



THE BALANCE

Prescription Stimulant Addiction

Private treatment

A guide for individuals and families

Individual care shaped around you

MALLORCA / ZÜRICH

What to know before treatment

- 01 Prescribed stimulant treatment is not automatically addiction. Assessment distinguishes therapeutic use, physical dependence, misuse and impaired control.
 - 02 Care considers the medicine, pattern of use, ADHD care, sleep, physical health and emotional wellbeing together.
 - 03 Changes to medication should be discussed with the responsible prescriber. Severe confusion, chest pain or an immediate safety concern needs urgent local assessment.
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Individual care

Your treatment plan and therapies are organized around you.

Coordinated care

Clinical disciplines work within one individual plan.

Continuity

The next steps are considered throughout treatment.

Understanding your needs

When medication use becomes difficult to control

Concerns may include taking more than agreed, using medication for another purpose, repeated unsuccessful attempts to change use, or continuing despite harm. These patterns need careful assessment rather than assumptions based on a prescription alone.

Keeping appropriate ADHD care in view

Attention difficulties, work demands, sleep and emotional health may all affect the presentation. Treatment should distinguish underlying symptoms from medication effects and ensure that legitimate clinical needs are not overlooked.

Assessment before a recommendation

The team reviews the exact medication, prescribing history, actual use, expected benefits, adverse effects and any other substances. Sleep, physical health, mood, attention and previous treatment help inform a coordinated recommendation.

Bring relevant records and describe what has helped, what has not and what daily life is like. A single symptom list or questionnaire cannot explain the whole situation.



Safety and the appropriate setting

Medication decisions remain with the responsible prescriber. Severe agitation, psychosis, chest pain, seizures or immediate suicide risk require urgent local care rather than waiting for residential admission.

Care built around you

An individual psychological plan

Care can explore performance pressure, beliefs about productivity, craving and triggers. The aim is to build workable alternatives without dismissing the person's responsibilities or goals.

Medication and diagnostic review

ADHD and other clinical needs are considered alongside problematic use. Any medication change is individualized and coordinated with appropriate prescribing care.

Sleep, routines and continuing support

Rest, nourishment, realistic work expectations and daily structure can support engagement. Planning for the return home includes access to medication, monitoring and ongoing professional support.

From assessment to a shared plan

The recommendation explains the proposed setting, priorities, team and pace, and how the plan will be reviewed with you.

The experience of care

A calm setting can create room for individual treatment, rest and reflection. The residence, schedule and practical support are confirmed for your needs and the agreed accommodation arrangement.



A private place to pause

Personal space, discreet coordination and a daily rhythm shaped around clinical needs.

Care with room to recover

Individual appointments are balanced with rest, meals, movement and time to process.

Practical support

A personal care manager helps coordinate the schedule and everyday arrangements.

Care and residence imagery from THE BALANCE admissions guide. The residence is confirmed individually.

Mallorca

Private residential care in a restorative island setting.

Zurich

Private residential care with Swiss clinical coordination.

London

Selected assessment, transition and continuing-care support.

From assessment to everyday life

01 **A confidential conversation**

Admissions listens to your circumstances and explains the clinical review process.

02 **Assessment and a recommendation**

The team considers suitability, priorities, setting and the individual plan.

03 **Personalized treatment**

Care is reviewed and adjusted as your needs and capacity change.

04 **Transition and continuing care**

A handover connects treatment with the people, routines and support needed at home.

Preparing for home

A clear handover explains prescribing responsibilities, follow-up, ongoing ADHD or other mental-health care, warning signs and practical support. The plan should work in the person's home and professional environment.

Considering the next step

Does taking prescribed stimulants mean addiction?

No. Correctly prescribed treatment should not automatically be labeled addiction. Assessment considers control, use and harm.

Should I stop my medication before assessment?

Do not make medication changes solely because of a website. Discuss concerns and the next steps with the responsible prescriber.

Can ADHD treatment continue?

Appropriate ADHD care is considered as part of the wider assessment. Decisions are individualized rather than automatic.

How is the right setting chosen?

The recommendation considers symptoms, risks, physical health, support and the level of coordinated care required.

Begin with a conversation

Speak privately with Admissions about your circumstances and the options available. An inquiry carries no obligation to proceed.

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[Full condition page](#)

[General admissions guide](#)

If you or someone else is in immediate danger, seek local emergency care. Do not wait for routine admission or travel.

General information; individual care follows assessment. Evidence and sources are linked on the condition page.