

Creating a therapeutic relationship where you feel comfortable & safe

Friendly private psychiatrists, psychotherapists & wellness specialists delivering exceptional mental health care globally



Text or Call us on WhatsApp 📞
Monday to Friday 8 am - 6 pm



1. Are you afraid of being judged or laughed at when talking about your problems?
2. If you have tried to reach out to family and friends for help (but received no assistance or were laughed at), then you should consider speaking to our friendly private psychiatrists.
3. What should you do if you need to talk to someone about a traumatic experience but are afraid people will look down on you and laugh?
4. Discover the quickest and quietest way to overcome any mental issue.
5. How to become unrecognisable by developing life-changing habits to increase your salary, create meaningful relationships, develop a healthy lifestyle, and more!

A Teenager

Our Adolescent Psychiatrists are highly experienced in recognising and assessing symptoms that may be concerning for you and your older child.

If you are unsure about the next steps to take to get your teenager the help that they need, just give us a call.

We are happy to arrange a courtesy call with one of our Consultant Psychiatrists so you can see if they are the best fit for you and your child.

[Find a specialist](#)

Your teenager is slowly drifting away from you and detaching themselves from their friends and family. You can't bear to watch them slowly throw their lives away.

They come back from school one day and just run upstairs to lock themselves in their room for hours.

Most of the time, their food gets cold, and you are forced to throw it away.

You can see there is something clearly wrong.

You either don't know how to approach them or feel like you will damage your relationship if you try to intervene.

When you see the same thing happen for weeks, it takes a toll on you. You start to lose sleep and begin to develop symptoms of depression.

Then, at one point, you stop treating your teenager as one of your kids, but as a total stranger whom you just want to get rid of and who wants nothing to do with you.

Our trained psychiatrists have helped [number of teenagers helped] get their lives on track and set them chasing a purpose-driven life.

Discover our specialists and see who would be a match for you.