ABOUT US

IndiHeartandMind, Inc.
RESTORING WITH A HELPING HAND

HELP US HELP YOU

Over sixty percent deaths worldwide are caused due to cardiovascular diseases, cancers and diabetes, as per World Health Organization. The body is just a carrier for the heart, mind and the spirit. The body manifests a disease only after unresolved issues have been lying there in the heart, mind and the soul for a while.

IndiHeartandMind, Inc has a mental health center endeavored in the direction of healing the body by healing the heart and mind with a helping hand.

We focus on extending a helping hand to those who are hurting mentally, emotionally and spiritually, paving a way for long lasting healing. Body healers often concentrate on one part of the body, such as the heart or the brain or internal organs or ligaments, at a time often
ignoring the fact that body is a single, whole organism.

WE TREAT THE WHOLE PERSON, WHOLISTICALLY

We are a multifaceted organization comprising of physicians, mid-level practitioners, and clinical staff that specializes in providing quality healthcare and advocacy related services. We provide direct services and referrals with the utmost professionalism, care, and integrity.

We come to you, or if you so choose you may come to us. With the facet of this age of e-commerce and flexible schedules, we work to meet your needs right where they are, wherever you are.

CONTACT US

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Our Services

Home Health Referral Services
- Care management
- Skilled nursing
- Physical therapy
- Occupational therapy
- Speech therapy
- HHA/CNA visits
- Medical Social Services

Disability and Employment Services
- Socially structured programs for learning disabled and autistic
- Vocational rehabilitation
- Career planning
- Job coaching, counseling, placement
- Tutoring
- Medicaid and long-term applications
- Medical evaluations
- Transportation

Healthcare Referral Services
- Psychiatrists
- Medical Doctors (Office/Home Visit)
- Psychologists
- Benefits counselors

Staff Training/Development Services
- Staff development and training
- Headhunting
- Lifestyle coaching
- Online Training
- Background screening/drug screening

Mental Health Services
- Psychiatric evaluations/diagnosis
- Psychological evaluations
- Baker Act Evaluations
- Psychotherapy Services
- Counseling Services

Wholistic Health

The human being is whole. Unfortunately, the age of specialization makes healers look at parts of the whole. You have doctors specializing in cardiac care, neurological care, and so on. The result is more people suffering from hypertension, diabetes, emotional and psychological issues despite unprecedented advancements in medicine.

In Florida, holistic health services aim to provide you solutions in diverse areas starting from psychological and psychiatric evaluations, disability and employment services to physical, occupational and speech therapy.

Advocacy Services

Mental health concerns may be quite difficult to deal with especially if you have no one to turn to for support or advice. People going through emotional and psychological issues may encounter ignorance or prejudice. Advocacy services Florida lends you a patient ear, supports you to make you feel safe and secure and helps you with care providers and crisis management. We follow best practices in advocacy services to enable you to:

- Understand your rights
- Find and understand relevant information
- Explore treatment options
- Help you to make appropriate choices

Weight Loss

Weight loss has turned into an obsession for many people, but few are able to achieve the results they want. From diet fads to hitting the gym, people start out with enthusiasm, but it fades as soon as they hit the first roadblock. Eating junk, living stressfully, drinking, smoking, sleep aberrations, sedentary lifestyle all lead to weight issues and obesity. Being overweight opens the door to diseases such as hypertension and diabetes.

For good health, people need exercise, make healthy food choices, get a good night sleep, and stress management.