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Nurturing well-being, empowering motherhood. Join us at Arista Mindcare.

About us

The word "Arista" means "Joy" and "security". True to our name, we provide a safe space for every individual irrespective of differences.

Arista Mindcare is a mental health organisation which strives to help people understand themselves better and provide adequate mental health awareness. This in turn promotes self love and paves a way to live a fulfilled life with the right tools.

We ultimately look forward to spread a little love and harvest healthy minds.



KRUPA PRAKRUTHI
CHIEF PSYCHOLOGIST & FOUNDER
OF ARISTA MINDCARE



ARISTA
MINDCARE

Here to help you help yourself

**Arista Caring Cradle:
Maternal
Mental
Wellness**



Why Choose?

Our maternal mental health care services are designed with your well-being in mind.

We recognize that each individual's journey is unique, and our dedicated team of professionals is here to provide the support and guidance you need.

Whether you're a soon-to-be mother or a supportive spouse, our program aims to enhance your mental health and contribute to a positive and fulfilling experience during this important phase of life.

CONTACT US



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Our Services

- Three individual sessions per month (may be utilized by the spouse).
- One couple session.
- Weekly workshops.
- Live mindfulness classes.
- Live yoga class.
- Daily wellbeing check.
- Group sessions and support groups.
- Text venting support.
- An appealing welcome kit.
- Enjoyable activities and a safe space to enhance the comfort of the pregnancy journey!

“As you embark on the extraordinary odyssey of motherhood, Arista Mindcare is committed to providing comprehensive support for your physical, emotional, and mental well-being. Our mission extends beyond the ordinary, fostering an environment where joy is magnified, resilience is cultivated, and a strong community becomes an unyielding anchor throughout every facet of your remarkable maternal journey. With us, your experience is not just embraced; it's celebrated, cherished, and empowered.”

