

## What you achieve?

- The ability to balance feelings.
- The ability to face and accept the realities.
- The ability to withstand STRESS.
- You learn personal adjustment & compromise.

**Ummeed: Our Helpline expands awareness. It provides an opportunity for you to discover your own voice and find the courage to express it.**



## WITH CARE TIPS

- Set your own goals and remember to dream.
- Develop your skills and your network.
- Volunteer and self-nominate.
- Adopt a few mentors and cultivate advisers.
- Act like a leader.
- Seek balance and live by your priorities.
- Learn how to share work and credit.
- Make a life, not just career.



- The impact of not being able to express who you are has very dangerous health effects.

## With Care

It is difficult to change the world, changing yourself with care is a **BETTER** option



“With Care...”

[www.withcare.co.in](http://www.withcare.co.in)  
[info@withcare.co.in](mailto:info@withcare.co.in)



  
**.Dial Ummeed**



10.00 am to 10.00 pm

- ⇒ 8003094568
- ⇒ 8003094569
- ⇒ 8003094570
- ⇒ 8003094571

**Feel like helping?  
Dial 8003094572**

 **Ummeed**

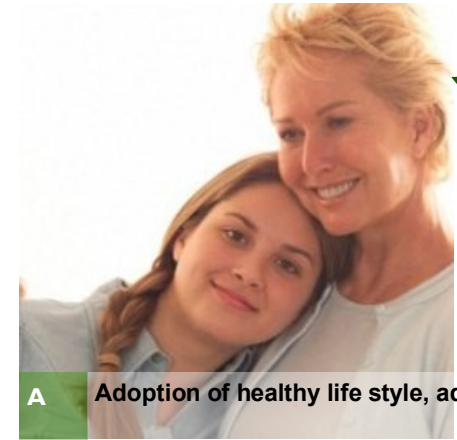
**Promoting Mental Health. Your friends to life... Share & feel light!**

 **Karuna**

**Team of Counselors, Nurses, Doctors & Volunteers reaching out in need... We also provide free Home Care Services for people living with Cancer...**

 **Umang**

**Spreading love for environment... Lets plant trees!**



- A** Adoption of healthy life style, adjustment
- D** Discourage early marriage
- O** Organize adolescent/ youth friendly clinics
- L** Life Skills training
- E** Educate about sexuality, spirituality
- S** Safe, secure and supportive environment
- C** Counseling inclusive of family life education
- E** Enable & empower for responsible citizen
- N** Networking for experience sharing
- T** Training for future, teen clubs

**Who can access Ummeed?**

Our Helpline is open to all, whether you are single, married, living together, or in a same-sex relationship.

Our confidential service helps you with your hardships of life. Call us for Emotional Support...

**SMILE with us... :-)**