THE BALANCE

Conditions We Treat

Private treatment

A guide for individuals and families

Dedicated to one client at a time

Mallorca, Zurich, London
Individual residential care

English / September 2026

01 / WHAT TO KNOW BEFORE TREATMENT

What to know before treatment

01 THE BALANCE considers adults with mental health, addiction, trauma-related, eating, regulation, sleep, psychosomatic, and complex co-occurring concerns.

02 Assessment considers the whole person, current risks, previous care, and overlapping needs to determine suitability and establish coordinated treatment priorities.

03 Urgent or medically unstable situations require local emergency, hospital, withdrawal, or specialist care before any possible residential treatment review.

One client

A private residence and a team organized around you.

Coordinated care

Clinical disciplines work within one individual plan.

Continuity

The next steps are considered throughout treatment.

02 / UNDERSTANDING YOUR NEEDS

Understanding your needs

Begin With the Person, Not the Label

A diagnosis can organize evidence and guide risk assessment, but it does not describe the person’s history, strengths, relationships, culture, values, responsibilities, or response to earlier care. The same diagnosis can require very different plans.

Condition Categories

03 / ASSESSMENT BEFORE A RECOMMENDATION

Assessment before a recommendation

Depression may coexist with alcohol dependence, chronic pain, trauma, or severe sleep disruption. Eating-disorder behavior may occur with anxiety, obsessive patterns, medical risk, or substance use. Burnout may conceal a mood disorder or be used to describe many different forms of distress.

Treating one visible symptom without understanding the interactions can lead to contradictory care. The multidisciplinary plan identifies which risks and maintaining factors need priority and which concerns can be addressed together.

A person may come after several therapists, hospital stays, detoxifications, or residential programs. Repeating care can produce shame or the belief that nothing will work. The review looks for useful learning instead of applying a failure label.



Safety and the appropriate setting

THE BALANCE is not an emergency service. Imminent risk of harm, overdose, severe withdrawal, acute confusion or psychosis, medical instability, or another urgent concern requires local emergency or hospital assessment. An international inquiry should not delay immediate local care. Once the urgent situation is stabilized, the team can review whether a later residential phase may be appropriate.

04 / CARE BUILT AROUND YOU

Care built around you

Treatment Is Coordinated Around Priorities

When THE BALANCE is suitable, the plan may include psychiatric, psychological, medical, nutritional, trauma-informed, behavioral, somatic, and supportive care. Methods are selected according to need and readiness rather than applied uniformly to a diagnosis.

Daily structure, residence, privacy, family contact, work access, and continuing care are also part of the treatment context. The goal is a coherent pathway that can connect with the person’s life after the intensive phase.

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.

05 / THE EXPERIENCE OF CARE

The experience of care

Mallorca, Zurich, London share THE BALANCE individual residential care model. A residence is reserved for one client, with a dedicated chef and personal manager. Treatment and activities are individual, with the program planned around your needs.



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

Individual treatment and activities, with a residence reserved for one client.

Zurich

Individual treatment and activities, with a residence reserved for one client.

London

Individual treatment and activities, with a residence reserved for one client.

06 / FROM ASSESSMENT TO EVERYDAY LIFE

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

07 / CONSIDERING THE NEXT STEP

Considering the next step

Which conditions does THE BALANCE treat?

THE BALANCE considers mental health, addiction and dependence, trauma-related, eating-related, regulation, sleep, psychosomatic, and complex co-occurring presentations. Exact scope and suitability require individual review.

Do I need a diagnosis before contacting THE BALANCE?

No. Existing diagnoses can help, but the team can begin with the concerns and current situation. Enough information must still be available to judge urgency and the appropriate next step.

Can several conditions be treated together?

Often, when the needs fit the residential capability. The team develops shared priorities so several concerns are coordinated rather than treated as unrelated programs.

Does listing a condition mean admission is guaranteed?

No. Suitability depends on current risk, stability, consent, specialist needs, location capability, and whether another level of care is more appropriate.

Begin with a conversation

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

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Full condition page

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.