



THE BALANCE

Mental Health Conditions

Private treatment

A guide for individuals and families

Dedicated to one client at a time

MALLORCA / ZURICH / LONDON

What to know before treatment

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- 01

Mental health concerns can affect mood, sleep, relationships, daily functioning and coping, even when someone continues to function publicly.
- 02

Assessment considers psychological, medical and contextual factors before coordinating psychiatric, therapeutic and practical care for suitable residential clients.
- 03

THE BALANCE does not provide emergency, secure or involuntary care; acute risk, severe psychosis, mania or medical instability requires local hospital assessment.
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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.

Understanding your needs

Symptoms Deserve a Broad Assessment

Low mood, anxiety, agitation, poor concentration, altered sleep, impulsivity, or withdrawal can arise through several pathways. Medication, substances, trauma, grief, physical illness, endocrine or metabolic factors, pain, and sustained stress may all contribute.

Presentations Considered

Listing these presentations does not establish suitability for residence or imply that every specialist service is available in every location.

- Depressive symptoms and diagnosed depressive disorders
- Anxiety, panic, phobias, and persistent worry
- Bipolar-spectrum and mood-instability presentations
- Obsessive-compulsive symptoms and related patterns
- Attention-deficit and hyperactivity presentations
- Personality-related and recurrent relational patterns
- Mental-health symptoms occurring with trauma, addiction, eating difficulty, or chronic stress
- Uncertainty or changing diagnoses after previous care

Assessment before a recommendation

Psychiatric review may clarify diagnosis, risk, medication, sleep, and the interaction with substance use or physical health. Medication can be continued, reviewed, changed, or avoided according to clinical judgment, consent, and prescribing responsibility. No standard medication pathway applies to a diagnosis label alone.

Physical-health symptoms should not be dismissed as psychological without appropriate review. External diagnostics, specialists, or hospital care may be required.

The service scope is explained on Medical and Psychiatric Care.



Safety and the appropriate setting

THE BALANCE is not an emergency psychiatric service, secure unit, or involuntary hospital. Imminent risk of suicide or harm, severe psychosis, severe mania, acute confusion, or another emergency requires local emergency or hospital assessment. An urgent local response should not be delayed by international travel or a preference for a private residence. After stabilization, the team can review whether THE BALANCE is appropriate for the next phase.

Care built around you

Psychological Treatment and Daily Practice

Therapeutic work may address thought and behavior patterns, emotion, avoidance, identity, relationships, trauma, values, coping, and the practical decisions that sustain or relieve distress. The method and pace follow the formulation.

The residential environment also creates opportunities to observe sleep, communication, work habits, eating, activity, and responses between sessions. These observations are used carefully, not as constant surveillance.

Complexity and Co-Occurrence

Mental-health symptoms often occur with alcohol or drug use, trauma, eating disorders, chronic pain, medication dependence, or relationship instability. Treating each as a separate program can produce contradictory priorities.

The team establishes what needs immediate attention, what may become clearer after stabilization, and which professionals should work together. A new label is not always the main answer.

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

Private residential treatment in Mallorca, Zurich, and London offers space for care, rest, and reflection. Your treatment plan, accommodation, and daily support are shaped around your individual 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

Private residential care in a restorative island setting.

Zurich

Private residential care with Swiss clinical coordination.

London

Private residential mental health treatment with individual therapy and daily 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 person may feel better in a protected setting before the relevant life patterns have changed. The plan therefore addresses medication responsibility, local therapy, family relationships, work, sleep, warning signs, and what to do if symptoms return. Continuing care should support autonomy and a reliable local network. It does not depend on the residential team remaining permanently involved.

Considering the next step

Which mental-health conditions does THE BALANCE consider?

The scope may include depressive, anxiety, bipolar-spectrum, obsessive-compulsive, attention-related, personality-related, and co-occurring presentations. Suitability and specialist availability require individual review.

Do I need an established diagnosis?

No, although previous records can help. The team can assess current concerns and develop a working formulation, while some urgent or specialist needs may require another provider.

Will medication be changed?

Medication is reviewed by an appropriately authorized prescriber when indicated. It may remain unchanged, be adjusted, or require further investigation. No change is automatic.

Can physical symptoms be part of the assessment?

Yes. Relevant physical health, sleep, pain, medication, nutrition, and medical conditions are considered, with external medical care arranged when needed.

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.