



(855) 717-3422  
mentalhealthrehab.com



A Behavioral Health of the Palm Beaches Facility

# Start Healing from Mental Disorder Today

The Substance Abuse and Mental Health Services Administration estimates that 20 percent of the US population suffers from a diagnosed mental disorder. This accounts for over 60 million people and does not include those that languish for years without getting the help they need. Untreated mental illness can have a devastating impact on an individual's life and often leads to issues such as addiction, legal difficulty and physical harm to the individual or others.

Mental Health Rehab of the Palm Beaches provides customized, evidence-based treatment to individuals suffering from mental illness. We help our patients achieve balanced mental health and live rich and rewarding lives. If you or a loved one is struggling with mental health issues, let MHR help today.



# Our Specialized Treatment Programs

MHR recognizes that each patient's illness comes with its own unique set of circumstances. Our treatment programs reflect our desire to provide each patient with their own customized care experience, and include treatment for:

- **Anxiety**
- **Depression**
- **Bipolar Disorder**
- **Sex Addiction**
- **Gambling Addiction**
- **Internet Addiction**
- **Trauma and PTSD**
- **Domestic Violence**
- **Impaired Social Skills**
- **Eating Disorder**
- **Co-occurring Disorder**

Treatment is administered by industry-leading clinicians and a dedicated support-staff.





# The MHR Treatment Experience

MHR offers peace-of-mind to both patients and their loved ones. We are sensitive to the vulnerability of patients during the initial stages of their recovery and make every effort to provide an environment of support and encouragement. Our patients stay in spacious, beautifully appointed residences at our South Florida facility located right on the Intracoastal Waterway and enjoy numerous amenities, such as:

- **Beautifully Landscaped Common Area**
- **Swimming Pool**
- **Freshly Prepared Meals**
- **Gorgeous Waterfront Views**

For our patients' convenience, treatment is administered at a nearby state-of-the-art facility. Transportation to and from treatment is provided. Our staff exhibits the utmost respect for patients' safety, privacy and discretion at all times.





# The MHR Philosophy

MHR believes in a fully formed, comprehensive, holistic approach to patient care. We combine proven methodology, such as evaluation and counseling with state-of-the-art treatment therapies. In addition to successfully managing stress and recognizing the symptoms of their mental disorders, patients gain a strong and solid foundation for healthy living which includes nutritional counseling, life skills development, social integration and self-assessment.

As part of our treatment philosophy, we incorporate the following clinical and lifestyle elements:

- **Care of Basic Needs**
- **Family Involvement**
- **Healthy Group Dynamics**
- **Individualized Assessment**
- **Structured Medical and Psychological Evaluation**
- **Stress Management and Behavior Modification**
- **Medication Assistance and Monitoring**

We have developed our treatment programs to facilitate independence and autonomy so patients can build healthy relationships and live the lives they deserve.



# With You through Every Step of Recovery

We are dedicated to helping our patients maintain the success that they achieved in their treatment program. Mental Health Rehab of the Palm Beaches provides comprehensive aftercare plans, including regular patient follow-ups and referral to support groups and specialists. Each patient leaves with a plan to help them manage the obstacles they may encounter in their recovery.

Applying the tools of recovery in post-treatment life can be difficult at first. Patients can rest assured that they are getting a lasting advocate as they endeavor to transition back into their lives. Our commitment to your or your loved one does not end once you leave our facility.





# We're Waiting to Help

You may not be able to control the origin of your mental illness, but you can certainly control how it affects your life. Our professionals are standing by to help you quickly enter treatment and begin the healing process. Mental illness does not have to prevent you from living up to your potential. Contact Mental Health Rehab of the Palm Beaches today to take the first step toward positive mental health, independence and a better life.



**BHOPB**  
HAS EARNED  
THE JOINT COMMISSION'S  
**GOLD SEAL**  
OF APPROVAL

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