

eChannelling launches eMindCare as a holistic digital platform for mental wellbeing



eChannelling has launched ‘eMindCare’, a first-of-its-kind holistic mental wellbeing platform designed to make expert mental health and psychosocial wellbeing services more accessible, inclusive, and stigma-free.

With psychosocial challenges and mental health issues such as stress, anxiety, and depression on the rise in Sri Lanka, eMindCare addresses a critical gap by combining professional care with holistic practices and mental health education. The platform is designed to support the diverse needs of individuals, families, and groups, including students, young professionals, entrepreneurs, and employees in high-pressure industries. It also aims to support individuals interested in maintaining their current mental wellbeing.

With the launch of eMindCare, eChannelling reaffirms its commitment to the community, addressing some of the most pressing psychosocial challenges prevalent today. The platform moves past treatment, focusing on empowerment, awareness, and creating a culture where mental wellbeing is prioritized.

The launch of eMindCare demonstrates eChannelling’s role as a responsible digital health leader, committed to improving access to healthcare and providing psychosocial support nationwide.

Available through the eChannelling website at echannelling.com, the platform connects individuals to a wide range of services, including psychiatry, counselling, yoga, and meditation, while also offering educational resources to empower people with the knowledge and tools needed to foster improved mental health.

For users, eMindCare provides direct access to qualified psychiatrists, counselors, and wellness practitioners, ensuring expert guidance at every step of a user’s mental health journey. The platform takes a holistic approach to mental wellness by integrating mind, body, and emotional well-being through counselling, yoga, and meditation, creating a well-rounded support system.

Additionally, it offers valuable educational resources designed to reduce stigma and promote mental health literacy, enabling individuals to better understand and manage their overall well-being. Designed for convenience and privacy, eMindCare is accessible anytime and anywhere, via both the website and mobile app, making inclusive mental health and wellbeing accessible to all.