



# JEEVA RAKSHAI

MENTAL HEALTH WELLNESS CENTRE

De-addiction cum Rehabilitation & Psychiatric care

Licensed by Tamilnadu State Mental Health Authority

Mental health refers to a person's emotional, psychological and social well-being.

**JEEVA RAKSHAI** is established with the sole aim of providing comprehensive mental health care that is easily accessible and affordable to the needy. Alcohol & Drug De-addiction & psychiatric emergencies for male and female In-patients and Out-Patients since 2019. The focus of our centre is to promote positive mental health, improve resilience and positive coping.



**Dr. A.C.N. ARUNA** M.Sc., M.Phil. Psychology  
Managing Director and Counselling  
psychologist. She has more than  
10 years of experience in counselling,  
psychotherapy, Awareness & Training  
Programmes. She has successfully  
treated more than 5000 clients.

### — WHO CAN TAKE HELP FROM US? —

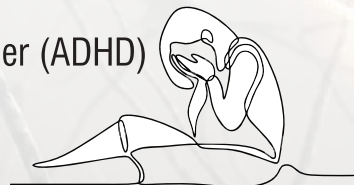
#### Addiction

- Substance abuse - Alcohol, Tobacco, Prescription drug addiction, Drugs, Marijuana, Opioid, LSD, Cocaine, Heroin, Ecstasy, Brown Sugar, Cough Syrup, Pain Reliever Medicine and so on.
- Smoking - Cigarette
- Online Gambling / Internet addiction
- Social networking addiction
- Risky behaviour addiction
- Sex addiction / Pornography
- Food / love / exercise / work / Shopping addiction
- Selfie addiction
- Spiritual obsession
- Addiction related violent behaviour / confused state / abnormal behaviour
- Addiction related personality disorder / psychosis



## Child /Adolescent/ Adult Guidance Service

- Developmental delays  
(speech/walking/standing and socialization)
- Problems in attention/concentration and memory
- Academic issues - Difficulties in reading, writing, spelling, arithmetic, comprehension, slow learning, remembering, school refusal & lack of interest in studies
- Bullying, Shyness and Eating difficulties
- Fear of exams
- Fear towards the school / teachers / studies and peers
- Internet and game addiction
- Depression / Anxiety
- Behavioural problems – Disobedience / temper tantrums / adamant behaviour / lying / stealing / thumb-sucking / nail biting / bed-wetting/hyperactivity/problems in toilet training
- Emotional problems – excessive crying / shyness / sensitiveness / social avoidance / fear of strangers, height, animals and darkness
- Conduct disorder / Oppositional defiant disorder
- Gender identity disorder
- Mood symptoms
- Suicidal thoughts / Negative thoughts
- Psycho somatic problems – symptoms like headache, breathlessness, stomach ache, frequent sickness and absenteeism from school
- Autistic spectrum disorder (ASD)
- Attention-deficit hyperactivity disorder (ADHD)
- Sleep problems
- Sexual Dysfunction
- Relationship issues with the family or spouse
- Psychological stress associated with sudden death / loss / accidents
- Mood disorder, Schizophrenia and other psychotic disorders



## **Women Centric Mental Health Services**

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- Depression / Anxiety
- Post-traumatic stress disorder (PTSD)
- Body image or Dysmorphia
- Sexual abuse and violence
- Women sexual health counselling
- Premenstrual Dysphoric Disorder (PMDD)
- Postpartum depression / Postpartum psychosis
- Post-menopausal syndrome
- Self-harming behaviour
- Psychological distress following abortion / hysterectomy
- Psychological distress of women with infertility
- Alcohol and substance abuse
- Mood disorder / Psychotic disorder



### **OUR SERVICES**



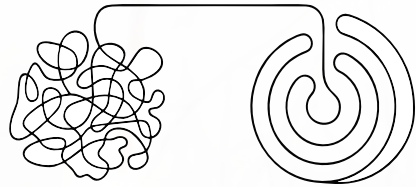
#### **Counselling & Therapeutic Plan**

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- Individual counselling & Psychotherapy
- Parental counselling
- Rehabilitation counselling
- Trauma counselling / LGBT counselling
- Sports counselling
- Nutrition counselling
- Career and vocational counselling
- Pre and Post Marital counselling
- Pre and Post - Divorce therapy
- Family therapy
- Behaviour therapy / Cognitive behaviour therapy
- Relaxation therapy
- Stress management / Anger management
- Mindfulness exercise
- Physiotherapy
- Suicidal emergencies
- Home visits in the case of psychiatric emergencies

## De-addiction counselling

- Detoxification
- Individual therapy / Family counselling
- Psychological intervention to enhance motivation, coping skills or problem solving skills
- Medical and psychiatric management
- Psychiatric intervention to manage the craving and other psychiatric disorders
- Psychometric assessments
- Group therapy
- Relapse prevention
- AA/NA self-help support group



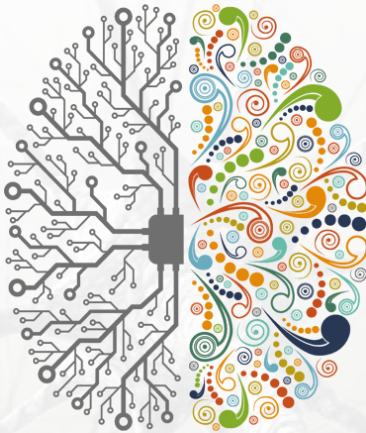
## Psychological Testing

- Cognitive / Intelligence test (IQ test)
- Memory scale / Dementia scale
- Achievement tests
- Behaviour rating scale
- Assessments of Learning Disabilities and other academic issues
- Assessment of Autism spectrum Disorder
- Psychological and emotional testing - Screener
- Career assessment
- Life traps and basic psychological needs
- Sentence completion test
- Depression / Anxiety scale
- Projective test
- Neuropsychological test
- Test for attention and concentration
- Assessment of personality
- Marital adjustment scale
- Rating scale for psychotic symptoms (RSPS), etc.

## Training Programmes

- Social skill training
- Life skill training program
- Corporate training program
- Awareness & training for teachers and parents
- Awareness and workshop programs in schools and colleges
- Community programs
- Internship programs

**We provide holistic treatment not only to the patient but also address the familial and other psycho social issues and thus help patients to recover better and get integrated into the society to earn a respectable living.**



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Plot No. 1&2, Devi Karumari Amman Nagar 4th street, Nerkundram,

Chennai - 600 107. ☎ + 91 739 739 8823, 74010 85687

✉ [jeevarakshai@gmail.com](mailto:jeevarakshai@gmail.com) 🌐 [www.jeevarakshai.com](http://www.jeevarakshai.com)