



# TRANQUIL MED CENTRE PROFILE

Sanctuary for Mental Health & Wellness

# WELCOME



## Sanctuary for Mental Health & Wellness

Today's volatile world has become increasingly challenging; from dealing with personal trauma, domestic upheavals, workplace stress and societal pressure requires a high degree of mental fortitude, especially for young and middle-aged professionals.

But as individuals take in the blows of life, the daily chores and drab routines, all have ways of inadvertently chipping at the pillars of mental well-being. Shortly, the suppressed emotions drive most to mental ill health and early graves.

But it's not the bruises on the body that hurt, rather, the wounds of the heart, scars of the mind. Just why Tranquil Med Centre, Karen, Nairobi is here to offer you consultation, treatment and therapy.

So, welcome to our mental health and wellness sanctuary for that feeling of a better tomorrow.

***Karibu!***



# ABOUT US

## Tranquil Med Centre

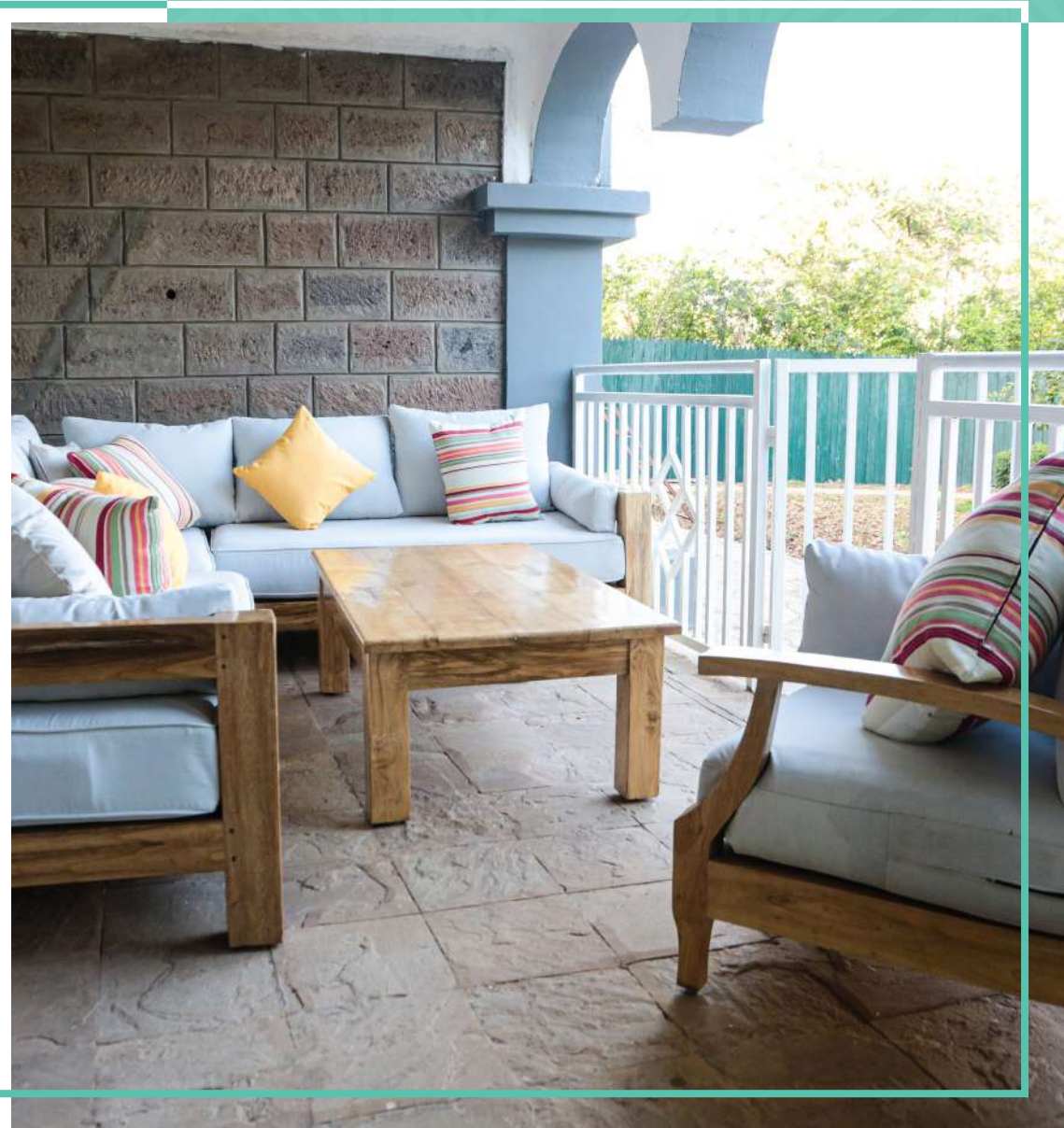
**T**ranquil Med Centre is a private level four mental hospital situated along Lang'ata North Road, off Lang'ata Road in Karen, Nairobi offering in-patient and outpatient services.

A sanctuary for holistic mental health and wellness, the hospital was established in 2020 at the peak of the Covid-19 pandemic when many people lost jobs, businesses tanked, families torn apart. For us, it was a watershed moment when the pandemic sucked many into the dark of world depression, worry, anxiety and suicidal tendencies.

It was the devastating effects of the pandemic among professionals that saw us joining hands to found Tranquil Med Centre. From our secluded yet convenient location, we treat various mental health issues including depression, bipolar mood disorders, anxiety disorders, schizophrenia, substance use disorders, conduct disorders, autism spectrum disorders, attention deficit hyperactivity disorders (ADHD), sleep disorders, eating disorders and dementia among others.

Mindful of the different manifestations of mental illness, the hospital takes an individualized treatment approach for every patient. Currently, we offer a wide array of mental health and wellness services that include psychotherapy, addiction support, group therapy, art therapy, family therapy, occupational therapy, marriage therapy, and rehabilitation.

Additionally, the hospital offers mental status evaluation reports, training of mental health workers, corporate mental health talks and assessment of children with intellectual disabilities for placement in special schools. Further, Tranquil Med Centre has a robust community outreach program dedicated to bringing more people into conversations around mental health, considering the high rate of stigmatization that compel victims to self-isolate and ultimately, die of depression.





# WHAT DRIVES US

## **Mental Health For A Productive Life**

### **Mission Statement**

To promote society's mental well-being by providing quality, safe, dignified, accessible and affordable research-based mental healthcare.

### **Vision Statement**

To be the most trusted global establishment in promotive, preventive and curative mental healthcare.

### **Our Philosophy**

Mental self-awareness and well-being are fundamental for peaceful human co-existence and prosperity.



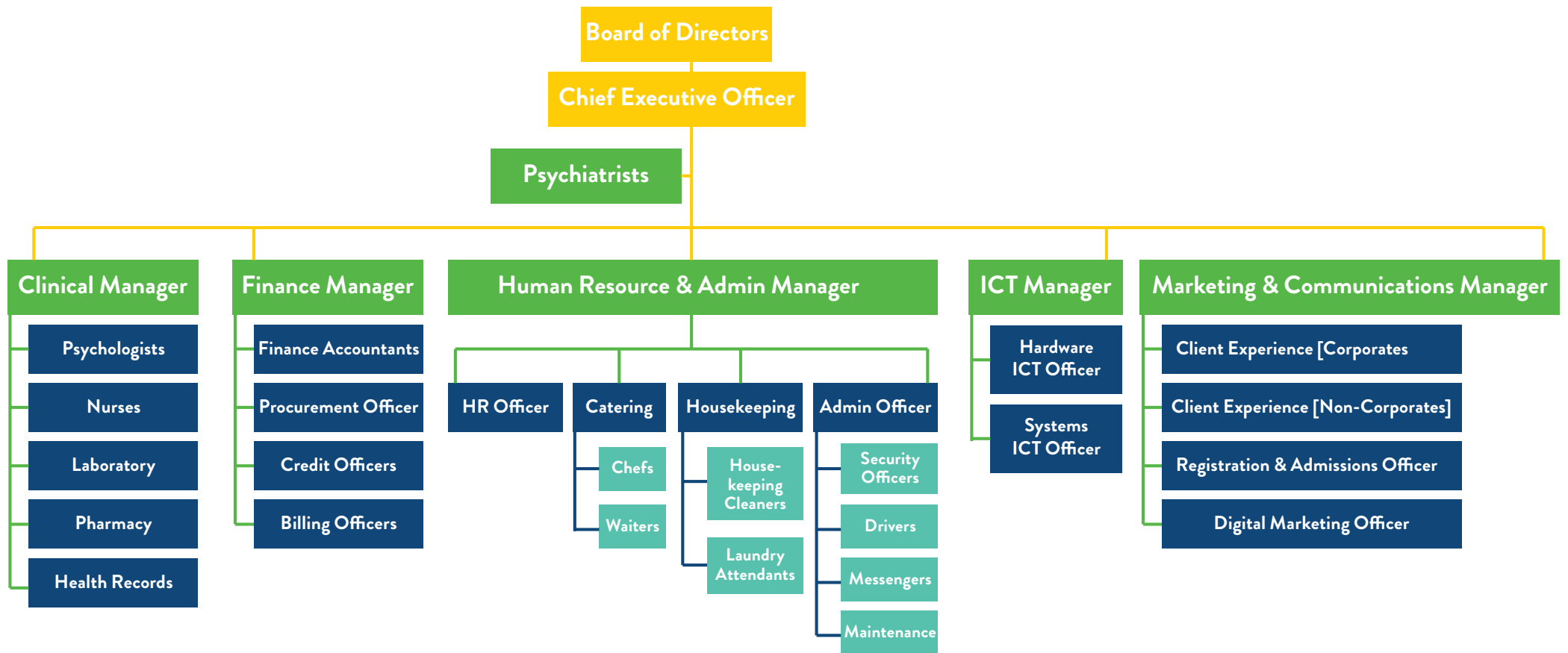
# OUR CORE VALUES & CULTURE

- **Compassion** towards the community we serve. We perfectly understand how it feels to have a mental condition or disorder.
- **Acceptance** of everyone's right to compassionate care. We don't discriminate. Anyone who needs treatment is welcome to our hospital.
- **Respect** everyone's unique path towards their healing. We understand there is no one-size-fits-all when it comes to mental health treatment.
- **Empowerment** for everyone to have a voice and participate in their care. We involve you in every step of the way as you journey through recovery.
- **Sincerity** in how we treat each other daily. Weaved through the fabric of medical practice is the enduring virtue of honesty and transparency.



# MANAGEMENT STRUCTURE

**Servant Leadership For Better Healthcare**



# OUR STAFF

## Always There For Your Care

**H**elping us provide excellent mental healthcare is a team of experienced, skilled and competent staff. With a deep understanding of modern mental health treatment approaches, our medical team can pick you up from home, conduct health assessments, create personalized treatment plans, organize therapy sessions, supervise the course of treatment and assesses results. Upon discharge, our staff will do regular follow-ups and home visits to ensure you are faring and responding well to treatment.

At the pinnacle, steering the hospital is the board of directors (BoD) and chief executive officer (CEO). In our rank and file, we have psychiatrists, clinical psychologists, mental health nurses, art therapists, occupational therapists, massage therapists, counselling psychologists, nurse aids, pharmaceutical technologists, health record & management specialists, and laboratory technologists. Supporting and working closely with the medical team are the finance, human resource, administration, ICT, and marketing communications departments. Indeed, all our staff members are here for your excellent care, anytime, any day.





# OUR SERVICES



## **Holistic Mental Wellness**

### **Psychotherapy**

Sometimes the problems that life throws at us can be overwhelming, even for the strongest among us. At Tranquil Med Centre, we offer psychotherapy for a wide variety of mental illnesses and emotional difficulties with professional psychologists helping you navigate the dark storms rocking your boat, either at work or home.

### **Addiction Treatment**

Weaning off addiction alcohol, cigarettes, or hard drugs can be a daunting experience. Through our compassionate care and customized addiction treatment plans, we help you or someone you love to take back control of their lives without stigma or shame. Indeed, our goal is to work with you in finding the root cause of addiction and chart a recovery path. You can either choose residential or long-term outpatient rehabilitation program.



# OUR SERVICES

## Holistic Mental Wellness

### Group Therapy

Besides individual therapy, we also offer group therapy with sessions designed to target a specific group problem like depression, obesity, panic disorder, social anxiety or substance abuse among others. The healing power of group therapy is inherent in the support network it provides in meeting other people facing similar circumstance. This way, you get the motivation to recover much faster.

### Art Therapy

Facilitated by a professional art therapist, Tranquil Med Centre provides art therapy services modelled around effectively supporting personal and relational treatment goals. As a patient, it will help improve your cognitive and sensorimotor functions, foster self-esteem and self-awareness, cultivate emotional resilience, and enhance your social skills.



# OUR SERVICES



## **Holistic Mental Wellness**

### **Family Therapy**

Our families are meant to be the strongest pillars of our lives. But traumatic events like death of loved ones, news of a terminal illness diagnosis of a close relative or a job loss by the breadwinner, can affect the families' mental health. We thus offer family therapy to help every member cope successfully with the situation and, in the process, build enduring relationships.

### **Occupational Therapy**

We have occupational therapy for patients with disability or older adults experiencing cognitive or physical changes. Our interventions are specifically tailored for each patient and occupational therapists will help you participate in your desired occupations with the therapeutic use of everyday activities, based on your personal interests and needs.

# OUR SERVICES

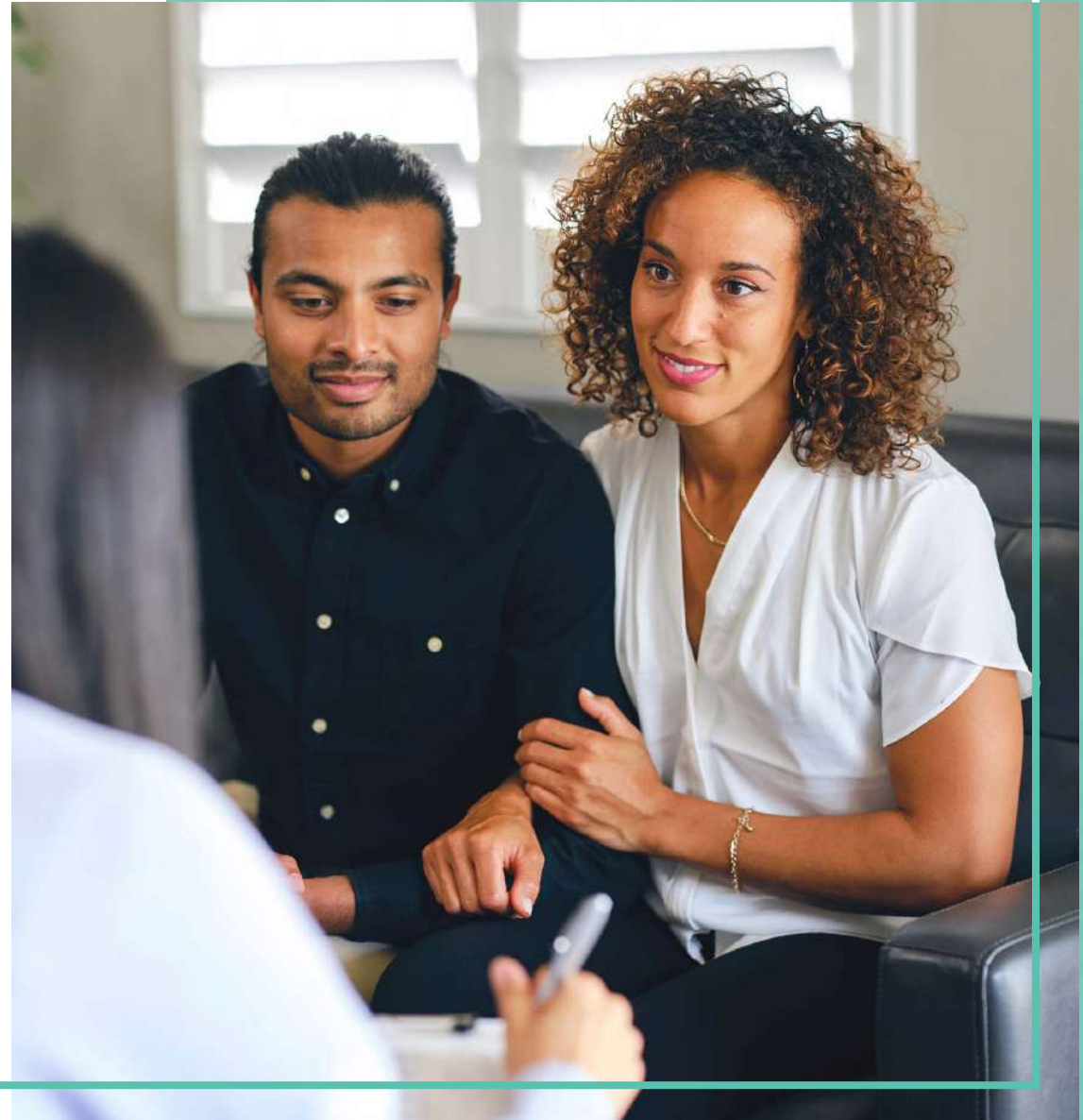
## Holistic Mental Wellness

### Marriage Therapy

All couples experience conflict and there is no shame in seeking counselling from experts. Unhealthy behavior and resentful feelings can be more difficult to change the longer they recur. In the long run, disagreements can lead to depression or turn fatal when deeply held feelings come to head. Our marriage counsellors will talk you through the root causes and help you find an amicable solution. The goal is to improve the quality of your relationship for a more harmonious, happier and fulfilling marriage.

### Rehabilitation

At Tranquil Med Centre, we believe in restoring your ability despite having a disability, temporary or permanent, to enable you function in a normal or near-normal way. Thus, we have an elaborate rehabilitation program that includes self-care skills, physical care, family support, psychological counselling, pain management, socialization skills and cognitive skills among others. Come and let us help you attain the highest level of function, independence and quality life.





# OUR FACILITIES

## Great Service & Amazing Facilities



### Laboratory

Even though mental illness is mostly attributed to psychosocial factors, there can be several other potential physiological causes of psychiatric symptoms. We thus have a modern laboratory equipped with state-of-the-art equipment operated by skilled lab technologists for precise diagnosis before prescribing medications or designing individualized treatment plans.

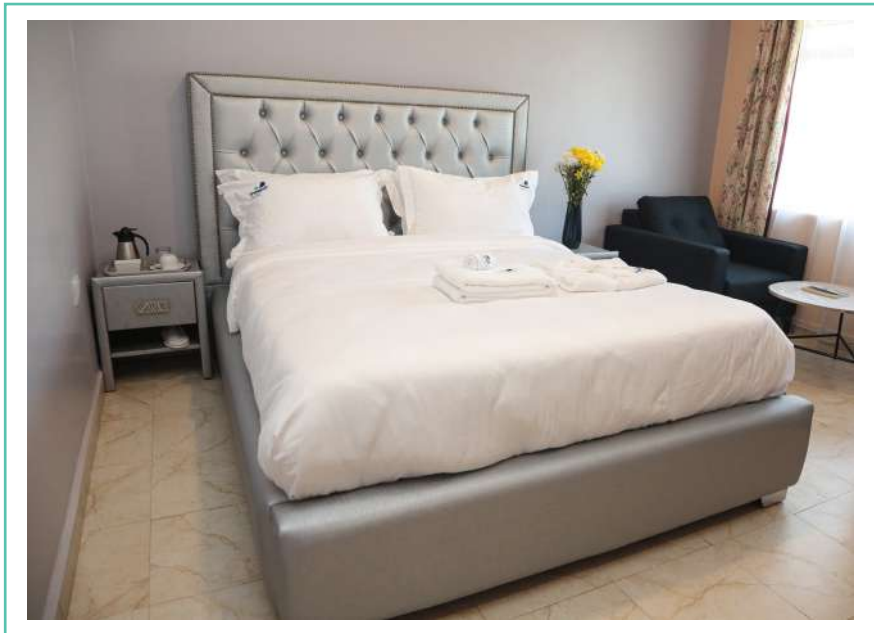


### Pharmacy

We have a pharmacy well-stocked with drugs catering for different mental disorders. Our pharmacists will not only issue you drugs as prescribed by the doctor, but they will also advise on the dosage and explain any side effects so that you are well-informed as you embark on your journey to full recovery.

# RESIDENCES & AMENITIES

## A Comforting Environment For Your Recovery



### Residence

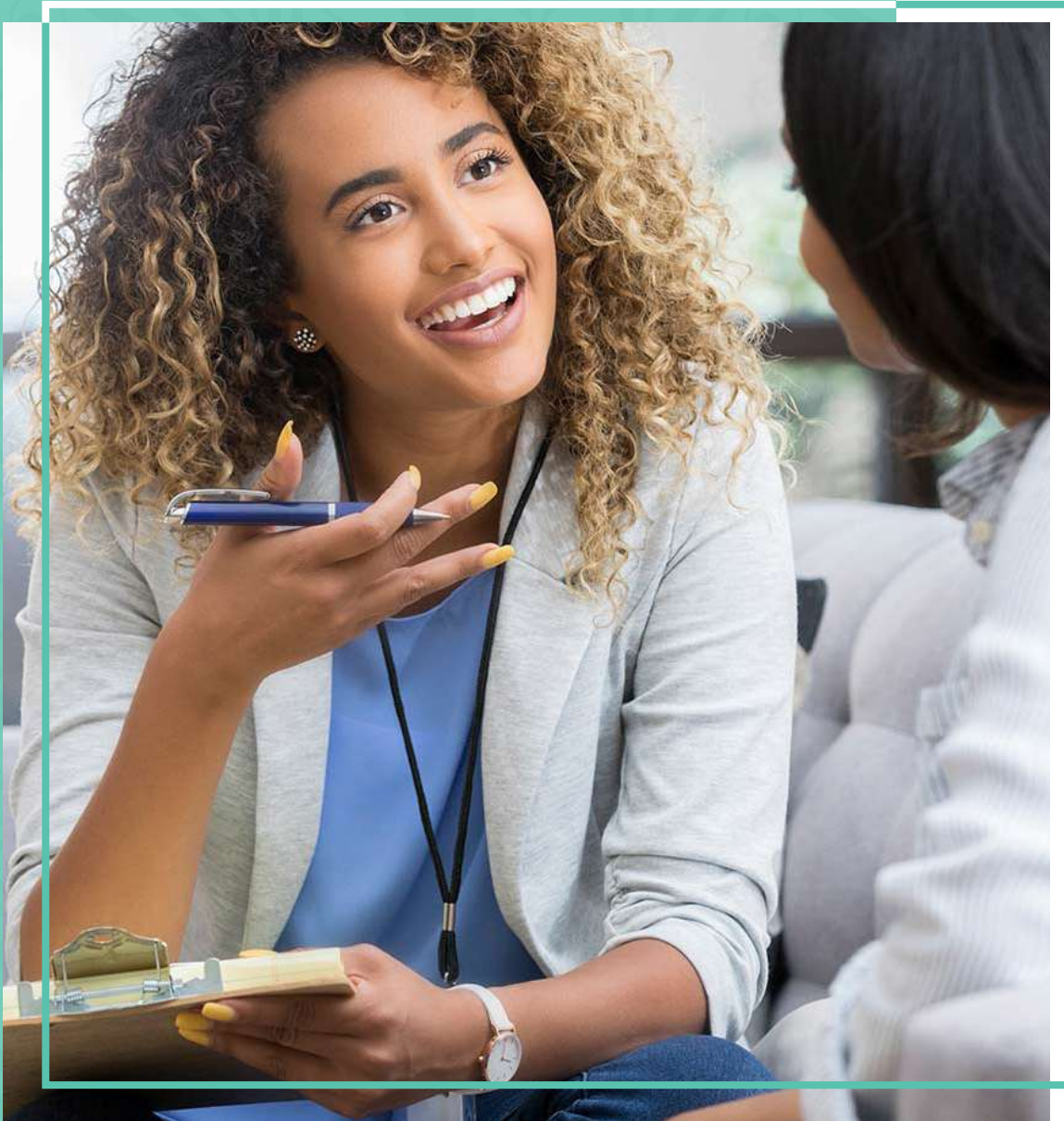
We have 60-bed capacity residence for patients who need admission for long-term treatment. The wards have been carefully planned, designed and furnished to ensure you recover in a comforting, tranquil environment. Our ambulances are on standby should you need to be picked from home or at the office when the situation demands.



### Art Centre

Tranquil Med Centre is determined to be at the forefront of mental healthcare through use of creative treatment approaches. Our art centre has a wide range of styles, forms and techniques to support individual creative processes as you undergo therapy. In addition, we also have indoor and outdoor games like pool table, table tennis, chess, football basketball, volleyball and yoga.





# SPECIAL PROGRAMES

## Going Above & Beyond For Mental Health

### Corporate Health & Wellness Talk

Mental health at the workplace has emerged as a serious theme in organizations, given its adverse impact on productivity. We have "Caring for Carers" (C4C), a special program that helps companies and employees to deal with depression inducing issues. In our corporate health and wellness talks, we address stigma and discrimination, work-life balance, job burnout, harassment and bullying among others. It's our belief that a better and prosperous society requires greater efficiency and effectiveness from professionals with a near-perfect mental health status.

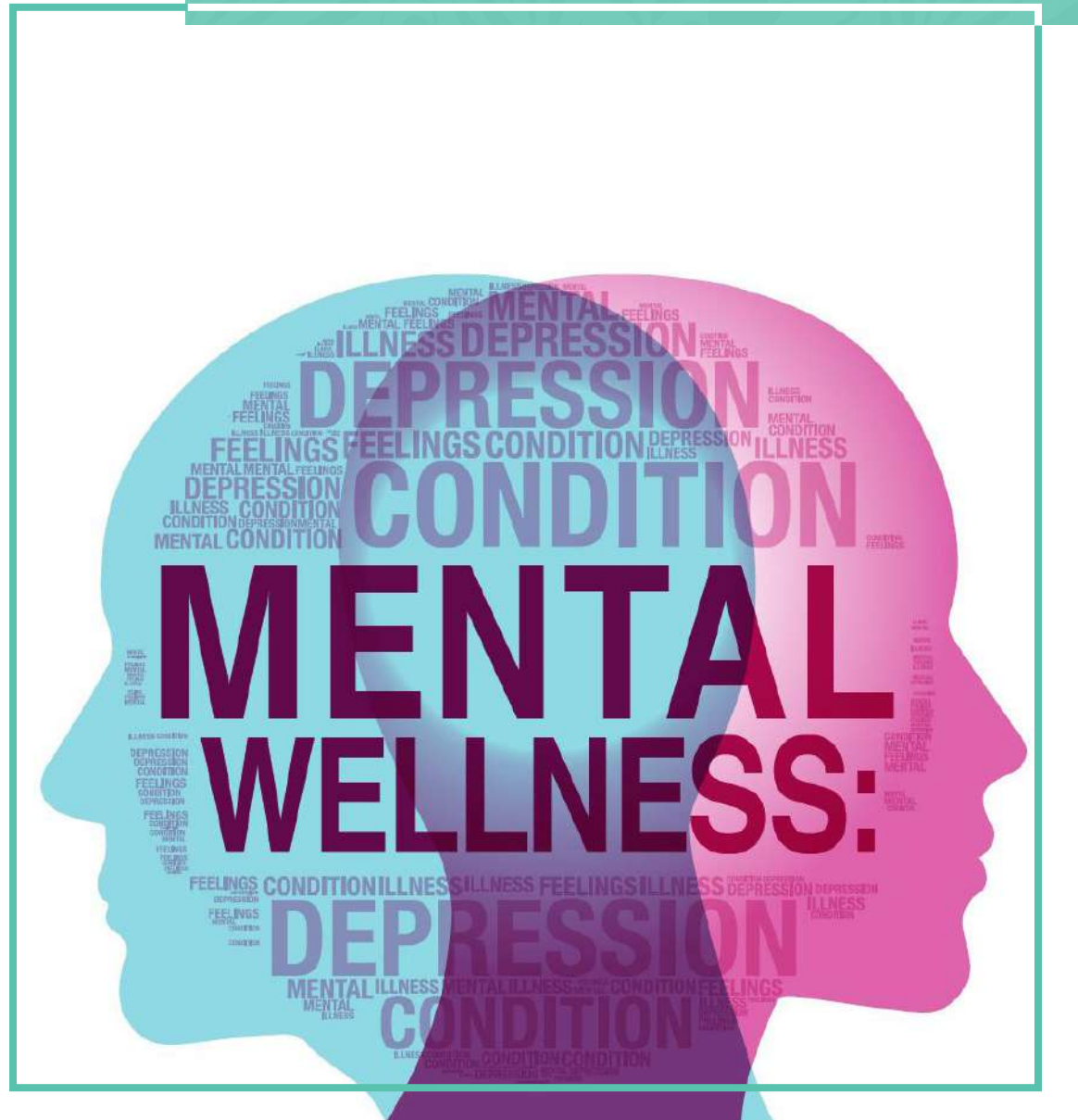


## Mental Health Awareness for Schools

In case you haven't noticed, there has been a spike in suicide cases among the youth. Perhaps, the pressure to excel in exams or fledgling romantic relationships could be taking a huge toll on the mental health of many learners across Kenya. As the conversation goes mainstream, we are actively pushing the agenda forward in our unique way, cognizant of the impact mental health has in learning and achievement. Tranquil Med Centre, thus delivers talks to primary, secondary, tertiary education institutions.

## Community Outreaches

As a hospital, we understand the critical role of community in fostering a prosperous nation. And for all members to be productive, they should, at the very least, have a peace of mind wherever they are. We do targeted mental health awareness campaigns in various communities grappling with myriad social issues like poverty, debt, stigmatization and marital conflicts among others.



# FAQ



## Demystifying Mental Health

### 1. Am I mad?

No. Mental illness is just like any other medical challenge

### 2. Is mental illness curable?

Yes. You just need to be compliant with professional management and follow-ups as advised by the mental health practitioner.

### 3. Does witchcraft cause mental illness?

No. Mental illness is as a result of inherited and other medical conditions and environment, but not witchcraft.





## **TRANQUIL MED CENTRE**

***Sanctuary for Mental Health & Wellness***

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