Mental Versations
Health & Wellbeing

PRICE LIST

CLINICAL CARE

1. Clinician-Led Primary Mental Health Care

Online GP consultations for primary mental healthcare.

- 30 -minute consultation **R600**
- 60 -minute consultation **R1200**

MEDICAL AIDS ACCEPTED

Services include assessment and management of concerns such as depression, anxiety, stress, burnout, sleep difficulties, maternal and paternal mental health, cognitive concerns, ADHD screening, medication management, referrals and ongoing care.

COACHING SERVICES

2. Sobriety Coaching

Online one-on-one sobriety coaching focused on practical recovery support, accountability, triggers, coping strategies, healthier routines and relapse-prevention planning.

R600 PER SESSION

3. Life Coaching

Online one-on-one life coaching focused on goal-setting, accountability, personal development, life transitions, relationships, boundaries and work or career goals.

R550 PER SESSION

ORGANISATIONAL WELLNESS

4. Organisational Wellness Programmes

Custom mental wellness workshops, educational sessions, toolkits and structured programmes for workplaces, organisations and groups.

CONTACT FOR A QUOTE

Book Your Session

067 698 5920 OR drfaith@mentalversations.co.za