

SULHAA HEALTHCARE

Wellbeing for Everyday Life

Mental health • Therapy • Workplace wellbeing

HEALTHCARE BROCHURE

A safe space to reconnect with yourself.

Sulhaa Healthcare is a mental wellbeing platform focused on making psychological support more approachable, personalised, and practical. We create spaces where people can understand themselves better, navigate challenges with greater clarity, and build healthier ways of living.

PERSON-CENTRED Support shaped around individual needs, experiences, goals, and pace.	COMPASSIONATE A respectful, non-judgemental environment where people can feel heard.	PRACTICAL Evidence-informed guidance translated into useful everyday strategies.
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Our perspective

Mental wellbeing is not a destination. It is an ongoing relationship with yourself, your relationships, your environment, and the choices you make every day.

Therapy & Counselling

Our services provide a confidential and supportive setting for exploration, reflection, skill-building, and meaningful change.

Individual Counselling A personalised space to explore emotions, thoughts, behaviours, relationships, stress, and life transitions.	Couple Counselling Support for communication, conflict resolution, emotional connection, trust, and relationship growth.
Family Therapy A collaborative approach to improving communication, understanding family dynamics, and strengthening relationships.	Child & Adolescent Therapy Age-appropriate support for emotional, behavioural, social, academic, and developmental challenges.
Corporate Wellness Mental wellbeing programs for organisations, including counselling access, awareness, workshops, and employee support.	

Beyond Therapy

Sulhaa works with organisations and communities to build mental health literacy, psychological safety, and sustainable wellbeing practices.

Workshops & Awareness	Interactive sessions that make mental health conversations more accessible and actionable.
Capacity Building	Programs for organisations, schools, colleges, NGOs, and teams to strengthen wellbeing capability.
Employee Wellbeing	Structured support models combining counselling access, awareness, and practical wellbeing initiatives.
Community Engagement	Psychosocial engagement activities designed around the needs of specific communities and groups.

Who we support

Individuals • Couples • Families • Children & adolescents • Employees • Schools & colleges • Corporates • NGOs • Community organisations

Our Experts

Sulhaa brings together experienced mental health professionals with diverse perspectives and areas of expertise. Our work is grounded in empathy, professional practice, and respect for each person's unique journey.

Dr. Alpana Rastogi	Psychologist • 23 Years Experience
Dr. Zeba Jinwala	Psychologist • 6 Years Experience
Ms. Priya Verma	Mental Health Professional • 7 Years Experience
Ms. Divyanshi Shah	Mental Health Professional • 5 Years Experience

Leadership

Alankrita Kumar — Founder & Psychologist, MD & CEO. Bringing 8+ years of experience to the development of accessible and thoughtful mental wellbeing solutions.

Veteran Col (Dr) Atul Kumar — Co-Founder. Bringing 40+ years of leadership experience and a strong commitment to people-centred wellbeing.

Your Next Step

You do not have to figure everything out at once. A conversation can be a simple first step towards understanding what support may be right for you.

01	Reach Out	Connect with Sulhaa and share what you are looking for.
02	Understand	Discuss your concerns and explore suitable support options.
03	Begin	Start with a personalised plan and take the journey at your own pace.

Wellbeing for Everyday Life

Therapy & Counselling | Workplace Wellness | Workshops | Mental Health Programs

Website: sulhaa.com

Email: hello@sulhaa.com

Book a session and discover the right next step for you.

This brochure provides general information about Sulhaa Healthcare's services. It is not a substitute for professional diagnosis or emergency care.