Book your first visit

Every member of our team is RCI-licensed

Referrals welcome from doctors and schools

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An Initiative of Intermed Clinic

Tarang
MINDSPACE

Mental Health Clinic

A space for emotional well-being and growth

For children, teens, adults and families



How we can support

Development & communication

Including autism and intellectual disability

“My child isn't talking or playing like others.”

Early, play-based support for children under 6, with tips for home.

“Making friends and talking is hard for me.”

Social and communication skills at any age, using pictures if needed.

“My child hits themselves or others or runs away.”

We find the cause and teach safer ways to cope.

Parenting & family

Parenting programmes and family support

“My child's tantrums make every day a battle.”

We coach you in the moment, while you play with your child.

“My teenager's anger is taking over our home.”

Calm, firm ways to respond, without shouting or giving in.

Emotions & well-being

For children, teens and adults

“I worry all the time and can't switch off.”

Learn to face fears and ease worry, step by step.

“I feel low, and nothing interests me anymore.”

Small, steady steps back to what matters, with medical consultation if needed.

“I find it hard to focus or finish things.”

Practical tools for focus and routines, with medical consultation if needed.

Areas we work with

- Autism
- Intellectual disability
- ADHD
- Anxiety
- Depression
- Sleep problems
- Trauma
- Adoption
- Relationship Issues
- Career Counseling

- Research-backed approaches
- RCI-licensed professionals