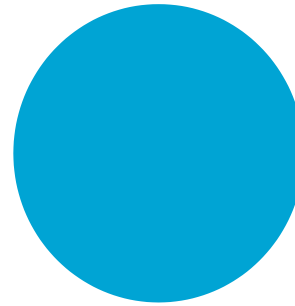


+



+



=

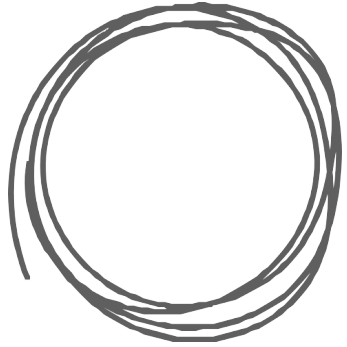


Complexities  
of  
Human mind

Symbolism of  
support, guidance  
and empowerment

Foundation of calm and  
stability, ensuring safe  
space and reassurance

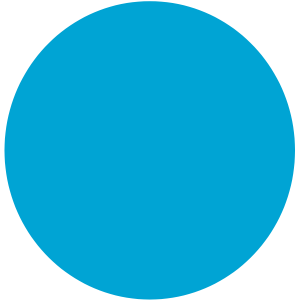
Unravelling  
Minds



**Tangles spiral:** Symbolises the **intricacies and complexities of the human mind**—thoughts, emotions, and experiences that often feel tangled or chaotic. It suggests, while the mind may feel tangled and complex, it has the potential to be understood, calmed, and healed through therapy. It suggests a **journey from confusion to clarity**, making it a fitting and symbolic choice for our centre focused on mental health, personal growth, and self-discovery.



**Hand gesture:** The "U" and "M" intertwined within a hand gesture subtly highlight the **initials of "Unravelling Minds."** Hands are a universal symbol of **care, support, and guidance**, which visually conveys the focus of our centre, i.e, providing a safe place to receive help, support, and gentle guidance through mental health journey. It also signifies empowerment—unravelling complex layers of the mind



**Blue circle:** This specific blue, with a touch of teal, represents **emotional balance and healing**. This suggests a welcoming, non-judgmental environment where clients can find inner harmony. This blue circle visually reinforces the support, guidance, and clarity our centre aims to provide, creating a sense of **safe space** and **reassurance**.



The "**Unravelling Minds**" logo embodies a calm, supportive environment where clients can safely explore and untangle their thoughts, moving from confusion to clarity. It symbolizes **compassionate guidance** and **mental clarity**, offering a **non-judgmental space for personal growth and healing**.

