

innerScape

"Embrace your inner landscape, embrace growth"

About InnerScape

"InnerScape" combines **"inner"** and **"landscape,"** reflecting the depth and complexity of our thoughts, emotions, and experiences. Our comprehensive mental health services focus on understanding and navigating these inner landscapes to promote growth and well-being. We empower individuals to shape their inner worlds and embark on a journey of self-discovery and transformation.

Our Story

InnerScape is a space crafted with care by co-founders **Rewa** and **Sanjana**. We are two psychologists embarked on a shared journey to create something meaningful—a mental health care organisation founded on the principles of compassion, collaboration, and change. With a deep commitment to well-being and mental health advocacy, we foster a supportive and inclusive environment where individuals can thrive.



Vision & Mission

Our vision at InnerScape Mental Health Care is to be a beacon of hope in our community. We envision a world where mental health is destigmatized, and individuals are supported in their journey toward well-being. Our goal is to make mental health care approachable and accessible to all, empowering individuals

to live authentically. We empower individuals to take an active role in their healing journey through therapy, counselling, and supportive interventions. Our mission encompasses cultivating resilience, promoting mental health advocacy, and breaking down barriers surrounding mental health.

Our Services

At InnerScape Mental Health Care, we are committed to providing a diverse array of services that cater to the unique needs of individuals. Our approach integrates therapy, education and collaboration to promote emotional wellness and resilience across various settings and populations.



1. Therapy: Online and In-Person sessions (Pune)

Individual Therapy: Tailored sessions designed to address personal concerns, struggles, and growth objectives.

Couples Therapy: Specialised counselling sessions aimed at enhancing communication, resolving conflicts, and fostering deeper connections.

Marital and Pre-Marital Counseling: Support for couples at various stages of their relationship journey, from pre-marital preparation to navigating challenges within marriage.

2. Corporate Collaborations

Employee Assistance Programs (EAP): Comprehensive support systems provided to employees to address personal and professional challenges, enhancing overall well-being.

Workshops: Engaging sessions designed to educate and empower employees on various aspects of mental health, stress management, and resilience-building within the workplace environment.



3. Community Outreach Programs

Collaborative Initiatives: Partnering with local organizations and community groups to raise awareness about mental health issues and provide accessible resources and support.


Mental Health Assistance: Offering a range of services, including counseling, workshops, and resource referrals, to individuals and families within the community seeking mental health assistance.

4. Peer Supervision and Training

Establishing a supportive environment for mental health professionals to engage in reflective practice, receive feedback, and enhance clinical skills through peer supervision sessions. Providing comprehensive training and development opportunities for mental health practitioners to foster growth, compassion, and excellence in service delivery.



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