



Corporate Wellness Suite



Revolutionizing and providing quality-driven mental health & wellbeing services Nationally and Globally through Real-Time Access for Corporations



Our Services

Trijog is India's top 3 organizations providing mental health and corporate wellness services in India. We have over 35 years in domain expertise, partnering with 76+ organizations & impacting over 7M+ lives since our inception.



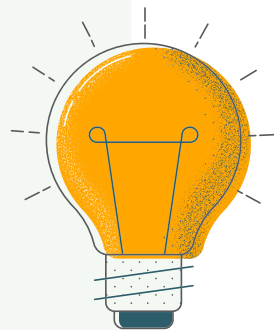
Employee Assistance Program

One-to-one counselling program providing mental health support & relief for corporations in a 100% confidential environment



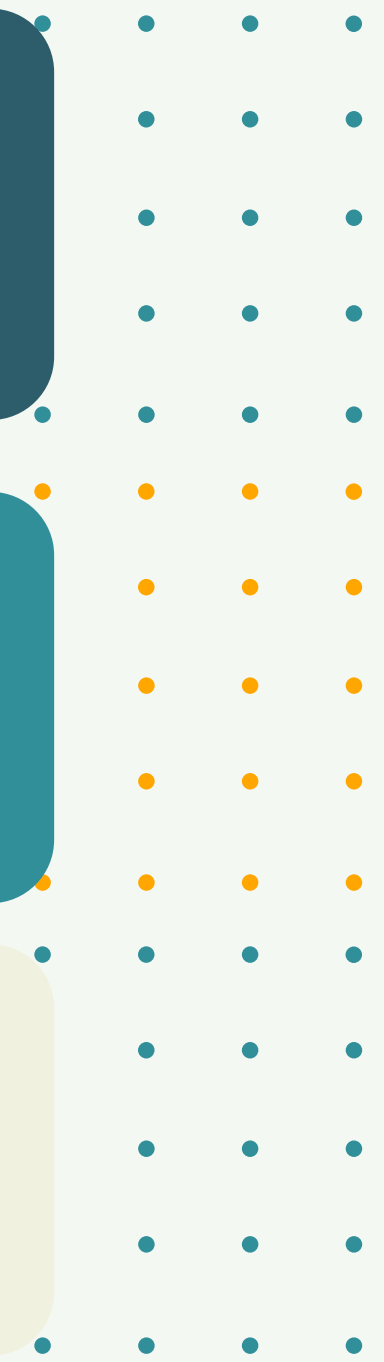
Wellness Webinars

Experiential & sensitization group sessions to help facilitate interactions for emotional health and providing coping strategies to help stay afloat.



Learning and Development Trainings

The trainings enable learning through a highly experiential practice based training uncovering the depth analysis of human behaviour.



Our Partners

Here is why the top organizations of the country trust Trijog as their wellness partner



classmethod



wework



QYUKI



Unilever

OmniActive
HEALTH TECHNOLOGIES



ANTARA

A Max Group Company

paytm
insider



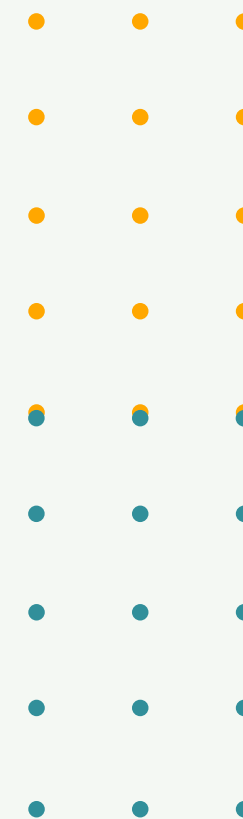
SOHO HOUSE

73 + Corporate Partners

4.9 ★ Google Rated

53 + Qualified Therapists

89 % Client Satisfaction



Employee Assistance Program

Our one-to-one counselling program looks at servicing the corporates from an end-to-end provision of services in a confidential environment.

Counselling Modes



Video



Call



Chat



Managing Relationship



Work - Life Balance



Depression & Demotivation



Trauma & Abuse



Stress & Anxiety

Benefits of our EAP?



Reports & Metrics

We create customized reports for indicative mapping of actual triggers that directly impact the corporates.



Domain Expertise

We have portfolio of psychologist with experience ranging from 6-35 years. Our psychologists are registered with the RCI.



Support in 15+ Languages

We understand the need for multi-lingual psychologists and hence have language preference.



7 day Customer Care Helpline

We provide robust customer executive support. Helping you book/reschedule or cancel appointments & tackle any queries



Self Help Tools

We share actionable content for employees like self-help tools, worksheets & reminders to access therapy



Founder

Dolly Rateshwar

General Manager Social
for Good - Qyuki

At Trijog it's all about creating a safer space to share and understand different perspectives to the same situation from a 360 view and not limited to an individual perspective which otherwise would get more biased.



Founder

Suzanne Verghese

Vice President Head HR | OML
Entertainment Pvt.Ltd.s

The support and experience of counsellors immensely helped many of our team members especially dealing with Covid situation and lockdown. The association has immensely been helpful and grateful to the team for the immense support extended.

Well-being Webinars

Our Employee Wellbeing Webinars are an experiential online session on understanding one's emotions and behaviours better with practise-based strategies that one can include in their day – to – day activities to stay afloat.



Managing the Mind



Acing Anxiety



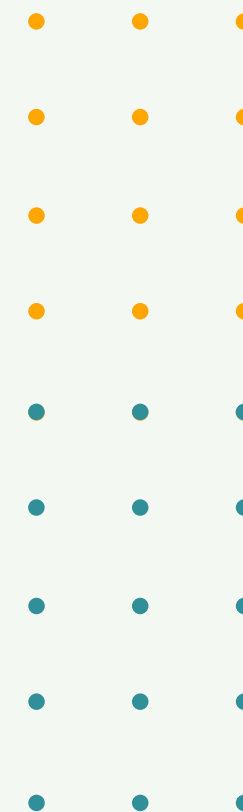
Building Effective Communication



Routine Management



Work - Life Balance



Founder

Sunita Wazir

Wellbeing Leader|
HUL

We really appreciate your effort in facilitating the session on self-discovery and reconnection with the inner self through Art Based Therapy. Your teams ensured that every employee who attended the session enjoyed it thoroughly.



Founder

Jihaan Advani

Events & Membership
Head | SOHO House

These sessions are one of a kind & bring to our members a different kind of calm & rejuvenation. Trijog must be accredited for bringing to us wellness in such a unique way.

LNOD Trainings

Our trainings aim to build the knowledge, skills, and abilities of the corporate workforce by helping them develop and achieve their potential so that the organizations they work for can succeed and grow.



Leadership development



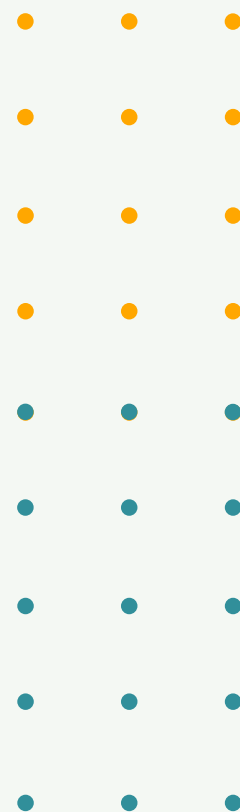
Building effective communication



Integrating psychology within human resource practice



The art of giving effective feedback



Founder

Nikita Manila

HR Business Partner
White Crow Research

It has been 2 fantastic years using Trijog's EAP & LNOD training solutions & the journey we have shared with them. They have been a big support in taking care of the emotional wellbeing of our employees.



Founder

Nikhil Paranjpe

Global President | Unilever
Home Care Business

It is sad that Ignorance & Stigma prevent so many people from acknowledging mental health issues & receiving timely help. To that end Trijog needs to be complemented for its effort in driving awareness and creating a support system to overcome what is a growing challenge in Today's Society.



THANK YOU

for taking the first step towards
**Building an Emotionally Healthy
Workplace**

www.trijog.com

