



THE BALANCE

Cocaine Addiction

Private treatment

A guide for individuals and families

Individual care shaped around you

MALLORCA / ZÜRICH

What to know before treatment

- 01

Cocaine addiction is assessed through control over use, craving and consequences, not outward success or frequency alone.
- 02

Assessment considers physical health, sleep, emotional wellbeing and other substances before an individual treatment plan is recommended.
- 03

Residential care is considered when the setting can safely meet your needs. Acute medical or mental-health crises require urgent local care.
-

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

Recognizing a pattern that needs attention

Use may become linked with energy, confidence, work or social situations. Repeated use despite harm, unsuccessful attempts to stop, secrecy and time spent recovering can signal a need for assessment. Someone may remain outwardly capable while health and relationships deteriorate.

Looking beyond the substance

Sleep loss, anxiety, low mood, trauma and other substance use may overlap. Assessment explores what cocaine has come to do in the person's life without assuming that every difficulty has a single cause.

Assessment before a recommendation

Assessment reviews the pattern of cocaine use, recent symptoms, physical health, sleep, mood, prescribed medication and other substances. Previous care and the person's goals help determine the setting, priorities and pace of treatment.

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

Chest pain, seizures, severe agitation, acute confusion or immediate suicide risk require urgent local medical care. A private residence does not replace an emergency department or secure psychiatric unit.

Care built around you

Psychological and behavioral treatment

Individual therapy may address craving, triggers, coping and patterns that maintain use. The plan is adapted to the person's history, readiness and co-occurring needs.

Clinical care and daily foundations

Physical-health review, sleep, nourishment and everyday routines support the wider plan. Medication decisions belong with the responsible clinician; no single intervention guarantees recovery.

Preparing for life outside treatment

Work, travel, relationships, access to cocaine and high-risk situations are considered before the return home. Practical changes should remain realistic beyond a protected stay.

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

The plan identifies early warning signs, high-risk situations, local clinicians, agreed support and what to do if use returns. Ongoing care should connect mental health, physical health and the person's everyday environment.

Considering the next step

Do I need to use cocaine daily to need help?

No. Loss of control and significant consequences matter even when use is intermittent.

Is detox the whole treatment?

No. Early withdrawal support is one part of care. Treatment also addresses patterns of use and preparation for ongoing recovery.

Does everyone need residential care?

No. Assessment considers safety, complexity, available support and whether outpatient, residential or hospital care is appropriate.

Can other mental-health concerns be addressed?

Co-occurring concerns are considered in the assessment and coordinated plan, according to clinical need and suitability.

Begin with a conversation

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

+41 44 500 5111

admissions@thebalance.clinic

[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.