



Therapy & Wellbeing Solutions for Organizations

Healthier People. Stronger Teams.
More Thriving Workplaces.

Evidence-based mental health and wellbeing services designed to support your people, strengthen your organization, and build a healthier work culture.



Expert team
with experience
and care



Confidential
and ethical
in everything
we do



Culturally
relevant and locally
grounded



Trusted partner
for sustainable
wellbeing



*Better People
Brighter Futures*

What We Do

Comprehensive services that support your people and strengthen your organization.

Kurdtherapy provides a full range of mental health, wellbeing and psychosocial support services designed for workplaces and institutions.



01



ASSESS

Understand your people and workplace.

- ✓ Staff wellbeing assessment
- ✓ Organizational assessment
- ✓ Psychosocial risk assessment
- ✓ Needs assessment

02



PLAN

Turn findings into action.

- ✓ Wellbeing plans
- ✓ Mental health strategies
- ✓ Action plans
- ✓ Policy development

03



LEARN

Build knowledge and skills.

- ✓ In-person courses
- ✓ Group wellbeing strategies
- ✓ Live online courses
- ✓ Recorded learning library

04



SUPPORT

Accessible professional support.

- ✓ Counselling
- ✓ Group support
- ✓ Staff support programs

05



WELLBEING

Support people every day.

- ✓ Meditation
- ✓ Breathing
- ✓ Relaxation
- ✓ Sleep
- ✓ Focus
- ✓ Self-care resources

06



WELCOME

Start every new employee with wellbeing.

- ✓ Welcome package
- ✓ Introduction to support
- ✓ Wellbeing resources
- ✓ Guidance on accessing counselling



We partner with organizations to create healthier, more supportive and more resilient workplaces.



Companies



NGOs &
Humanitarian
Organizations



Universities



Schools



Government
Institutions



UN Agencies &
International
Organizations

Our Organizational Approach

From Understanding to Improvement

We create tailored, evidence-based solutions that address your unique challenges and goals. Our approach is flexible, collaborative and focused on meaningful, lasting change.



*Better People
Brighter Futures* ♥



ISO 45003-Informed Approach

Practical, people-centered solutions for healthier, safer and more resilient workplaces.

We apply the principles of ISO 45003 to support psychological health and safety in the workplace. Our approach helps organizations proactively manage psychosocial risks, build resilience and create a culture of wellbeing.



Key Benefits

- ✓ Reduces psychosocial risks
- ✓ Improves mental health and wellbeing
- ✓ Increases engagement and productivity
- ✓ Supports compliance and best practices



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ISO 45003-Informed Approach & Organizational Services

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Organizational Services

Tailored support for sustainable change.



Psychosocial Risk Assessment

Identify and manage workplace risks.



Mental Health & Wellbeing Programs

Build healthy, supportive work environments.



Policy & Procedure Development

Create practical, compliant frameworks.



Training & Capacity Building

Equip your team with the right skills.



Consultation & Advisory

Expert guidance at every step.



Ongoing Support

Long-term partnership for lasting impact.