



# SSHIMOH™

A SPACE FOR  
HEALING AND HOPE

- OUTPATIENT • INPATIENT
- THERAPIES • TECH-ENABLED

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 +91 7266993399

 [www.sshimoh.com](http://www.sshimoh.com)

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An Integrated Mental Health &  
Well Being Centre



We are not just a facility where people stay for mental health treatment. It is a place where patients, families, and clinicians work together with a shared intention — to move from crisis toward -

**Clarity | Stability | Recovery**

## About Us

**SSHIMOH** is a structured inpatient **Mental Healthcare Centre** built to address a gap that many patients and families experience — when outpatient care is not enough, but existing inpatient systems feel unclear, inconsistent, or overwhelming.

## Our Inspiration

Our name is derived from the **Japanese word Shimo (霜)**, reflecting a philosophy that values calmness, harmony, and inner balance. Shimo, meaning frost, appears gently in the early morning and symbolizes clarity, stillness, and renewal - a quiet moment where nature pauses before a new beginning. This powerful imagery mirrors the journey of mental healing, where moments of stillness and reflection lead to recovery, strength, and a fresh start.



## A coordinated clinical care model :

Holistic Mental Well Being Ecosystem |  
Psychiatry | Psychotherapy | Neurology |  
Nutrition | Rehabilitation | Wellness therapies |

**Care is not fragmented. *It's coordinated, reviewed and actively managed.***

***In a bond to drive  
the future of mental  
healthcare with***

**yes  
mindy**

# SSHIMOH



yes  
mindy

**Technology Driven & Integrated Mental  
Healthcare System**

**SSHIMOH** brings a structured space for compassionate and holistic mental healthcare, complemented by clinical guidance and evidence based approach of **YesMindy**.

## The Collaboration

To ensure recovery continues beyond inpatient treatment, we unite to connect the dots...

**This collaboration enables:**

- + **Seamless transition from inpatient to outpatient care**
- + **Shared clinical decisions across phases**
- + **Structured follow-up after discharge**
- + **Ongoing monitoring and continuity of care**
- + **Long-term recovery tracking**

Patients do not restart treatment after discharge. They continue within a connected ecosystem.



**Care that understands everyone, at every stage of life.**

## **Our Scope of Services**

At SSHIMOH, we address mental health across life stages and conditions, ensuring inclusive and specialized care.

**Broadly Encompasses :**

- + **Mental Health care for Men, Women & Children**
- + **De-Addiction & Rehabilitation**
- + **Geriatric Mental Health**
- + **Other Disorders (Gender Neutral Care)**

## Key Areas of Treatment

### Women's Mental Health

- + Postpartum depression & psychosis
- + Emotional & physical trauma
- + Hormonal mental health (PMDD, menopause)
- + Infertility-related psychological challenges
- + Eating disorders & personality disorders



### Men's Mental Health

- + Substance & behavioural addictions
- + Anger management & impulse control
- + Sexual health concerns
- + Personality & trauma-related disorders



### De-Addiction & Recovery

- + Alcohol, cannabis, opioid, stimulant addiction
- + Dopamine dependency & behavioural addiction
- + Motivation building & relapse prevention
- + Structured recovery journeys



## Additional Clinical Coverage

### Geriatric Mental Health

- + Dementia & Alzheimer's
- + Parkinson's
- + Late-life depression & anxiety
- + Brain injury-related psychiatric conditions



### Children & Adolescent Mental Health

- + ADHD & autism
- + Behavioral disorders
- + Gaming & internet addiction
- + Emotional and impulse control challenges



### Other Conditions (Gender Neutral)

- + Depression, anxiety, OCD, panic disorders
- + Bipolar disorder & schizophrenia
- + Acute psychosis & adjustment disorders
- + Health anxiety & personality disorders



## Our Treatment Framework

### A Structured Path to Recovery

Every patient journey follows a clearly defined clinical pathway:

#### PAUSE

- + Step back from overwhelming environments
- + Stabilization & assessment
- + Safe recovery environment



#### TREAT

- + Active, evidence-based care
- + Medication & therapy
- + Psycho-education & structured interventions



#### REASSESS

- + Continuous monitoring and refinement
- + Clinical reviews & progress tracking
- + Relapse risk evaluation



#### RETURN HEALTHIER

- + Prepared reintegration
- + Family alignment
- + Functional recovery planning



#### SUSTAIN STRONGER

- Long-term continuity
- Follow-ups & outpatient care
- Supported through YesMindy integration



## Therapies & Care Delivery

### Integrated Healing Approach

SSHIMOH combines clinical treatment with therapeutic and rehabilitative care :

### Care Formats

- + Inpatient Services
- + Outpatient Services
- + Daycare Programs
- + High-risk case management  
(Suicidal, severe depression, OCD)

### Therapeutic Interventions

Art Therapy | Dance & Movement Therapy |  
Drama Therapy | Music & Sound Therapy |  
Yoga & Meditation | Functional Training |  
Cognitive Remediation

### What Makes Care Effective

- + Structured, measurable recovery plans
- + Multi-disciplinary collaboration
- + Family involvement in treatment
- + Technology-enabled continuity via **YesMindy**

**Recovery here is not just clinical. It is continuous, supported and sustainable.**

## The Minds. The Experts.



**Ms. Shivani Radhu**

Founder & Director



**Dr. Saras Prasad**

Chief Psychiatrist & Clinical Director

MBBS, MD, FIPS Psychiatrist

10+ Years Experience

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## Clinical IPD Team



**Dr. Madhur Rathi**

MBBS, MD, PGDCH

Sr. Consultant Psychiatrist



**Ms. Ankita Ranjan**

M.Sc, M.Phil

Clinical Psychologist

Incharge Psychology Department



**Mr. Shourya Purohit**

BA, MA

Counselling Psychologist

Incharge Clinical Operations

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Powered by YesMindy

## OPD Team

### Clinical Psychologists

**Dr. Sampurna Chakraborty** (M.Phil, PhD) (Trauma Informed)

**Ms. Preeti Pandey** (MA, M.Phil) (EMDR Specialist)

### Counselling Psychologists & Advance Life Coaches

**Ms. Subhasweta Banik** (NLP Advanced Practitioner, PGDGCP)

**Ms. Nidhi Kothiyal** (B.Sc, MA Psychology, Hypnotherapist)



## What Makes Us *Different* ?

- + Team-based Clinical Care :**  
Shared responsibility, not isolated practice
- + Structured Treatment Approach :**  
Active, not passive recovery
- + Consistent Family Communication :**  
Clarity at every stage
- + Measured Progress Tracking :**  
Not assumption-based recovery
- + Technology-enabled Continuity (YesMindy) :**  
Care beyond discharge

**Recovery is not left to chance.  
It is planned, monitored, and supported**

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