



S.N Park, Kannur

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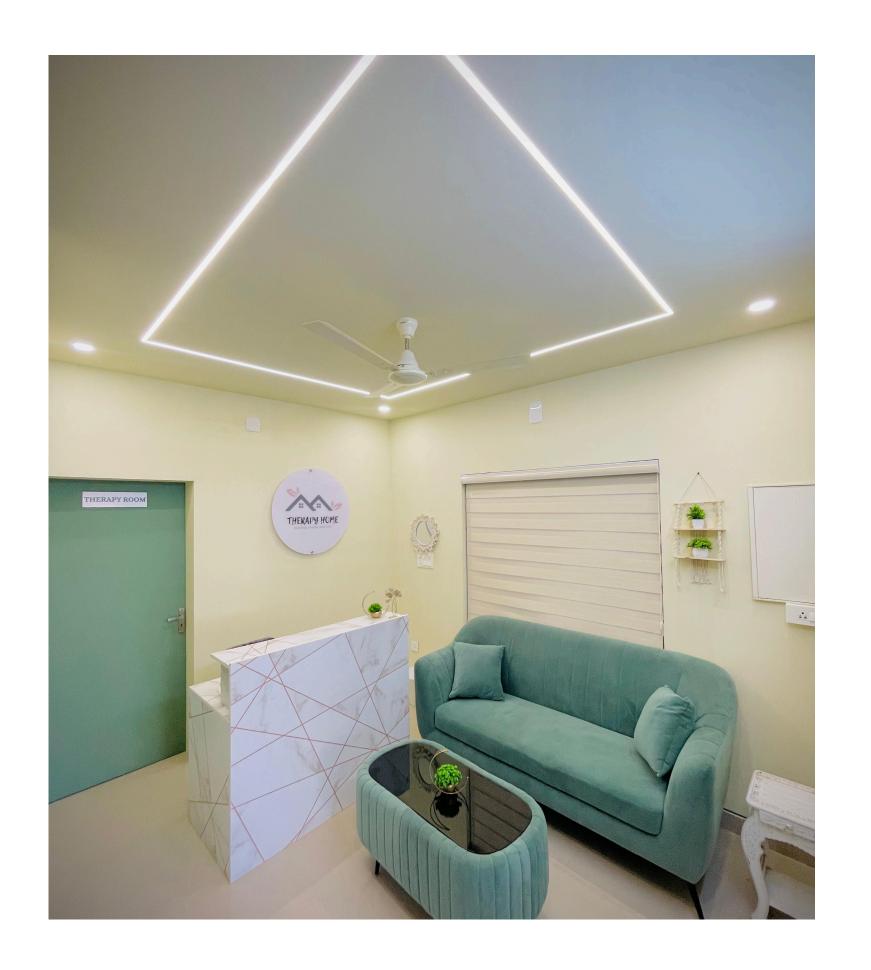
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ABOUT US

Therapy Home is a compassionate mental health and wellness center based in Kannur, near S.N. Park, dedicated to helping individuals and families heal and grow from the inside out. We offer a safe, supportive space where people can explore emotional struggles, overcome life's challenges, and work toward lasting well-being. At Therapy Home, we believe healing is a journey — and you don't have to take it alone



OUR/TEAM

At Therapy Home, our team is a blend of passionate psychologists, empathetic counsellors, and creative minds—dedicated to promoting mental well-being and emotional growth.



MOHAMMED SHFAN M M FOUNDER, CONSULTANT PSYCHOLOGIST



RAHUL RAJ
CONSULTANT PSYCHOLOGIST



SAHLA ABDULLA CONSULTANT PSYCHOLOGIST

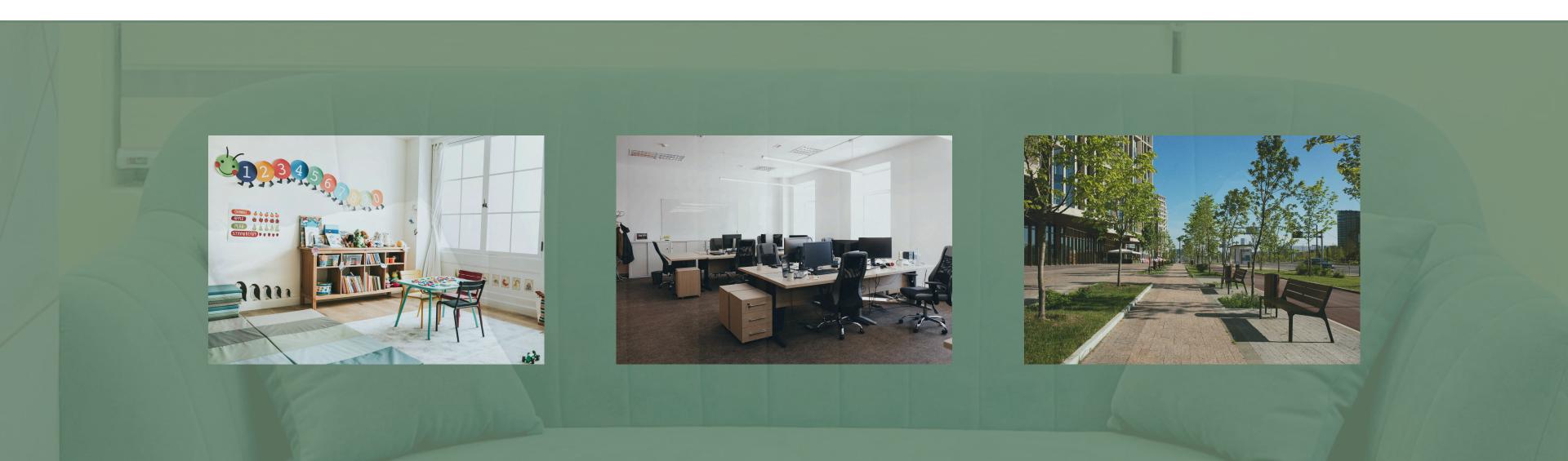
OUR VISION

To create a world where mental health is prioritized, understood, and accessible to all—empowering individuals to live healthier, happier, and more fulfilling lives.

At Therapy Home, we dream of a world where mental health is honored as deeply as physical health, where reaching out for help is seen as a sign of strength, and where every person-regardless of age, gender, background, or belief feels safe to seek support.



At Therapy Home, our work goes beyond the therapy room. We believe that mental health awareness begins in the community — in classrooms, homes, workplaces, and public spaces. Our mission is to bring mental wellness closer to everyday life, making it more approachable, more human, and more accessible



Here's how we do that: THERAPEUTIC SERVICES:

We offer professional, evidence-based psychotherapy tailored to individual needs, including:



Individual, Family, and Group Therapy



Child & Adolescent Counselling



Couples and Marital
Therapy



Career Counselling and Guidance



Anxiety, Depression & Stress
Management



Online Counselling

COMMUNITY OUTREACH & EDUCATION

Mental health doesn't belong only in clinics — it belongs in conversation, in culture, and in daily life. That's why we actively engage with our local community through:

OI

Webinars & Online Workshops

Regular sessions on emotional wellness, selfcare, parenting, relationships, and stress management, open to the public and often free of cost.

02

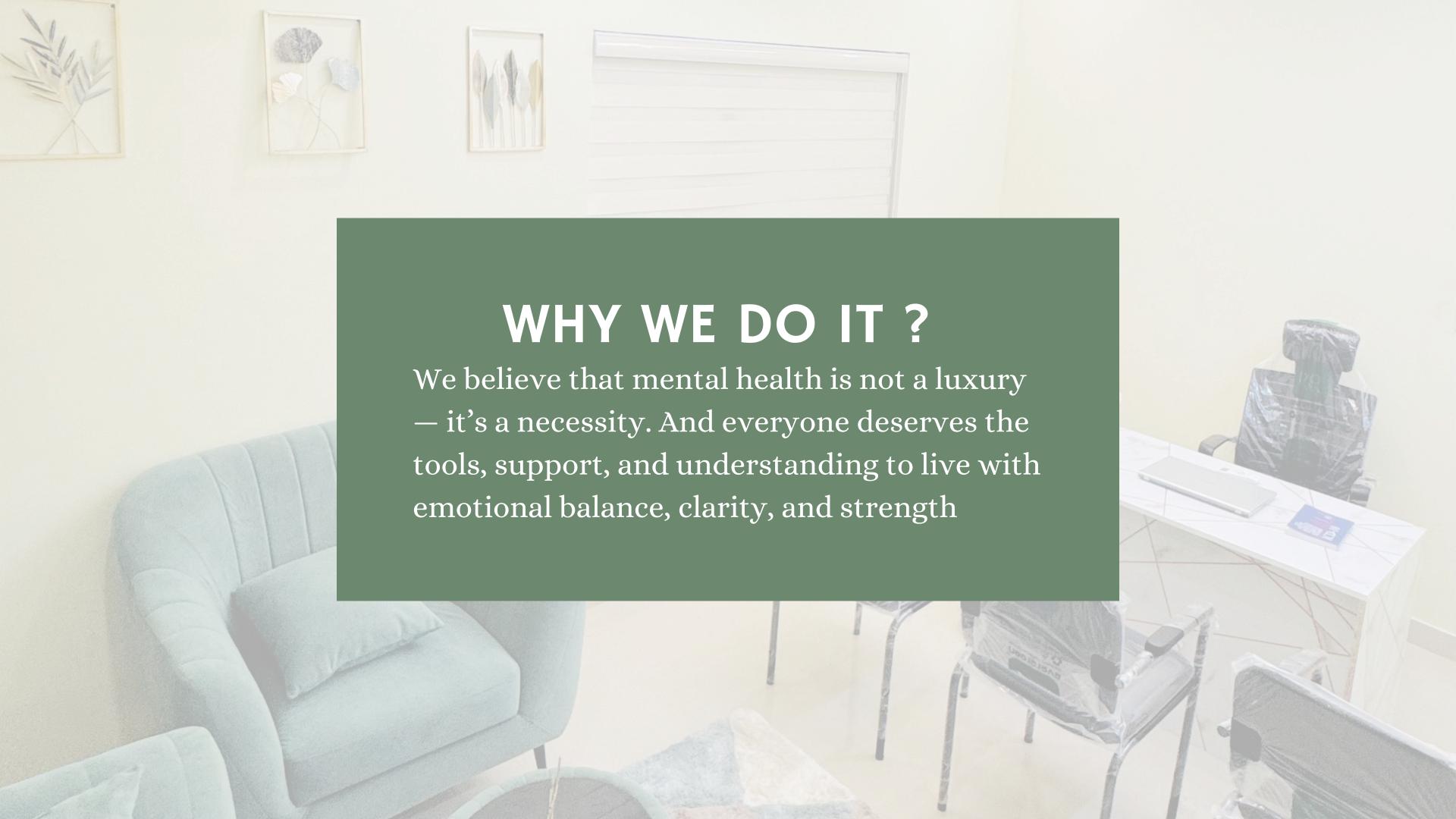
Campus & Institutional Collaborations

We partner with colleges, schools, and workplaces to conduct awareness programs, interactive sessions, and mental health classes.

03

Outdoor Events & Wellness Activities

We organize open-air awareness drives, mental health check-in camps, and community wellness events, helping people reconnect with themselves.





OUR INITIATIVES

MoU Signing Between Therapy
Home Kannur & PG
Department of Psychology,
WIRAS

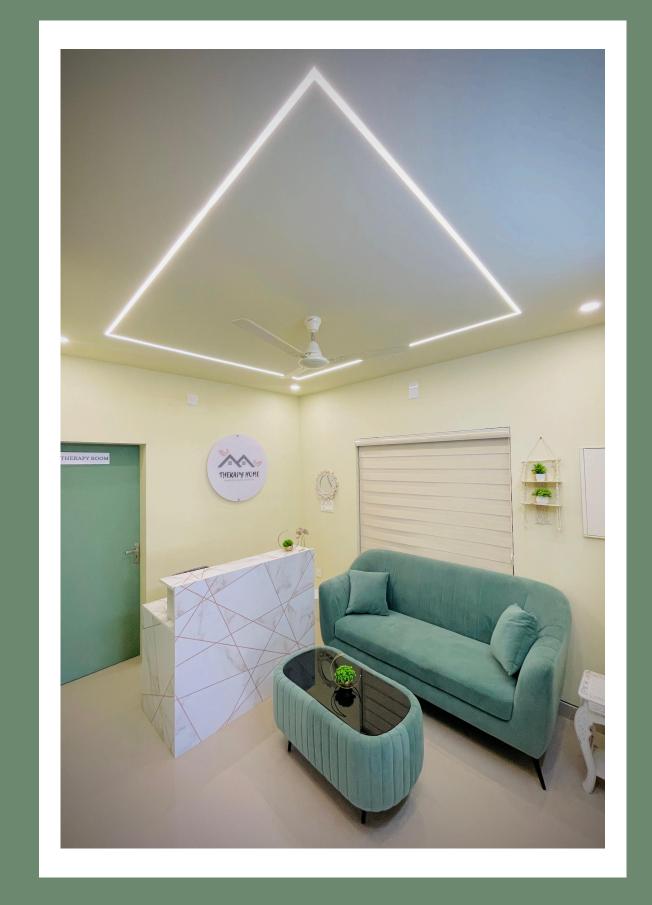


MESSAGE FROM THE FOUNDER

At Therapy Home, we are committed to fostering emotional well-being through compassionate care, professional excellence, and innovative practices in mental health. Whether you're a fellow professional, an organization, or someone interested in contributing to this journey, we look forward to meaningful conversations and collaborations.

Mohammed Shifan

Consultant Psychologist, Director Therapy home, Kannur



LET'S STAY CONNECTED

keep in touch!

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