

# PRCA MindWorks MENA PROGRAM

Private & Confidential support from a LifeWorks-team of licensed psychologists stationed in Dubai for any emotional health concerns.

**Exclusive to all PRCA members - Free Whatsapp, call, email emotional health support. 30% Discount on in-person or online Consultations.  
For self and immediate family members.**

**Call | Online | In person at Centre.**

Support provided in Arabic, English, Spanish, Croatian, German, Hindi

**DHA and CDA approved Mental Health, Counselling & Research Centre based in Dubai for more than a decade.**



**PRCA  
MindWorks  
MENA**







لايف ور كس  
LifeWorks



## About PRCA MindWorks MENA Program

PRCA MindWorks MENA Program is a customised emotional support benefit that is offered to member of PRCA to help address any issues which arise in everyday life & assist in managing a variety of potential challenges that might affect job performance and personal life.

## How does it work

-  You whatsapp, call or email the therapist about your concern.
-  Psychologist analyzes the conversation & concerns.
-  Suggests methods to deal with the situation or guide consultation.
-  You apply the suggestion and lead a happier life.

## Our counsellors

All our Clinical Psychologists & Psychiatrists are locally based and licensed by Dubai Health Authority ( DHA ), Community Development Authority ( CDA ), Dubai Aviation Authority. Our team has over 30+ years clinical experience. They're also members of highly reputed professional bodies like American Psychological Association.

## Confidentiality

100% Private & Confidential therapy services. Your information will never be shared unless it's formally authorized by you.

## Why LifeWorks ?

A dedicated mental health centre providing one on one sessions with psychologists and psychiatrists, report writing, crisis intervention support, elderly counselling, children support, Maternity Assistance Program, open 365 days of the year, WhatsApp, Email and Direct interactive support, Adoption assistance, Programs for Blue collar workforce, and many more. Exclusive Care Plan effective for each Individual & a dedicated account manager to support the program.

We serve Multinational Organisations & Government entities.

## How counselling works ?

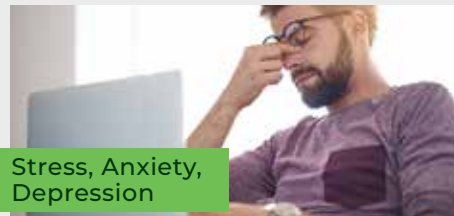
Counselling is a type of talking therapy that allows a person to talk about their problems and feelings in a confidential and dependable environment.

A counsellor is trained to listen with empathy. They can help you deal with any negative thoughts and feelings you have.

Other psychological therapies include psychotherapy, cognitive behavioural therapy (CBT), and relationship therapy, which could be between members of a family, a couple, or work colleagues.

## Issues we deal with

- Anger Management
- OCD
- Bipolar Disorder
- Phobia
- Body Image
- Grief
- Addiction
- Pre/post natal depression
- Work- Life Balance
- Lifestyle changes
- Childcare
- Conflict with coworkers
- Managerial Issues
- and many other....



## How to contact ?



Access the dedicated web-portal

- 1 You can call, email, whatsapp or book an online or face to face sessions (30% discount applicable) from the dedicated portal.
- 2 A licensed psychologist will attend to you.
- 3 Our psychologist will analyze the situation and provide suggestions or refer to psychotherapy sessions.
- 4 In case of emergency, we may refer to an inpatient facility.



Whatsapp/call : 0544002698



PRCA@lifeworks.ae



www.workplacehappiness.me  
www.lifeworks.ae

For any direct corporate enquiries : [happiness@lifeworks.ae](mailto:happiness@lifeworks.ae)

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