

# Mental health and counseling support for the members of the organization

As the CDC aptly puts it, Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices<sup>[1]</sup>.

There are multiple factors, besides one's own personality, that play a role in shaping their mental health, such as social, environmental, biological, economic, political, etc. (A detailed note on understanding and coping with mental health issues can be accessed here).

As they say, there is no health without mental health. It forms an integral part of a person's health, but unfortunately, often faces a strong struggle to be acknowledged, realized, and taken care of.

As an organization, Eklavya shares a strong sense of commitment to ensuring a safe and nurturing environment for its members. As an essential step towards extending support for their mental well-being, Eklavya has a support mechanism in practice;

- Eklavya has impanelled Dr. Kakoli Roy and Dr. Sumit Roy, clinical psychologists based in Bhopal, experienced professionals with specialization in psychodiagnostics, psychotherapy, and counselling.
- Any member of the organization going through mental distress can approach either of the professionals and make an appointment for a session.
- The appointments can also be booked through an internal system developed by both;

o **For booking an appointment with Dr. Sumit Roy-**  
<https://myclinny.com/sumitroy/book/eklavya>

o **For booking an appointment with Dr. Kakoli Roy-**  
<https://myclinny.com/kakoliroy/book/zi0gcl57de>

- For an individual member, up to ten (10) sessions in a financial year, booked with either Dr. Kakoli or Dr. Sumit will be supported by Eklavya.

- Please note that unbiased support and absolute confidentiality are followed in cases of counselling sessions. The identity of the client or the specifications of the individual sessions are not subject to access by the organization or be disclosed by professionals without prior, informed consent of the concerned client.
- In situations where the counselling sessions exceed the maximum number, i.e., 10 sessions within the financial year, the consultancy fee for the booked sessions will have to be borne by the individuals themselves. The consultancy fees per session is Rs. 1500/-.
- The sessions can be held in both online or off-line mode, depending upon the comfort of the individual.

**Contact Information:**

· **Dr. Kakoli Roy:** 9425301167.

· **Dr. Sumit Roy:** 9425301166.

**Address of the clinic –**

‘Manaskutir’

A/3, Surendra Garden, Bagsewaniya Main Road,

Bagsewaniya, Bhopal, Madhya Pradesh. Pin-462043.

