



Counseling / Guidance Services from Sahayam to the Corporates:

1. Tele counseling:

The counseling services over phone would be provided for the following purposes –

- a) Guidance: To guide the client based on their present issues using counseling skills and interventions.
- b) Referral: To provide reliable and appropriate referrals to the client in case they require the help of other specialized professionals.
- c) Psycho-education: To build awareness and understanding of the client with regard to the particular issue/disorder of the client.
- d) Supportive counseling: To provide the necessary positive support to the client to progress and deal with the problems that the client is faced with.

2. Direct counseling:

The direct or face to face counseling services would involve the following –

- a) Relaxation therapy: Using various muscle, breathing and visualization techniques to induce relaxation and wellbeing.
- b) Counseling for effective handling of stress, relationship issues, domestic violence, aggression, poor performance at work, learning healthy coping patterns and any kind of emotional distress.
- c) Any therapeutic intervention as per need.

**Service Charges may be discussed as per need of individual organization**

***Sahayam strives to provide holistic enhancement to one and all through its interventions !!***

SAHAYAM