

## **Godrej, InnerHour offer pro-bono therapy sessions for healthcare professionals across India**

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### **To offer Mind Care+ programme for healthcare professionals**



Godrej Consumer Products Limited (GCPL) and InnerHour, a digital mental health platform from Mumbai, have come together to offer Mind Care+ programme for healthcare professionals.

Supported by GCPL CSR, through this initiative InnerHour will reach out to a cross-section of over 5 million doctors, nurses and frontline healthcare professionals (HCPs) to help them cope with the stress, anxiety and depression compounded by the COVID-19 pandemic.

To support HCPs in their efforts against the pandemic through effective management and counsel, Mind Care+ will provide pro-bono therapy sessions beginning July, 2021.

Through its app-based platform, InnerHour offers free assessments, a range of Cognitive Behaviour Therapy Tools (CBTs), personalized content, and 1-1 support to individuals. In addition to the digital self-help tools, users can access a network of 120+ highly qualified and experienced therapists across 150 cities in India.

Commenting on the initiative, Dr. Amit Malik, Founder & CEO, InnerHour said, "The platform is designed to bridge the access and treatment gap for Indians struggling with mental health challenges like stress, anxiety, depression, grief and trauma. Due to the pandemic, healthcare professionals are working tirelessly and under tremendous pressure to provide critical care to COVID-19 and non-COVID-19 patients. With Mind Care+ we are committed to supporting our peer healthcare professionals with self-help tools and remote counselling services."