

## **Start-up Sector (Mental health and wellness services)**

# **HARMONY UNBOUND**



Harmony Unbound is a sole proprietary, founded in 2021.

Harmony Unbound is a safe, confidential, and holistic counselling service established in response to the unique challenges posed by the pandemic. As a person of colour herself, Rekha was acutely aware of the urgent need for culturally sensitive psychological support services amongst individuals in diverse communities. She introduced online consultations to reach a broader clientele, setting Harmony Unbound apart.

The vision of Harmony Unbound is to be a welcoming space free of prejudice and stigma, conducive to sharing experiences, where each client receives conscientious and empathetic care.

The mission of Harmony Unbound is to deliver professional, therapeutic services that acknowledge and respect the nuances of each client's lived experience, ensuring a comfortable, transformative and challenging journey towards personal growth.

The key focus is on empowering and uplifting the person in need. Harmony Unbound is led by Founder/Director Rekha Kangokar Rama Rao, who has over 15 years of experience in the mental health sector and over 25 years of experience in community work.



Ms. Rekha Kangokar  
Rama Rao

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### **MENTAL HEALTH AND WELLNESS SERVICES:**

- Consulting
- Counselling
- Workshops  
(in-person/online)