



Welcome to The Psychópolis

We build the city where Well-Being Lives.

What is The Psychópolis?

The Psychópolis is a symbolic city of mental well-being — a holistic model that combines psychological support, personal development, and civic innovation. It is designed for individuals and communities seeking to grow mental wealth through accessible, integrative, and culturally aware services for individuals, professionals, communities, organizations and project partners.

Explore Our City Districts

The Psychópolis organizes its offerings around Four (4) main districts:

Therapy Stations

Short and long-term 1:1 sessions, applying mostly CBT, ACT and solution-focused approaches; Multilingual and identity-affirming support; Collective Healing Experiences.

The Stations also contain Sanctuary Zones, safe spaces to practice mindfulness, self-regulation, and embodied practices; somatic techniques and creative expression; in collaboration with lifestyle professionals and other experts.

Marketplace Agora

Consulting for Mental well-being strategies for organizations; psychological safety, burnout, leadership; Adapted trainings and staff support sessions; training and workshops for areas of expertise (gender, inclusion, communication, sexual and reproductive health and rights, comprehensive sexuality education, non-formal learning methods).

The Marketplace Agora also functions along Global Crossroads, working beyond borders. We are available for: E-consultations for international and expat clients; online programs for cultural transition, identity & belonging; strategic mental health support for organizations and groups.

Transnational Project Labs

With extensive experience in end-to-end lifecycles of funded projects, from conceptualization to development, implementation and evaluation, we offer both partnership and consultation on EU project design, networking with partners, grant writing, evaluation, policy advising, particularly on issues around our expertise. These include but are not limited to: right to health, gender equality, LGBTQI+ inclusion, trauma-informed methods, diversity. We can assist NGOs, schools, and municipalities with diversity strategies, building capacity and co-develop social impact programs.

Knowledge Quarters

In this space one can find our resources for online courses and guided psychoeducation; Evidence-informed material for mental health literacy for teams and individuals; Downloadable resources and reflection tools.

Why Choose The Psychópolis?

It is grounded on over two decades of interdisciplinary experience in applied, clinical and project work; it is both clinically and culturally rooted; It aspires to be creative, flexible, and accessible by design; It combines deep experience across sectors: health, education, social justice; Services are delivered with care, clarity, and commitment

Ready to Build Mental Wealth?

Join us at The Psychópolis, where well-being is not just about individuals, but a collective responsibility. Reach out to explore how we can support your growth journey as a person, a team, or a city of change.