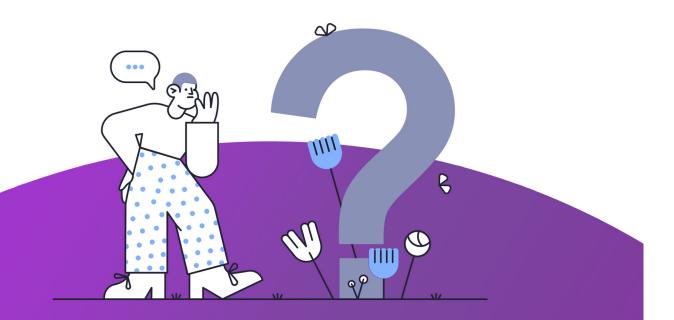


www.thecrescentmoon.in
India's 1st holistic platform on mental health and well-being



## 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 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 Specilist, 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



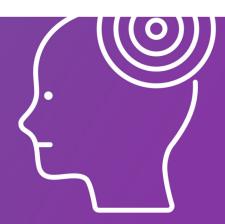
Video Session



**Audio Session** 



**Chat Session** 





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.



## 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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#### **Contact us**

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#### Administration

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General questions

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Email Id: thecrescentmoononline@gmail.com

#### **Project by**



Change India Initiative Foundation Registered under Societies Registration Act 1860



A Siddhartha Yadav initiative on mental health and wellbeing.