

Lack of
Confidence ?
Need
COUNSELLING ?



**shalom Institute of
Mental Health & Research**

*(Psychiatric Hospital cum Psycho-Social
Rehabilitation and De-Addiction Centre)*

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Shalom Institute of Mental Health and Research (SIMHAR) is a Psychiatric Hospital cum Psychosocial Rehabilitation and De-Addiction Centre, established with a view to treating and rehabilitating people suffering from stress, behaviour disorders and other psychological illness.

Psychosocial Assessments and Clinical Services

Psychosocial assessments are helpful in identifying the strengths and weaknesses of a child which lead to recommendation to both academic and behavioural intervention. The assessments help parents plan the school programme and special needs, services and care the child wants in the school. Psychological evaluation from infancy to old age, assessment of memory and intellectual function (Neuro Psychiatric elements), assessment of emotional problems and mental status are conducted.

- ▶ Neuro Psychiatric Assessments
- ▶ Personality Assessments
- ▶ Learning Disability Test
- ▶ Aptitude Test etc.
- ▶ Intelligence Assessments

Counselling and Guidance

Drug and alcohol addiction has sabotaged the teens and the youth of today's society. Through drug and alcohol awareness programme, SIMHAR strives to fight against the menace of substance abuse.

- ▶ Drug awareness
- ▶ Family counselling
- ▶ Pre & Post Marital Counselling
- ▶ Individual counselling
- ▶ Parental counselling
- ▶ Family Retreats

Suicide Prevention Programme

Suicide is recognized as a major public health problem, and preventive strategies are urgently needed. A programme for suicide prevention must define target population as well as effective intervention. SIMHAR provides Psychological support to individuals with suicidal ideation. Another strategy is to intervene among surviving suicide attempters. Shalom mind clinic has 24x7 helpline. World suicide Prevention day is observed every year.

Mobile Counselling Clinic

This facility is for the employees of IT firms, corporates and educational institutions who work under severe stress. The mobile unit with a team of professionals, psychologist and counsellors will visit the offices of the firms concerned and conduct seminars , counselling and provide them with stress management tips.

School and Career Guidance Programme

Often career is not chosen but forced. Parents enforce and children just accept it on pressure. Career guidance through a comprehensive career assessment and counselling are most often not sought after nor thought about. Professional support is required to be successful in life and profession. SIMHAR is committed to giving you the most trusted, holistic and scientific assessment and recommendation based on which you can make career decisions for your children.



Meaningful Family

Today, family life is short lived. Living together, broken families, divorces and remarriages have become the order of the day. This programme is focused on strengthening the relationship of a man and his wife. Therefore, sessions on parenting, roles of husband and wife, and father and mother are conducted. Family retreats are also organized.



Mom & Me

Mother's role in a girl child's life is very significant. A mother who understands the changes in her child and responds to it positively, handles it gently will make her life worth. This programme aims at building a strong relationship between a Mother and her girl child and also addressing the misconceptions. Therefore, we conduct combined seminars for girl students of grades VI to XII and their mothers on issues of teens, transition and adolescence.



Dad & Me

Father plays a major role in building the character and life of his child. Children tend to follow wrong models (celebrities) and they become prey to peer pressure. In this context every father has to understand his role better. Combined seminars for boy students of grade VIII-XII and their fathers on issues of teenage and adolescence is found beneficial.

De-addiction Camps

We organize de-addiction camps in association with institutions or local bodies who would identify Alcoholics and people with drug abuse. They are brought to a common place and preliminary screening is conducted at such notified locations.

Legal Defence, Counselling and Mediation

Getting entangled in legal hassles for the first time invokes great mental stress and a sense of desperation, abnormally tilting the response of a person who is overwhelmed with its ramifications.

Debt trap triggers severe mental trauma, deep depression and a sense of crisis. It is a force multiplier for persons already suffering from high anxiety, adversely affecting logical, objective thinking even leading to serious psychiatric problems.

SIMHAR endeavours to provide dependable legal information services which include legal counselling, mediation and defence litigation. When needed in areas of civil, criminal and/or debt laws aimed at alleviating legal hardship.

Medical Extension Programme

Schools, Colleges and Institutions who want to avail the services (alcohol, drug abuse etc.) may contact the office. Medical extension services are provided on request. Educational interventions for children in difficult circumstances are also provided.



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