



Happy Psych Solutions

Company Profile

2025

935 Francis Baard Street, Arcadia, Pretoria

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Welcome to Happy Psych Solutions (Pty) Ltd

Welcome to a place where mental wellness is treated with the dignity, care, and attention it deserves. At Happy Psych Solutions, we provide professional psychological support to individuals, families, schools, and organisations—creating spaces where growth, healing, and resilience can take root.

Our practice is grounded in empathy, guided by ethical standards, and shaped by the diverse needs of the South African communities we serve. Whether you are navigating personal challenges, supporting learners in a school setting, or looking to improve mental wellness in the workplace, we offer services that are thoughtful, practical, and aligned with your goals.

We are here to listen. We are here to support. We are here to help you move forward.

"Mental health is not a luxury for a few. It is the foundation for how we learn, love, work and live. Let us care for it with the same urgency we give to everything else."

— Ms. Happiness Hlungwane



About Us

Happy Psych Solutions (Pty) Ltd is a fully registered South African psychology practice based in Arcadia, Pretoria. We operate under HPCSA registration PRC 0035114, with Practice No. 1197282, and Company Reg: 2024/673314/07.

Our services are offered face-to-face and online, and we travel to onsite clients across Pretoria, Centurion, and Midrand.

We provide professional counselling and wellness services for individuals, couples, schools, and companies which are tailored to the diverse realities of South African life.

Our work covers a wide spectrum, including trauma counselling, grief support, career guidance, psycho-education, and wellness programmes for the workplace.

For schools, we offer support with subject choice assessments, study skills, behaviour interventions, and learner wellbeing.

For organisations, we focus on employee counselling, debriefing, burnout management, and wellness days.

Our work is rooted in a deep understanding of mental health in both personal and professional settings.

We are multilingual, offering services in English, Sepedi, TshiVenda, and conversational Zulu and Xitsonga, making us accessible to a broad range of communities.

Our experience includes Employee Assistance Programmes (EAP), medico-legal assessments, and hosting workshops that promote long-term emotional and mental resilience.



MEET THE FOUNDER

Ms. Happiness Hlungwane

The Brain Behind Happy Psych Solutions

Happiness Hlungwane grew up in Jane Furse, Limpopo, where strong community values shaped her belief that mental health care should reach everyone. She attended high school there before pursuing her B.Psych degree at the University of Venda, which she completed in 2018.

She began practising in 2019, gaining hands-on experience across schools, corporate wellness programmes, trauma counselling, and medico-legal work. Seeing how many people still suffered in silence, she established Happy Psych Solutions to offer therapy that feels warm, safe, and culturally familiar while remaining fully professional.

Happiness is now completing a Master's in Public Health (Health Education and Promotion), deepening her commitment to mental wellness in classrooms, boardrooms, and homes alike. For her, this work is more than a career; it is a calling to ensure mental health support is accessible, relatable, and authentically South African.



Vision & Mission

Vision

To be a trusted and accessible mental health partner for individuals, families, schools, and organisations. We aim to empower people to live emotionally healthy and purpose-driven lives in a changing South African society by offering psychological support that is ethical, inclusive, and rooted in compassion. Our goal is to normalise mental health care and make it an essential part of everyday life for all South Africans.

Mission

To deliver professional, culturally relevant, and client-centred psychological services that promote emotional wellbeing, personal growth, and mental resilience. We aim to bridge the gap between clinical expertise and everyday life by providing support that is relatable, multilingual, and responsive to the needs of the communities we serve.

OUR SERVICES



FOR SCHOOLS

We support learners and educators across Pretoria, Centurion, and Midrand through:

- Career guidance and subject choice assessments
- Study skills and time management strategies
- Stress management and adjustment support
- Grief and trauma counselling for learners and educators
- Behavioural issue interventions
- Motivational talks and wellness workshops



FOR COMPANIES

Mental health in the workplace is not a luxury—it's a necessity. We provide on-site and online psychological support for organisations:

- Employee counselling (individual and group)
- Trauma intervention and critical incident debriefing
- Burnout and stress management
- Personal development training and resilience workshops
- Mental health awareness programmes and wellness days



FOR INDIVIDUALS & FAMILIES

From couples struggling with connection to individuals carrying silent trauma, we create space for people to work through life's weight:

- Individual counselling (face-to-face and online)
- Couples, pre-marital, and post-marital therapy
- Grief and bereavement support
- Trauma counselling and psycho-education
- Public speaking and motivational talks for community groups



SUPPORT FOR INDIVIDUALS AND FAMILIES

We work with people at different stages of life, offering professional and non-judgemental support to help them navigate through a range of life challenges. Whether the concern is personal, emotional, relational or family-related, we walk the journey with each client to promote stability, healing, and growth.

Our support includes:

- **Individual Counselling:** For clients dealing with stress, trauma, depression, anxiety, identity issues, and self-esteem concerns.
- **Family Counselling:** Helping families improve communication, work through conflict, and strengthen relationships.
- **Couple and Marriage Support:** Pre-marital and marital counselling to help couples build or restore a healthy relationship.
- **Trauma and Grief Intervention:** For individuals and families dealing with loss, violence, or life-altering experiences.
- **Adjustment Support:** Assisting individuals who are struggling to cope with life changes such as divorce, illness, job loss, relocation or parenting stress.
- **Psychoeducation:** Helping clients understand their emotions, behaviours, and the support systems available to them.

We create a safe space for clients to speak freely and find practical ways forward—especially in communities where mental health services are often underutilised or misunderstood.



School-Based Services

Schools play a critical role in the development and emotional wellbeing of children and adolescents. We partner with schools to provide early intervention and ongoing psychosocial support that helps learners succeed both in and out of the classroom.

Services offered include:

- **Learner Support and Counselling:** For learners dealing with behavioural problems, social difficulties, trauma, bullying, grief, or academic stress.
- **Career Guidance and Subject Choice Assessments:** Assisting learners in Grades 9 to 12 in making informed decisions about their future.
- **Study Skills and Time Management Training:** Equipping learners with effective learning strategies, especially in exam periods.
- **Workshops and Motivational Talks:** Covering key topics like goal setting, emotional resilience, exam anxiety, peer pressure, and future planning.
- **Parental Guidance and Support:** Helping parents understand and respond to their child's behavioural and emotional needs.
- **Staff Debriefing and Wellness:** Offering group or individual support to teachers dealing with stress, burnout or secondary trauma.

By providing consistent and relatable services within the school environment, we aim to reduce dropout rates, improve learner focus, and strengthen support systems in education.



WORKPLACE AND ORGANISATIONAL WELLNESS

Mental wellness in the workplace has a direct impact on productivity, teamwork, and overall company performance. Our services for organisations focus on the wellbeing of employees, creating healthier, more resilient teams.

Services include:

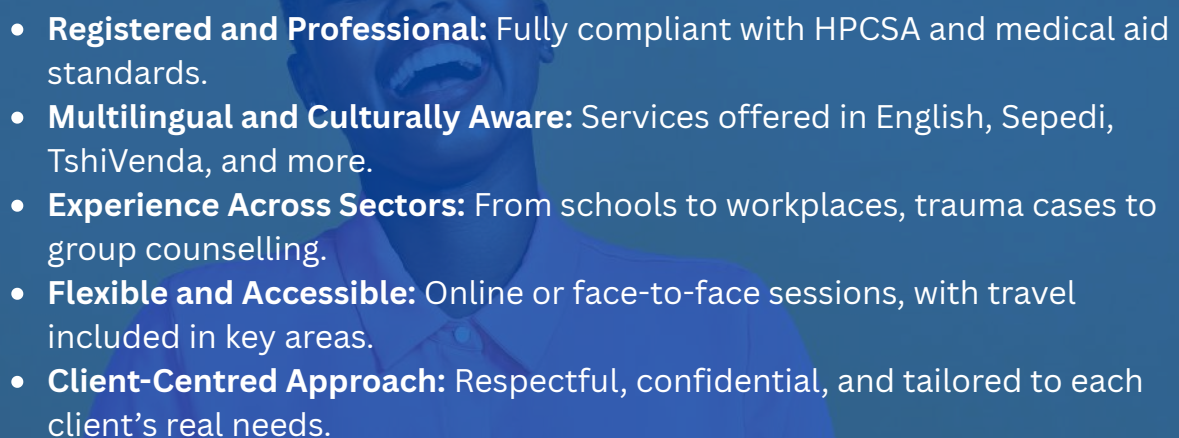
- **Individual and Group Counselling for Staff:** A confidential space for employees to deal with personal or work-related stress, trauma, or interpersonal issues.
- **Employee Debriefing Sessions:** Especially after critical incidents or loss in the workplace.
- **Burnout and Stress Management Training:** Equipping staff with techniques to manage pressure and restore work-life balance.
- **Team Building and Communication Workshops:** Designed to improve teamwork, motivation, and morale.
- **Wellness Days and Mental Health Awareness Talks:** Promoting positive mental health in the workplace and reducing stigma around asking for help.
- **EAP Support Services:** Where available, we work alongside Employee Assistance Programmes to extend psychosocial support and referrals.

All services are available on-site or virtually and can be customised to suit the specific needs of small businesses, large corporations, NGOs, and government departments.

WHY CHOOSE US



At **Happy Psych Solutions**, we understand that mental health care is personal, and finding the right support matters. Here's why individuals, schools, and organisations trust us:

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- **Registered and Professional:** Fully compliant with HPCSA and medical aid standards.
 - **Multilingual and Culturally Aware:** Services offered in English, Sepedi, TshiVenda, and more.
 - **Experience Across Sectors:** From schools to workplaces, trauma cases to group counselling.
 - **Flexible and Accessible:** Online or face-to-face sessions, with travel included in key areas.
 - **Client-Centred Approach:** Respectful, confidential, and tailored to each client's real needs.

PAYMENT INFORMATION

Our rates follow the GEMS medical aid tariffs, making our services affordable and in line with national healthcare standards.

- **Private Clients:** Billed per session using the GEMS rate. EFT payments accepted, with invoices provided.
- **Medical Aid:** Clients can pay upfront and claim back or request an invoice for direct submission. We charge standard rates—no extra fees.
- **Schools & Organisations:** Pricing depends on the service, group size, and location. A subject choice talk, for example, is priced differently from a full-day workshop or staff debriefing. Clear quotes are given in advance.
- **Online & In-Person:** Same rates apply. Travel within Pretoria, Centurion, and Midrand is included. Extra travel costs are quoted upfront for areas beyond.



Get in **Touch**

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