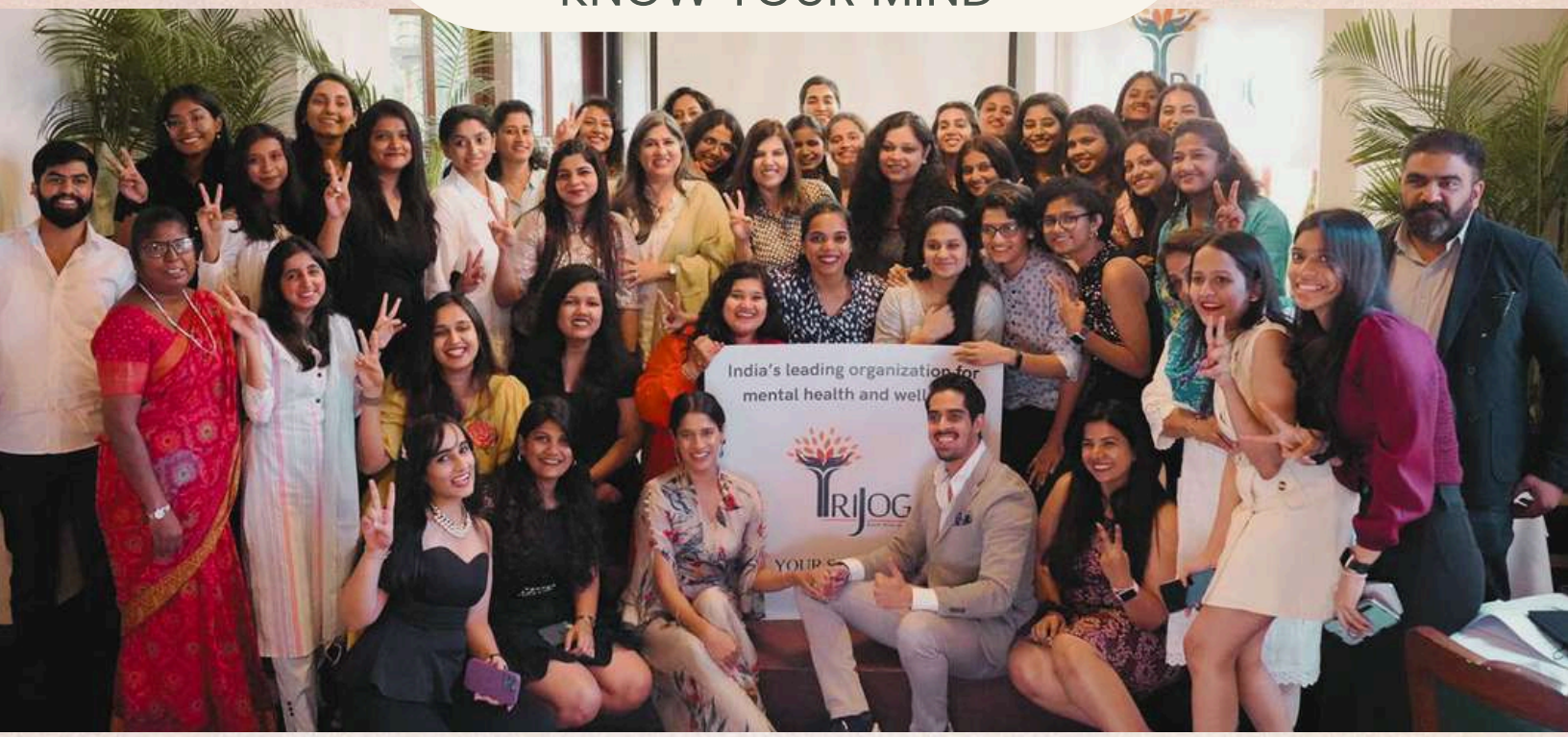
TRIJOG

KNOW YOUR MIND



CHILD & ADOLESCENTS | ADULT INTERVENTION | CORPORATE WELLNESS

INDIA'S #1 Mental Health Organization

Trijog stands proudly at the forefront of mental healthcare and holistic wellness in India, pioneering transformative change since 2015. With unwavering dedication, Trijog not only shapes the future of mental wellness but also profoundly impacts the private and public sectors, enriching lives and fostering a healthier society.

भारतीय पुनर्वास परिषद्
सत्यमेव जयते
Rehabilitation Council of India

GDPR READY

HIPAA Compliant

ISO 27001 Certified

4.9 Star Google Rating

150+ experienced psychologists

RCI Registered Therapists

40+ Years of Domain Expertise

The Visionary Architect

Together, we nurture minds, shape futures, and build a nation where mental health awareness and holistic development are not just goals but guiding principles.

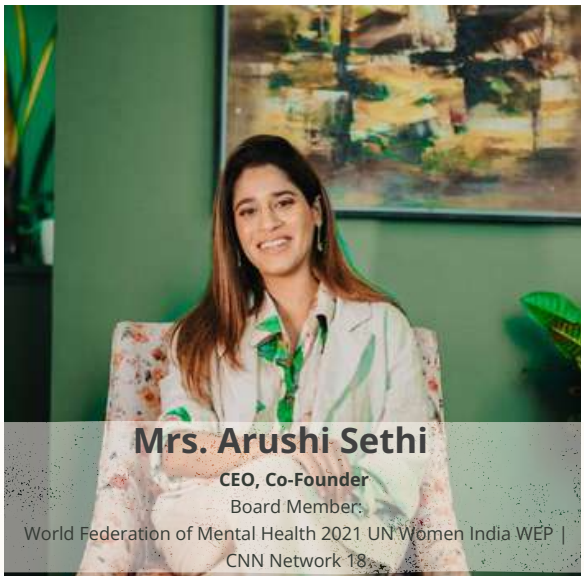
Anureet Sethi stands as the vanguard, serving as the Director & Chairperson at Trijog – Know Your Mind, India's esteemed institution dedicated to mental health care and holistic wellness. With a distinguished career spanning over four decades, she holds the esteemed title of RCI Licensed Clinical Psychologist, earning unparalleled respect in her field.

Mrs. Anureet Sethi

Chairman, Co-founder

MPhil Diagnostics & Clinical Psychology, 40 yrs experience

HOD Pan India – Podar Education Network



Mrs. Arushi Sethi

CEO, Co-Founder

Board Member:

World Federation of Mental Health 2021 UN Women India WEP | CNN Network 18

Mr.Sahej Sethi

CMO, Director

SP Jain Management Certified Growth Hacker

Digital Marketing & Data Metrics Professor

Arushi Sethi's & Sahej Sethi's visionary leadership charts a course for innovative mental health solutions at Trijog, steering the organization toward a brighter, healthier future.

In her journey so far, Trijog has not only touched 25 million lives and minds in India but also has taken India's position a notch higher in the global mental healthcare landscape.

Trijog has diversified and works towards every aspect of mental health and caters to both corporates and individuals alike. Their efforts and dedication towards driving impactful change have been recognized across the globe.

TRIJOG

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ADULT INDIVIDUAL THERAPY

General Concerns Areas

Anxiety and Stress

- **Chronic stress/anxiety:** Many adults face stress or anxiety from work, relationships, or life transitions.
- **Identifying sources:** Therapy at Trijog helps pinpoint anxiety triggers.
- **Coping strategies:** Therapy at Trijog teaches healthier ways to manage stress.

Depression

- **Signs of depression:** Feelings of sadness, hopelessness, or lack of motivation.
- **Root cause identification:** Therapy at Trijog helps uncover the causes of depression.
- **Symptom management:** Therapy at Trijiog aids in managing depressive symptoms.
- **Reconnecting with purpose:** Therapy at Trijog helps individuals find joy and purpose again.

Trauma and PTSD

- **Trauma effects:** Childhood or recent trauma can impact mental health.
- **Trauma-focused therapy:** Therapy at Trijog process past events and reduce emotional impact.
- **Healing and moving forward:** Therapy at Trijog supports individuals in moving past trauma.

Self-Esteem and Self-Worth

- **Self-esteem struggles:** Low self-esteem can lead to emotional challenges.
- **Positive self-image:** Therapy at Trijog helps develop a healthier self-view.
- **Building confidence:** Therapy at Trijog supports boosting self-confidence.
- **Cultivating self-compassion:** Therapy at Trijog fosters greater self-compassion.

Life Transitions

- **Life changes:** Divorce, career shifts, aging, or parenthood can cause uncertainty or identity shifts.
- **Therapeutic guidance:** Therapy at Trijog helps navigate transitions and adapt to changes.
- **Planning for the future:** Therapy at Trijog aids in making sense of changes and planning ahead.

Grief and Loss

- **Dealing with loss:** Coping with death, relationship endings, or significant loss.
- **Safe space for grieving:** Therapy provides a space to grieve and process emotions.
- **Healing and moving forward:** Therapy helps individuals heal and move forward.

COUPLE THERAPY

General Concerns Areas

Communication

- **Foundation of relationships:** Effective communication is key to healthy relationships.
- **Expressing feelings:** Couples learn to clearly express their emotions, needs, and desires.
- **Empathetic listening:** Therapy at Trijog encourages listening with empathy.
- **Reducing misunderstandings:** Improved communication helps minimize confusion.
- **Healthier conversations:** Counseling fosters more productive and positive interactions.

Conflict Resolution

- **Conflict in relationships:** Conflict is natural, but how it's handled matters.
- **Constructive conflict resolution:** Therapy at Trijog teaches couples to address disagreements productively.
- **Avoiding negative patterns:** Couples learn to avoid blame and avoidance.
- **Focus on problem-solving:** Therapy at Trijog emphasizes compromise and collaboration.

Cheating/Infidelity

- **Healing from infidelity:** Therapy at Trijog supports couples dealing with betrayal.
- **Safe space:** Provides a neutral environment to express emotions.
- **Understanding root causes:** Helps uncover reasons behind the infidelity.
- **Rebuilding trust:** Guides couples toward healing and reconciliation.

Respect and Boundaries

- **Mutual respect:** Essential for healthy relationships.
- **Recognizing boundaries:** Therapy at Trijog helps couples honor each other's limits.
- **Valuing individuality:** Encourages respect for personal values.
- **Preventing control/neglect:** Ensures both partners feel heard and valued.

Emotional Intimacy

- **Emotional closeness:** Key to deep connection.
- **Opening up:** Therapy at Trijog helps partners share fears and desires.
- **Safe space:** Encourages judgement-free emotional expression.

Understanding Each Other's Needs

- **Unique relationship needs:** Emotional, physical, and psychological.
- **Understanding each other:** Therapy at Trijog helps partners recognise each other's needs.
- **Constructive expression:** Encourages healthy communication of personal needs.

FAMILY THERAPY

General Concerns Areas

Counselling for care givers

- **Safe space:** Counselling provides a supportive environment for caregivers to express emotions.
- **Stress reduction:** Therapy at Trijog helps manage stress and prevent burnout.
- **Coping with exhaustion:** Counselling aids in managing emotional and physical fatigue.
- **Stress-management:** Therapy at Trijog teaches effective stress-handling techniques.
- **Healthy boundaries:** Counselling helps establish boundaries for well-being.
- **Self-care:** Therapy at Trijog encourages prioritising personal health.
- **Emotion processing:** Counselling helps with guilt, grief, and frustration.
- **Balance:** Therapy at Trijog assists in balancing care-giving and personal life.
- **Empowerment:** Counselling boosts caregivers' well-being, benefiting both them and their loved ones.

Behavioral Issues

- **Mental health impact:** Issues like depression, anxiety, or substance abuse affect the whole family.
- **Understanding & support:** Therapy at Trijog helps families grasp the effects and strengthen support systems.
- **Coping as a unit:** Guides families in managing challenges together.
- **Supporting recovery:** Helps family members aid in the healing process.

Divorce or Separation

- **Impact of divorce/separation:** Affects the entire family.
- **Emotional processing:** Therapy at Trijog helps all members, including children, navigate feelings.
- **Adjusting to change:** Supports adaptation to new family structures.
- **Healthy coping:** Guides families in managing transitions positively.

Parent-Child Conflicts

- **Parent-child conflicts:** Common focus in family therapy.
- **Issues addressed:** Behavioural problems, rule disagreements, parenting style differences.
- **Mutual understanding:** Helps parents and children see each other's perspectives.
- Improved relationships: Strengthens family bonds.
- **Conflict resolution:** Develops effective strategies for handling disputes.

Blended Families or Family dynamics

- **Blended family challenges:** Adjusting to new relationships and step-sibling dynamics.
- **Easing transitions:** Therapy at Trijog supports smooth family integration.
- **Encouraging bonding:** Strengthens connections between family members.
- **Setting boundaries:** Helps establish healthy family roles.
- **Addressing conflicts:** Resolves rivalry or discomfort.

PROCESS

At **Trijog**

Here's how the process works.

The session will be conducted by one of our Psychologist,

In your first session she will understand your present concerns and also understand a detailed case history about you.

Post your first session the Psychologist will let you know:

- The number of sessions you would need further
- What would be the further line of action
- The frequency between sessions

If the session is held in person,
it will take place at one of our centres,
which are located in **Powai, Lower Parel, Bandra, and Khar**.
If it is conducted online, it will take place on **Google Meet**.

Duration of the session will be **50 Mins**

A Step-by-Step Guide
on beginning your Mental Health Journey

Connect with us via call/ chat

Understand the process

Book your first consultation

Your emotional firstaider will connect with you

Recommendations by the therapist

Beginning with the process as per recommendations

WHAT TO EXPECT

IN YOUR FIRST CONSULT

Your first mental health consultation is a crucial step in seeking support and improving your well-being.

It's natural to feel a bit confused or/and nervous, but knowing what to expect can help ease your anxiety.

Please find below a what to Expect in your First Consultation

- **Introduction & Explanation:** Therapist introduces themselves, explains their background, therapy process, and confidentiality.
- **History & Context:** Expect questions about personal, family, relationship, work, and mental health history, including physical health connections.
- **Establishing Goals:** Defining therapy objectives to align with your needs and expectations for effective progress.

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- **Assessment of Well-being:** Discuss mood, thoughts, sleep patterns, habits, and lifestyle.
- **Therapeutic Approach:** Therapist explains their method (e.g., CBT, REBT Psycho-dynamic) and ensures it feels right for you.
- **Questions & Concerns:** Opportunity to ask about therapy methods, session frequency, or any other concerns.
- **Emotional Reactions:** Feeling emotional is normal; the therapist will help navigate strong feelings.
- **Ending the Session:** Summary of discussions, next steps, and a check-in on how you're feeling.

Frequently Asked Questions !

1 How will i feel after my first consultation?

After your first consultation, you might feel relieved, emotionally exhausted, hopeful, or uncertain. It’s normal to experience a mix of emotions, and some people feel drained or overwhelmed after discussing personal topics. Overall, it's common to feel both curious about the process and unsure about what comes next.

2 What if i don’t feel connected with the therapist?

If you don’t feel connected with the therapist, it’s okay to explore other options. A good therapeutic relationship is important for progress, so don’t hesitate to discuss your feelings with the therapist or consider finding someone you feel more comfortable with.

3 Is counselling covered under insurance

Coverage varies depending on the provider and plan. It’s best to check with your insurance company to confirm specific details about coverage, limits, and requirements.

4 How do you prepare for the first consultation?

To prepare for your first consultation, think about the reasons you're seeking therapy, any specific issues you'd like to address, and any questions you may have for the therapist. It can also help to gather relevant personal or medical information, like past mental health history.

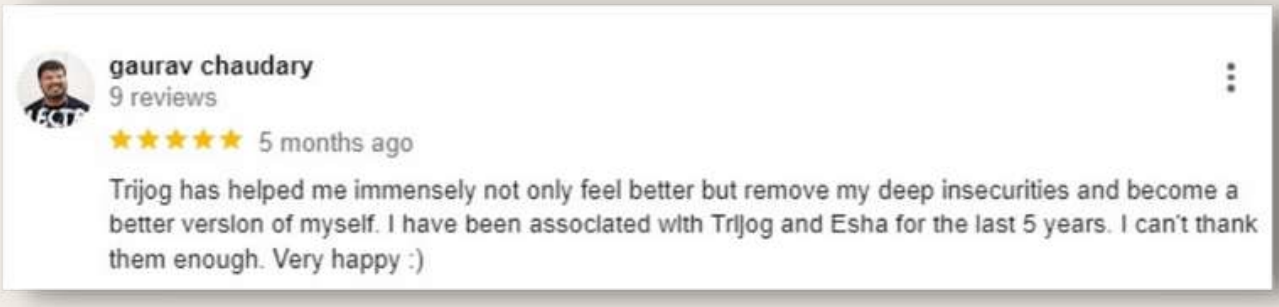
5 How long will therapy last?

The duration of therapy varies depending on individual needs and goals. It can last anywhere from a few sessions to several months or even longer. Your therapist will work with you to determine the best approach and timeline.

6 Difference between psychologist and psychiatrist ?

A psychologist provides therapy and counseling, focusing on mental health through talk therapy. A psychiatrist is a medical doctor who can diagnose mental health conditions and prescribe medications. Psychiatrists may also provide therapy, but they often focus on medication management.

Client Success Stories



gaurav chaudary
9 reviews

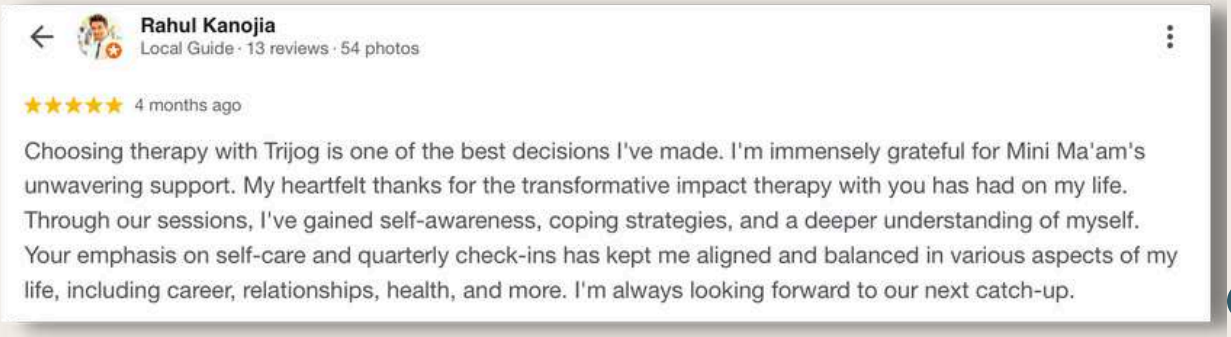
★★★★★ 5 months ago

Trijog has helped me immensely not only feel better but remove my deep insecurities and become a better version of myself. I have been associated with Trijog and Esha for the last 5 years. I can't thank them enough. Very happy :)

Aafreen Ansari
3 reviews · 2 photos

★★★★★ a year ago

Trijog is one of the few platforms in India that are doing it right with therapy. Absolutely love their process of selecting therapists based on the issues a person is wanting to address. I also love that the primary therapists rope in other speciality therapists if they feel that any issue in particular would get resolved better as a combination. I've been taking therapy with Trijog for close to a year now - with a combination of sessions from Dr Esha and Dr Mendhi. Both of them have been immensely helpful in my recovery. This is after I struggled to find the right fit of therapists from anywhere else for years. Will 100% recommend Trijog to anyone looking for therapy. Take that leap of faith. It's worth it! 🤍

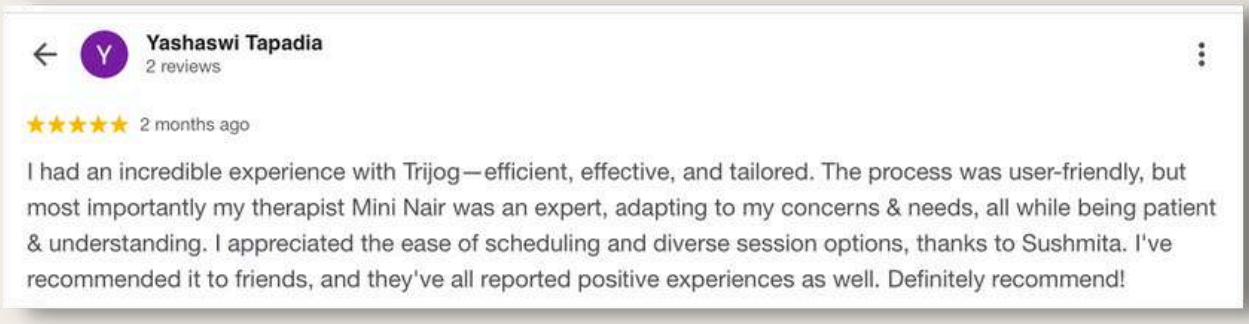


Rahul Kanojia
Local Guide · 13 reviews · 54 photos

★★★★★ 4 months ago

Choosing therapy with Trijog is one of the best decisions I've made. I'm immensely grateful for Mini Ma'am's unwavering support. My heartfelt thanks for the transformative impact therapy with you has had on my life. Through our sessions, I've gained self-awareness, coping strategies, and a deeper understanding of myself. Your emphasis on self-care and quarterly check-ins has kept me aligned and balanced in various aspects of my life, including career, relationships, health, and more. I'm always looking forward to our next catch-up.

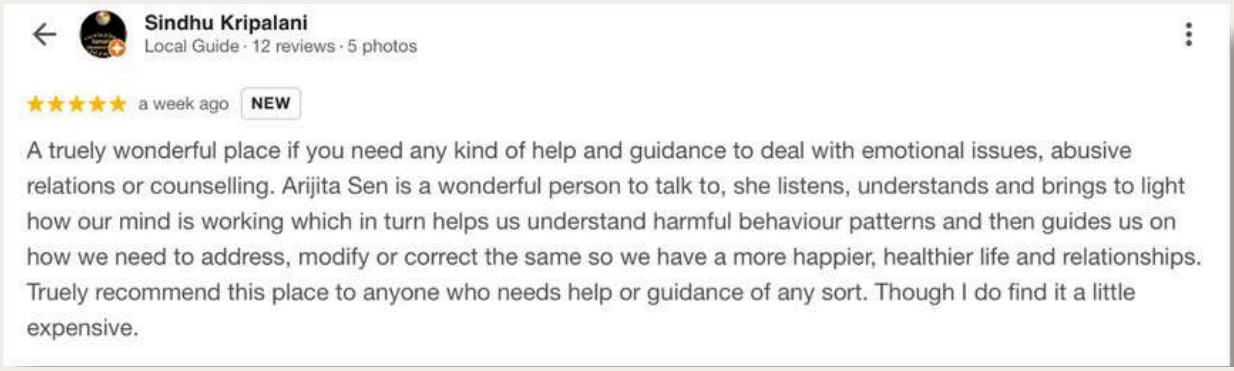
Client Success Stories



Yashaswi Tapadia
2 reviews

★★★★★ 2 months ago

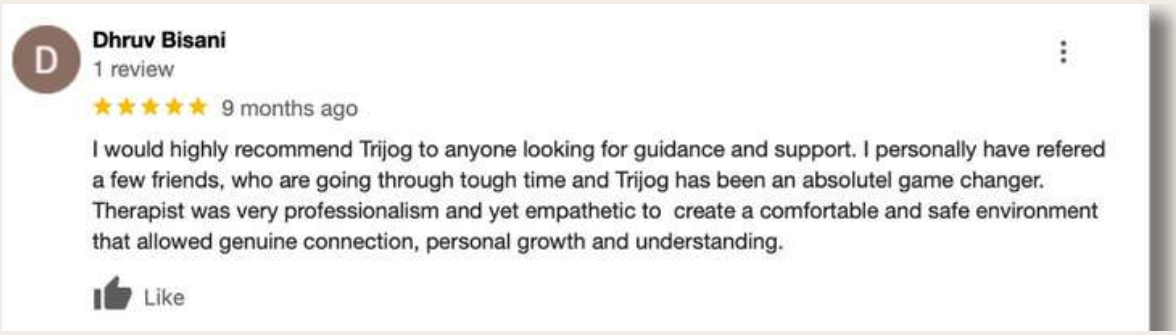
I had an incredible experience with Trijog—efficient, effective, and tailored. The process was user-friendly, but most importantly my therapist Mini Nair was an expert, adapting to my concerns & needs, all while being patient & understanding. I appreciated the ease of scheduling and diverse session options, thanks to Sushmita. I've recommended it to friends, and they've all reported positive experiences as well. Definitely recommend!



Sindhu Kripalani
Local Guide · 12 reviews · 5 photos

★★★★★ a week ago NEW

A truely wonderful place if you need any kind of help and guidance to deal with emotional issues, abusive relations or counselling. Arijita Sen is a wonderful person to talk to, she listens, understands and brings to light how our mind is working which in turn helps us understand harmful behaviour patterns and then guides us on how we need to address, modify or correct the same so we have a more happier, healthier life and relationships. Truely recommend this place to anyone who needs help or guidance of any sort. Though I do find it a little expensive.



Dhruv Bisani
1 review

★★★★★ 9 months ago

I would highly recommend Trijog to anyone looking for guidance and support. I personally have refered a few friends, who are going through tough time and Trijog has been an absolutel game changer. Therapist was very professionalism and yet empathetic to create a comfortable and safe environment that allowed genuine connection, personal growth and understanding.

Like