



TELE-THERAPIES

Unlock Your Potential: Transform Breathlessness, Anxiety, and Loneliness into Vitality and Success

Discover Freedom with Tele-Therapies: Where Holistic Health and Wellness Begin.

Are You Ready for Your Next Chapter?



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What sets Tele-Therapies apart is our commitment to an integrated approach. We believe that true well-being stems from addressing the interplay between lung health, mental health, and occupational health. We collaborate with interdisciplinary teams to provide comprehensive and coordinated care,

About US



What sets Tele-Therapies apart is our commitment to an integrated approach.

At Tele-Therapies, we integrate psychological interventions and wellness programs into our holistic approach to lung, mental, and occupational well-being, empowering individuals to achieve optimal health and balance while eradicating stigma associated with chronic respiratory diseases and mental health injuries.

What sets Tele-Therapies apart is our commitment to an integrated approach. We believe that true well-being stems from addressing the interplay between lung health, mental health, and occupational health. We collaborate with interdisciplinary teams to provide comprehensive and coordinated care, ensuring that individuals receive the support they need to thrive in all aspects of their lives.

We promise:

- Expert Care: Empowering holistic well-being: expert care for body, mind, and profession.
- Confidentiality: Your trust, our priority
- Approach: Integrated Care

Our Focus Areas



Lung Behavioural Health:

Our tailored lung behavioral health services cater to individuals facing respiratory challenges, offering personalized care for conditions like COPD, Asthma, or post-surgery recovery.



Occupational Behavioural Health:

Our occupational behavioural health services offer practical solutions for workplace challenges like stress management and career transitions, fostering a healthy, fulfilling professional life.



Mental Health:

At Tele-Therapies, we provide personalized mental health support, offering counseling and therapy for anxiety, depression, PTSD, and other conditions.

Founder's Message

Welcome to Tele-Therapies, where our commitment to your well-being is unwavering. Founded on the principles of compassion, innovation, and holistic care, we envision a healthier and happier future for all. Join us on this journey toward optimal health in mind, body, and occupation.

Devi Sundar

Founder
Tele-Therapies



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01

Our Therapists Specialize in:

- Chronic Respiratory Disease
- Cancer Care
- Mental Health
- Occupational Health & Wellbeing

Comprehensive Services

We offer a range of services to cater to diverse needs, including:

- Live Video Consulting
- Telephone Support Line
- Email Support
- Instant Chat
- Online and In-person Training Courses

Our training courses feature:

- Support Groups
- Workshops
- Webinars
- Clinical Talks
- Hybrid Events for Individuals and Organizations

Google Review

Tele-Therapies
4.8 ★★★★★ 5 reviews

We offer services for diverse audience, Individual, Corporate & business, School & Universities.





Lung Behavioural health

At Tele-Therapies, we prioritize your respiratory well-being with our specialized lung behavioral health services. Our experienced professional in respiratory practice, Ms Devi Sundar is committed to addressing the unique needs of individuals facing respiratory challenges. Whether you are managing chronic respiratory conditions, recovering from surgery, or simply seeking support for enhanced lung function, we offer personalized care tailored to your specific requirements.

- Benefits:**
- Preserves lung function
 - Retards aging
 - Boosts self-esteem
 - Improve quality of life

Our Packages

Breath Renewal Package:

Duration: 21 days

- Personalized Lung Assessment
- Tailored Treatment Plan
- Breathing Exercises
- Lifestyle Modifications
- Ongoing Support

Price: £250

[Book Now](#)

Recovery and Resilience Bundle:

Duration: 42 days (21 days + 3 weeks extension)

- Post-Surgery Support
- Rehabilitation Exercises
- Personalized Therapy and Stress Reduction Techniques
- Nutritional Guidance
- Follow-up Sessions

Price: £450

[Book Now](#)

Integrated Behavioural Health Program

Duration: 63 days (42 days + 3 weeks extension)

- Comprehensive Health Assessment
- Behavioral Health Counseling
- Goal Setting and Progress Tracking
- Mindfulness Practices
- Collaborative Care Planning
- Collaborative Care Planning

Price: £600

[Book Now](#)



Mental Health : Expertly curated content for mental well-being.

Our specialized mental health services are thoughtfully designed with integrative psychotherapy to address a spectrum of challenges such as anxiety, depression, stress, PTSD, Self Esteem, Anger management, mindfulness and relaxation techniques, and various mental health conditions. We collaborate with clients, fostering a supportive environment for coping, resilience, and personal growth.

Benefits: • Enhanced Well-being • Improved Resilience
• Physical Health Connection • Positive Social Impact • Increased Productivity

Specialized Therapy Packages for Individual:

Cognitive Harmony Bundle:

- 4 Individual Psychotherapy Sessions
- Cognitive Behavioral Therapy (CBT)
- Therapeutic Interventions
- Goal-oriented Sessions
- Stress Reduction Techniques

Price: £280

[Book Now](#)

Acceptance and Commitment Therapy (ACT)

- 6 Individual Psychotherapy Sessions
- ACT Sessions
- Mindfulness Integration
- Value-Based Goal Setting
- Continuous Support

Price: £420

[Book Now](#)



Mental Health : Expertly curated content for mental well-being.

Psychodynamic Exploration Package:

- 6 Individual Psychotherapy Sessions
- Depth-oriented Therapy
- Dream Analysis
- Therapeutic Insight Sessions
- Long-term Support

Price: £600

[Book Now](#)

Other packages:

Discovery Package: Foundations of Well-being
Perfect For Those Seeking An Introduction To Mental Health Support.

Discovery Package: Foundations of Well-being

Perfect For Those Seeking An Introduction To Mental Health Support.

- 3 Individual Psychotherapy Sessions (**50 minutes each**)
- Customized Resources and Tools
- Email Support

Price: £250

[Book Now](#)

Empowerment Package: Building Self-Esteem

Ideal For Individuals Seeking To Enhance Their Self-Esteem And Self-Awareness

- 4 Individual Psychotherapy Sessions (**50 minutes each**)
- Self-Reflection Exercises
- Affirmation and Positive Visualization Training (**2 sessions**):
- Email Support

Price: £320

[Book Now](#)





Mental Health : Expertly curated content for mental well-being.

Confidence Boost Package: Unleashing Self-Confidence

Tailored For Individuals Looking To Boost Self-Confidence And Overcome Self-Doubt.

- 6 Individual Psychotherapy Sessions (**50 minutes each**)
- Confidence-Building Exercises and Challenges
- Visualization and Goal Setting Session (**1 session**)
- Email and Phone Support

Price: £450

[Book Now](#)

Essential Anger Management Package: Foundational Skills

Designed For Individuals Looking To Build A Strong Foundation For Managing Anger

- 5 Individual Sessions (**50 minutes each**)
- Anger Management Workbook
- Email Support

Price: £390

[Book Now](#)

Mindfulness Power

Discover serenity through mindfulness. Our course teaches stress reduction, focus, and emotional balance for a more peaceful and fulfilling life. You get free positive psychology tools to boost your self identity and stand out in the crowd. Join today!

- Step-by-step guides for 6 weeks **6 weeks**
- Mindfulness Mastery
- Personalized Guidance

Price: £500

[Book Now](#)



Mental Health : Expertly curated content for mental well-being.

Resilience Package: Stress and Anxiety Management

Designed For Individuals Seeking Effective Strategies For Stress And Anxiety.

- Free health assessment
- 8 Individual Psychotherapy Sessions **(50 minutes each)**
- Mindfulness and Relaxation Techniques Training **(2 sessions)**
- Personalized Stress-Reduction Plan
- Personalized Stress-Reduction Plan

Price: £600

Renewal Package: Overcoming Depression

Tailored For Those Seeking Support And Strategies For Navigating Depression

- 10 Individual Psychotherapy Sessions **(50 minutes each)**
- Depression-focused Psychoeducation **(2 sessions)**
- Holistic Wellness Plan

Price: £750

Group Workshop Package: Community Support

Ideal For Those Who Benefit From A Shared Learning Environment. Group Of 4

- 8 Group Anger Management Workshops **(90 minutes each)**
- Individual Assessment Session **(50 minutes)**
- Communication Skills Handbook
- Communication Skills Handbook

Price: £800





Corporate & Business Occupational Health & Wellbeing

At Tele-Therapies, we recognize the pivotal role occupational health plays in our overall well-being. Our specialized occupational behavioral health services, coupled with our commitment to lung

behavioral health, are tailored to address the distinct challenges individuals may face in their work environments. Whether it involves stress management, improving workplace relationships, navigating career transitions, or enhancing lung health, our dedicated team is committed to providing practical solutions that foster a healthy and fulfilling professional life. We offer personalized plans tailored to your individual goals, preferences, and challenges. Science-backed Strategies: Our approach is grounded in evidence-based strategies and the latest findings in behavioral science.

- **Education and Awareness:** We believe in educating our community about the benefits of fitness for mental and lung health.

- **Expert Guidance:** Access guidance from experienced professionals in psychology, coaching, and wellness.

Services:

1. Stress Management Essentials
2. Workplace Relationships Harmony
3. Occupational Mental Resilience Program
4. Leadership Development Seminars
5. Lung Health Workshops
6. Workshops/Webinars:

Building Resilient Teams: Strategies to achieve a healthy balance between work and personal life. Say Hello to “Emotional Intelligence”: Engaging team-building exercises to foster positive relationships.

Benefits for Your Business

Enhanced Productivity: A healthy and motivated workforce is more productive and focused on achieving organizational goals.

Reduced Absenteeism: Our programs aim to prevent health issues and promote overall well-being, reducing the frequency of employee absences.

Improved Employee Satisfaction: Investing in the health and well-being of your employees demonstrates a commitment to their success and satisfaction.





Corporate & Business Occupational Health & Wellbeing

Attractive Employer Brand: A workplace that prioritizes health and well-being becomes an attractive prospect for top talent.

Cost Savings: Proactive health management can lead to lower healthcare costs and decreased expenses related to absenteeism and turnover.

Join us on this exciting journey towards a healthier, happier, and more productive workplace. Together, let's build a corporate culture that values and prioritizes the well-being of every employee.

Thinking of Up skilling School Team (10+ people)? For more information, book a call now



Schools & Universities Health & Well-being

At Tele-Therapies, we understand that a healthy and thriving school environment is essential for the overall well-being of our students, staff, and community. That's why we prioritize occupational health and well-being to create a positive and supportive atmosphere where everyone can reach their full potential.

Our Approach

At Tele-Therapies, we are passionate about cultivating a healthy and thriving community by prioritizing mental and lung health in schools. Our tailored programs aim to equip students with the tools they need to foster resilience, focus, and overall well-being. Our mission is committed to creating an environment that promotes health and wellness for both students and staff.



Key Features of Our Program

Personalized Coaching:

We offer personalized coaching sessions to create a supportive environment for students and staff to explore and develop the behaviors necessary for success both inside and outside the classroom.

Positive Psychology:

We integrate principles of positive psychology into our coaching approach, focusing on strengths, resilience, and well-being.

Skill Development:

In addition to academic excellence, we emphasize the importance of soft skills and emotional intelligence.

[Include Comprehensive Occupational Health Services, Few packages offered, Mindful Movement Workshops, and Wellness Seminars.]

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Parents Support Workshops

Parenthood is an incredible journey filled with joy, challenges, and countless learning opportunities. At times, the challenges can seem overwhelming, and that's where our Parent Support Workshop comes in. We understand that every parent faces unique situations and may need guidance on various aspects of raising children. Our workshop is designed to provide a supportive and informative environment where parents can connect, learn, and grow together.

Embark on a journey of self-discovery and growth. Contact Devi Sundar today to unlock the potential within you and your team, paving the way for a more fulfilling and empowered future.





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Contact Us



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