



THE CRESCENT MOON

COUNSELLING | CONSULTING | THERAPY
WORKSHOP | VEDIC PSYCHOLOGY

www.thecrescentmoon.in

India's 1st holistic platform on mental health and well-being



Who are we ?



We are a group of psychologists, psychiatrists, consultants, motivational speakers, workshop facilitators, coaches, etc. who all are working towards a shared goal of eradicating the mental health crisis in our country by providing an educational, easily accessible, and impactful platform for anyone who wants to work on their mental health and well-being.

We are a team that is working hard towards making mental health accessible at your fingertips and an easy click can book you a session with the expert most suitable to your individual needs at our platform.



What do We do ?

We offer a wide range of services related to mental health and well-being which include online counseling, consulting, therapy to individuals and workshops plus awareness campaigns at various academic institutions, corporates, and other social groups.

We also offer support group services on various mental health issues and are determined to reach out to the remotest corners of India to create an awareness about mental health. With our various therapy based programs we are busy creating a happier nation.





How it works ?

REGISTRATION

Allow us to show how easy and powerful working with well-being can be!

MAKE APPOINTMENT

Our online mental wellness platform gives everyone the power to improve with simple-to-use tools for wellbeing and performance. Allow us to help guide and nurture you!

TAKE CONSULTATION

You have the power to create balance in life, on and off work, all you need is a little bit of TLC! Consult with the best in the space of mental-wellness!

Why People Choose Our Services



Trailblazing Experience Online and convenient

A virtual platform for you to take care of your mental health in the comfort of your home.



Regular followup & Feedback

You are offered a space for regular consultations in order to be updated about your progress.



Experts on board

Highly qualified & trained mental health professionals with extensive experience and efficiency.



Confidential, Reliable, Secure.

Our services are highly ethical, secure & safe.



Our Flagbearers



Siddhartha Yadav

Honorary Director - The Crescent Moon Project
Motivation & Leadership Expert Life Coach | Soft Skills Trainer
Author | Storyteller | Poet | Film Maker | Social Activist

Ruchhita Kazaria

Relationship & Intimacy Counsellor

Ruchhita or Rruh (Soul) is from Kolkata. She internalises relationships and combines its challenges at the psychological level of each being, thereby offering meaningful insights combining it with her understanding of the five elements, numerology and astrology.



Saachi Arora

MPhil Clinical Psychology (Gold Medalist)

Clinical Psychologist, certified Graphologist, Dream Analyst,
Clinical Hypnotherapist, CBT/REBT therapist and
Clinical, Trauma Care Specialist, Trained in the field of Positive
Psychology





What we offer.

Counselling, consulting and therapy
on various mental health related issues and disorders such as

Anxiety

Depression

Family Issues

General Stress

Insomnia

Mindfulness

Loneliness

Overthinking

Panic Attacks

Psychosis

Procrastination

Trauma

Violence & Abuse

Workplace Stress

Schizophrenia

Peri-Menopause

OCD

ODD

Burnout

Lack Of Focus

Grieving

Counselling and consulting support through

Vedic Psychology

Age Regression

Ancestral Healing

Chakra Healing

Cord Cutting

Graphology

Expressive Art
Therapy

Forgiveness and
Gratitude

Inner Child
Healing

Past Life
Regression

Hypnotherapy

Karmic Pendency

Mindfulness

Pranic Healing

Signature Analysis

Because your mental health
is our priority.

Highly qualified team of some of the best names in psychology who deliver improved well-being to you. Carefully vetted through a rigorous selection process. Trained and experienced in all psychotherapy techniques.



WhatsApp Session



Video Session



Audio Session



Chat Session



Workshop modules

With the team of India's finest mental health professions, we offer various workshops for corporates, schools, colleges, couples and parents. Few of our workshop modules are

The Crescent Moon Partner program for corporates

Mental health of the employees is currently the top priority of every organization. In current dynamic scenarios and with competition mounting at all levels, sound mental health has become the need of the hour. Supporting mental wellbeing is not a luxury but necessity nowadays. As we know that human performance and mental wellness go hand in hand, workplace wellness has become the issue of paramount importance.

The Crescent Moon offers an exclusive partner program for corporates where organizations can have our wide range of experts on board for the mental health related needs of the employees and their families. Every organization will receive a separate code which can be used by their employees along with their employee code to get exclusive discounts and preference in bookings. We will conduct various workshops and seminars both online and offline as per the needs of our partners and will also organise various exclusive therapy programs.

Our specially designed employee assistance program offers :

- 1- Mental health assessment for all the employees
- 2- Work life balance support programs
- 3- Substance use disorder (addiction) support program
- 4- Subsidized screening for clinical depression and counselling
- 5- Subsidized support on mental health and wellbeing through our panel of wellness coaches and experts.

Our corporate partners will also be entitled to use our logo and brand name as the mental health partners on their platforms and promotional materials. Names and logos of all our partners will be featured on our website too.

Workshop modules

The Crescent Moon Partner program for academic institutions

In academic institutions seeing the signs of students and understanding them is really important. Mental health directly impacts the ability of a student to adapt, learn and grow. A strong team of counsellors, consultants and therapists plays a vital role in this case.

The Crescent Moon offers an exclusive partner program for schools and colleges where institutes can have our wide range of experts on board for the mental health related needs of the students and even their parents. Every institute will receive a separate code which can be used by their students (adults) along with their roll numbers to get exclusive discounts and preference in bookings. We will conduct various workshops and seminars both online and offline as per the needs of our partners and will also organise various exclusive therapy programs. We will provide support to schools to access the mental health needs of the kids.

Our specially designed program for academic institutes include.

- 1- Career counselling and support mechanism
- 2- Programs for students to cope up with stress and anxiety.
- 3- Dance, Art and Music therapy programs.
- 4- Special workshops on parenting
- 5- Creativity building workshops
- 6- Overcoming substance abuse (addiction)

Academic institutes will also be entitled to use our logo and brand name as the mental health partners on their platforms and promotional materials. Names and logos of all our partners will be featured on our website too.





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 SIDDHARTHA YADAV
www.siddharthayadav.com

A Siddhartha Yadav initiative on
mental health and wellbeing.