

MENTAL HEALTH SERVICES

Choosing a rehab facility to help combat an alcohol, drug or gambling addiction is one of the most important choices you will ever make!

Finding recovery is important, which is why it's just as important to ensure you choose the right [rehab](#). The right rehab will make it much more likely that you complete the program successfully, leave the program in recovery, and maintain your recovery [after returning home](#), however, the sheer number of options available means that making a choice can be hard, which means that developing a personalized plan is the first, and most important, step.

Every treatment program has different specialties and focuses that they cater to. Many of these treatment centres will measure success differently and utilize different strategies to help you get there. After identifying all possible treatment program options, the next step is to compare programs. Choosing the right rehab means carefully weighing all the factors to ensure your goals are being met. Making a decision will require determining what characteristics are most important and finding the program that most closely matches your treatment.

It's important to note that you may not be able to find a facility that perfectly matches all of your preferences, however, with the right research and support you'll still be able to find an excellent treatment centre that will help you get started on the road to recovery.

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Set in the hinterland of [Byron Bay](#), Byron Private is an integrative holistic residential treatment facility providing specialised therapeutic support for individuals suffering from depression, anxiety, [drug](#) and [alcohol](#) addiction, [trauma](#) and [relationship issues](#).

Offering a clinically sound alternative to a holistic approach to treatment, Byron Private offers the ideal alternative to the standard clinical atmosphere, and facilities with often larger groups of people undergoing treatment.

Byron Private take a caring approach, and only have a maximum of 12 clients at any one time. There is support for you 24 hrs a day, 7 days a week with a team of dedicated psychologists, therapists, peer support workers and program coordinators to ensure your experience is like no other.

Location: Myocum, NSW

Contact: 02 6684 4145

Website: www.byronprivaterehab.com.au



With a national network of 11 private hospitals and over 600 inpatient beds, Healthscope provides Australia's most extensive range of mental health programs and services. They strive to achieve truly exceptional outcomes for our patients whether that be as inpatients, outpatients or through our comprehensive day programs – many of which are exclusive to Healthscope.

With treatments and expertise extending across the breadth of mental health conditions including mood, anxiety and eating disorders, addictive behaviours and PTSD, we're on a mission to advance and elevate mental healthcare in Australia.

Location: NSW, VIC, QLD & NT

Website: www.healthscopehospitals.com.au/services



MyHab's approach to rehabilitation has revolutionised the practice of [mental health](#) and [addiction treatment](#); the Myhab success combines leading research, decades of experience and dedication to your recovery. MyHab's approach to treatment utilises cutting edge, evidence-based practices adopted from the [Minnesota Model of care](#).

MyHab's treatment model revolves around internationally recognised evidence. It proves addiction is a disease and abstinence is the best way to manage the condition and approach mental health treatment in a holistic way, working with mind, body and spirit, bringing them together as components of a healthy life.

All [MyHab](#) staff are PTSD, trauma, and addiction recovery professionals with decades of experience, working within [addiction treatment](#) and mental health services across Australia. Some have also overcome [addiction](#) in their personal lives – now dedicating themselves to helping others.

Location: Glen Waverley, VIC

Contact: 1300 190 370

Website: www.myhab.com.au



The Hader Clinic was founded in 1998 to offer support to patients suffering through the Victorian heroin epidemic. This early dive into the throes of addiction allowed the facility to quickly and effectively formulate holistic treatment models that would form the basis of their leading approach to addiction treatment today.

More than 20 years on, The Hader Clinic has become one of the most trusted addiction treatment facilities in Australia.

At The Hader Clinic, we know exactly what you are going through. We have a comprehensive understanding of all facets of addiction, from the physical, to the spiritual. We treat our patients by building rapport with them and their families, helping them find a new way of life with empathy, understanding, and compassion.

Location: Essendon & Geelong, VIC

Contact: 1800 957 462

Website: www.rayhaderclinic.com.au