mental well-being for all age groups in our community. Our mission is to eliminate the social stigma around mental health, prevent suicide, and challenge negative attitudes towards those with mental health conditions. We aim to create a supportive environment where mental health is prioritized and everyone feels empowered to seek help.

- At our Brain Fitness Clinic, we provide comprehensive therapy and support for these issues, addressing various factors that contribute to mental health problems.
- Including biological influences, life experiences, environmental factors, and family history.
- Our goal is to help you achieve and maintain optimal mental health throughout your life.

## Our Clinics:



### Depression Clinic

By opting for our Depression Clinic, you are actively reclaiming your life and rediscovering happiness that may have felt out of reach.



### Anxiety Clinic

Anxiety Clinic offers an opportunity to understand and manage anxiety effectively, minimizing its impact on daily life.



### Insomnia Clinic

Insomnia Clinic, we're here to help you regain restful nights and well-being. Insomnia disrupts life, impacting focus, mood, and health. Act now for better sleep.



### Family Clinic

Family clinic addresses challenges arising from close family ties, including marital disputes, parental mental health issues, loneliness, despair, and conflict resolution.



### Personality Disorder Clinic

Personality disorder clinic specializes in personalized care for managing symptoms and enhancing quality of life in a supportive environment.



### OCD Clinic

OCD clinic offers specialized treatment to alleviate symptoms and improve well-being in a supportive environment focused on therapy and holistic approaches.



### Counseling Centre Clinic

Counseling clinic offers compassionate therapy and holistic approaches to enhance mental well-being and personal growth.



## Our Services:



Anxiety disorders, helping patients manage persistent worry and fear.



Depression, offering support for those experiencing prolonged sadness and hopelessness.



Stress and grief, guiding individuals through challenging life changes and losses.



Emotional disturbances, addressing mood swings and emotional instability.



Relationship issues, assisting with interpersonal conflicts and communication problems.



Anger management, teaching strategies to control and express anger healthily and, many more.

