Athena Okas

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Company logo

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Athena Okas is India’s first exclusive women’s mental health and addiction treatment center, offering a safe, women-only environment for healing. Located in Gurugram, Haryana, Athena Okas provides specialized care for conditions such as depression, anxiety, postpartum challenges, eating disorders, bipolar disorder, borderline personality disorder, and substance use disorders. All services are delivered by an all-female clinical team, ensuring comfort, empathy, and privacy. The center combines evidence-based therapies—including Cognitive Behavioral Therapy (CBT), EMDR, yoga, and nutritional counseling—with trauma-informed care to support holistic recovery. With over 3,000 women empowered and a 90% faster recovery rate, Athena Okas is dedicated to guiding women toward healing, strength, and renewal.

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