My rehab helper

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Company logo

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Why Choose MyRehab Helper in Boksburg?

MyRehab Helper Boksburg is dedicated to providing top-tier addiction recovery services, rooted in compassion, expertise, and personalized care. Our holistic approach combines evidence-based therapies with complementary healing practices to support your journey to lasting sobriety.

Our Services

Personalized Treatment Plans

- Individual Therapy: Tailored one-on-one counseling sessions to address the root causes of addiction and develop effective coping strategies.

- Group Therapy: Facilitated group sessions that offer peer support and shared experiences, fostering a sense of community and mutual healing.

- Family Therapy: Engaging family members in the recovery process to mend relationships and create a supportive home environment.

Comprehensive Programs

- Inpatient Treatment: Providing a structured and supportive residential environment.

- Outpatient Programs: Flexible therapy schedules that allow patients to continue their daily responsibilities.

- Dual Diagnosis Treatment: Integrated care for individuals with co-occurring mental health conditions and substance use disorders.

Holistic Therapies

- Yoga and Meditation: Practices to enhance mental well-being and reduce stress.

- Nutritional Counseling: Personalized dietary plans to support physical health.

- Fitness Programs: Structured exercise routines to promote overall wellness.

- Art and Music Therapy: Creative therapies that foster emotional expression and healing.

State-of-the-Art Facilities

- Comfortable Accommodations: Both private and shared rooms designed to provide a home-like atmosphere.

- Common Areas: Lounges, dining halls, and recreational spaces that encourage social interaction and relaxation.

- Outdoor Spaces: Gardens and walking paths to connect with nature and unwind.

Medical Aid Coverage

Navigating the financial aspects of rehab can be challenging, which is why we work with various medical aid schemes in South Africa. Our team will assist you in understanding your benefits and managing insurance claims to ensure you receive the maximum support available for your treatment.

Commitment to Confidentiality and Privacy

We prioritize your confidentiality and privacy. Our strict privacy policies ensure that your personal information and treatment details remain secure and confidential, providing you with a safe and trustworthy environment for recovery.

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